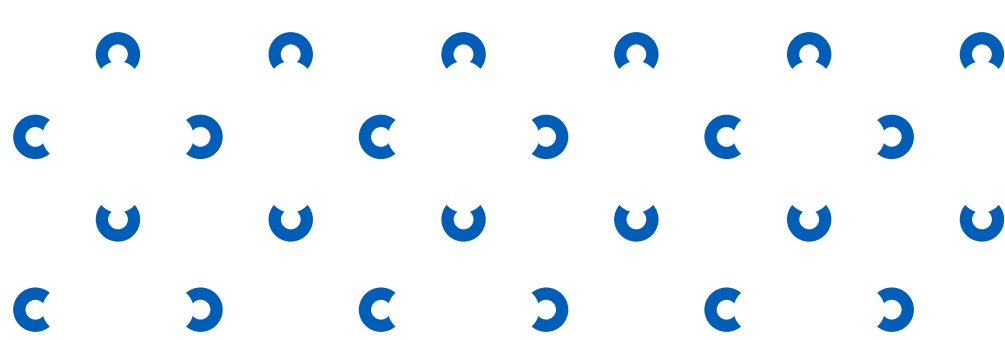




**THE  
CENTER  
AT BELVEDERE**



# NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

JULY/AUGUST 2023

## Artists on Display in July & August



Terry Coffey

Several artists in a variety of mediums display their work at The Center in July and August.

On the first floor, see works by Nga Katz who teaches The Center's Chinese brush painting classes,

as well as "Intersections" by Susan Patrick, which is a painted series of four irregular, organic triangles bound by squares. Throughout the series, the shapes explore different relationships with one another – separated and tightly held together; calm and agitated; coordinated colors and clashing ones.

On the second floor, exhibits include photography by Karla Berger; calligraphy and watercolor by Terry Coffey; and a collection from The Center's Friday Art Group.

The Friday Art Group meets weekly on Friday mornings. Anyone who enjoys drawing or painting is welcome to join, regardless of skill level. Without formal instruction, this is a creative, pressure-free environment with opportunity for plenty of help and advice from other artists.

## New Software to Improve Online Operations for Members and Staff

Ever wish you could quickly check which Center programs you're registered for? Or when you last made a donation? Maybe you got a new credit card and need to update your payment information, but don't have time to call during business hours.

This summer, The Center is upgrading its software to provide a better all-around user experience. A new web-based tool will bring information from our membership, philanthropy, and programming departments into a central location for more streamlined operations.

Beginning in early July, you'll have access to an online portal that puts information and control of many administrative functions at your fingertips! But fear not—if computers aren't your thing, staff and volunteers will still be able to do everything you need, and they will be able to do it more efficiently.

Center staff have been working behind the scenes for months to make this transition as seamless as possible. You'll still visit our website at [thecentercville.org](http://thecentercville.org) to learn about upcoming programs, register, and pay online (or call the Welcome Desk for assistance). You will still check in at the Welcome Desk or at a kiosk in the Atrium with your existing scan card, although you will need to stop by the Desk to have a new photo taken.

See *SOFTWARE* on page 14



## Executive Director Search Update

The search for The Center's next Executive Director is actively underway! A position description is live on The Center's website and search consultant The Spark Mill is getting the hiring notice out into the world.

The timeline for interviews and hiring is subject to change, but we are currently anticipating candidate screening to take place around the third week of July. Interviews will begin in August, with opportunities for different stakeholders to hear from finalists. The goal is to be able to make an offer to the ideal candidate offer by the end of September.

## Surgeon General Warns Against the Effects of Loneliness in New Advisory



Earlier this year, U.S. Surgeon General Vivek Murthy declared our country is experiencing a public health crisis, one with grave consequences for our mental health, physical health, and collective well-being.

The culprit? Not a virus or infection. Instead, Murthy speaks of something half of Americans are experiencing at any given moment: **loneliness.**

Loneliness is more than a bad feeling. Research connects it to increased risks for anxiety, depression,

heart disease, dementia, and stroke. In fact, the risks of social disconnection are comparable to smoking 15 cigarettes a day!

Nor is loneliness purely an individual challenge—it has broader impacts on public health. Social isolation among older adults accounts for an estimated \$6.7 billion in preventable Medicare spending each year. Decades of research point to social disconnection as a factor negatively impacting health, safety, sense of trust and belonging, resilience, and more in communities across the nation.

Murthy's new Surgeon General's Advisory identifies belonging as a fundamental human need. We

See *SURGEON GENERAL* on page 17

## Inside

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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

**Greenberry's:** Monday & Friday 7:00 am-4:00 pm  
Tuesday-Thursday 7:00 am-8:00 pm  
Saturday 7:00 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.

**BOARD OF DIRECTORS**

- |                    |                     |
|--------------------|---------------------|
| Christine Thalwitz | President           |
| Jennifer King      | Vice President      |
| Larry Martin       | Treasurer           |
| Mary Wilson        | Secretary           |
| Beverly Adams      | Joyce Turner Lewis  |
| Dan Brody          | Deidra Massie       |
| Mark Brown         | Greg Menke          |
| Patti Cary         | Shareef Tahboub     |
| Katie Caverly      | Cecil Thompson, Jr. |
| Julie Christopher  | Gregg Winston       |
| Sean Greer         |                     |

**STAFF**

- |                       |                                       |
|-----------------------|---------------------------------------|
| Melanie Benjamin      | Philanthropy Director                 |
| Danielle Bricker      | Marketing Manager                     |
| Jennifer Crews        | Program Director                      |
| Kristine Critzer      | Office Manager/Bookkeeper             |
| Lynn Divers           | Philanthropy Assistant Director       |
| Linda Hahn            | Travel Coordinator                    |
| Anna Grey Hogan       | Philanthropy Manager                  |
| Liz Howard            | Program Coordinator                   |
| Bobbi Hughes          | Coordinator of Volunteer Resources    |
| Gale Jackson          | Welcome Desk Associate                |
| Alexandra Littlehales | Graphics & Social Media Coordinator   |
| Izzy Menchero         | Member & Visitor Services Director    |
| Virginia Peale        | Strategy & Communications Director    |
| Trevor Saunders       | Facilities Manager                    |
| Kim Shipley           | Finance Director                      |
| Kiri Soprano          | Philanthropy Coordinator              |
| Peter Thompson        | Executive Director                    |
| LaQuanda Vest         | Member & Visitor Services Coordinator |
| Alex Waltrip          | Fitness Coordinator                   |
| Olivia Watts          | Program Coordinator                   |

For more news, follow us on:



**MEMBERSHIP**

**IZZY MENCHERO**

MEMBERSHIP & VISITOR SERVICES DIRECTOR  
434.974.7756 • izzy@thecentercville.org

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

**WELCOME NEW MEMBERS!**

- |                     |                    |                      |
|---------------------|--------------------|----------------------|
| William Allard      | Mary Eving         | Dolores Rollins      |
| Veronica Banks      | George Eving       | Herbert Ross Jr.     |
| Edward Banks        | Wendy Ferguson     | John Ruemmler        |
| Aretha Banks        | Melanie Fields     | Patricia Ruemmler    |
| Peter Bartlett      | Holly Fouts        | Diana Sargent        |
| Regina Bartlett     | Linda Furlong      | Angy Seago           |
| Stanley Bell        | Kim Garofalo       | Mark Seago           |
| Marilyn Bell        | Annette Grimm      | Francine Smith       |
| Charlotte Benzinger | Linda Harmon       | Mary B. Stack        |
| Janet Bonner        | Jorge R. Hernandez | Rebecca Stock        |
| Joyce Bransford     | Senna Heyatawin    | Susan Stone          |
| Kathryn Braun       | Phyllis Hopkinson  | Hilary Swinson       |
| Thomas Breeden      | James Horne        | Frances Taylor       |
| Deborah Bremer      | Myrtle Houchens    | Sandi Taylor         |
| Cathy Buraghi       | Kenneth Jannotta   | Andrew Taylor        |
| Darlene Byrd        | Peggy Jannotte     | Mattie Thompkins     |
| Mary Carey          | Clinton Johnson    | Colette Thompson     |
| Kathleen Carey      | Robert Kemp        | Cecil Thompson Jr.   |
| Michele Carragan    | Sallie King        | Linda Thompson       |
| Julia Carter        | Jeanne Knowlton    | Leslie Thompson      |
| Victoria Cartwright | Terry Levinson     | Marjorie Vanderslice |
| Nellie Chatham      | Karen Maxymiv      | Eileen Vassallo      |
| Leone Ciporin       | Marvin Mayo        | Mariza Veiga         |
| Donna Corey         | Marietta McCarty   | Harry Wellons Jr.    |
| Kim Cronan          | Rebecca Meffle     | Vivian Westfall      |
| Claire de Andrade   | Alan Muir          | Jim Wheeler          |
| Philip Deemer       | Martha Murray      | Susan Wheeler        |
| Rebecca Deemer      | Donna Noga         | Citas White          |
| Clara Dewey         | Mary Norford       | Stephanie Willer     |
| Krystyn Dotson      | Susan Payne        | Gregg Winston        |
| Betty Eppard        | Dorothy Podgorny   | Greg Yoder           |
| Henry Eppard        | Richard Podgorny   | Shekou Zia           |
| Deborah Erickson    | John Rady          |                      |

*If you joined between April 1 and May 31 and were not recognized here, please contact Izzy.*

For information about membership options, please visit our website or contact Izzy. The Mary P. Reese Scholarship Fund makes scholarships available for anyone who cannot afford membership dues.

**Meet new Member & Visitor Services Coordinator, LaQuanda Vest!**

We are delighted that LaQuanda Vest, originally our Weekend Welcome Desk Associate, has joined us full-time as Member & Visitor Services Coordinator! Born and raised in Charlottesville, Laquanda has worked in the local nonprofit sector for many years, including at the YMCA as Member Services Coordinator. She says "Helping underserved communities is my passion ... I've enjoyed the knowledge and inspiration from each and every volunteer, with every day being a new learning experience." Outside The Center, Laquanda enjoys fishing and coaching Little League, flag football, and basketball with her two boys, ages 9 and 16. Come say hello on your next visit! ■



**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](http://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 10-11. Check the website for programs added after our print deadline!

## SPECIAL EVENTS

### THURSDAYS AROUND 5

Free and open to all; registration encouraged



#### Theocles Herrin

Thursday, July 13, 5:01–7:00 pm

Taking the stage with nothing but a guitar, a loop pedal, and a mic, Theocles uses his soulful voice to carry the audience through a range of emotions, from tearful ballads to pop bangers.

#### Alex Arbaugh

Thursday, July 27, 5:02–7:00 pm

The guitarist and vocalist from Sun-Dried Opossum brings his brand of Southern roots, rock, and Americana to our stage. Food Truck: Raclette on the Run.

#### Bluzonia

Thursday, August 10, 5:03–7:00 pm

This unique take on American roots music combines elements of Chicago and Delta blues, smoky jazz standards, revved up swing, country classics, and one-of-a-kind originals.

#### Matty Metcalfe and David Kulund

Thursday, August 24, 5:04–7:00 pm

Accomplished and versatile musician Matty Metcalfe joins singer-songwriter David Kulund. Food Truck: Raclette on the Run

### AN EVENING OF JAZZ WITH ALI WEBB

Free and open to all; registration encouraged

Friday, July 14, 6:00–7:30 pm

Ali Webb, Wells Hanley, Randall Pharr, and Brian Caputo reveal the magic and the music of the human spirit through jazz as you've never heard it before. Humorous vignettes celebrate life through song: the ironies and self-effacing moments, the defeats and triumphs, the heartbreaks and love that build resolve.

### CVILLE BAND PERFORMANCES

Free and open to all

#### Various Duets and Ensembles

Saturday, July 15, 1:00–2:00 pm

#### Cville Band Summer Concert

Tuesday, August 1, 7:30–8:30 pm

#### Brass Quintet

Thursday, August 17, 7:00–8:00 pm

#### Woodwind Quintet

Thursday, August 31, 7:00–8:00 pm



### 180 BAND DANCE PARTY

Open to all; registration required

Friday, July 28, 6:00–9:00 pm

"Dance the Night Away" to your favorite rock and dance tunes from the 1960s through today. This cover band plays classic rock n' roll, top 40, light right, country, alternative, and sweet soul music. Food Truck: Raclette on the Run. \$15 per person.

### HIGH TEA

Open to all; registration required by 4 pm July 19

Saturday, July 29, 12:00–1:30 pm

Pull out your fanciest hat and dress in smart casual 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 hot tea provided by Greenberry's. There will also be a fancy hat contest with a Greenberry's gift card prize. Members \$15, Guests \$18.

### POP-UP ART SHOW

Free and open to all

Saturday, August 5, 9:00 am–2:00 pm

Admire local arts and crafts, displayed for sale by artists from the community. See ad on page 20!

## ARTS

### INTERMEDIATE OIL PAINTING

Open to all; registration required

Saturdays, July 8–August 12, 9:30 am–12:30 pm (6 weeks)

Ann Cheeks demonstrates and teaches techniques for creating expressive paintings. Tap into your emotions toward your chosen subject to create an 18"x24" stretched canvas painting and several small studies. Bring multiple reference photos or drawings for inspiration. Prime members free; Standard members \$35; Guests \$50. Materials fee is \$45.

### WOODCARVING AN OWL

Open to all; registration required

Mondays, July 10 & 17, 2:00–4:00 pm (2 weeks)

Make a five-inch owl with experienced carver Mike Micucci. No experience necessary. Prime members free; Standard members \$10; Guests \$20. Materials fee is \$60 for two wood blocks, carving knife, carving mat, pencil, ruler, and protective glove, or \$15 for wood blocks only.



### BEGINNER OIL PAINTING

Open to all; registration required

Mondays, July 10–August 21, 12:15–1:45 pm (6 weeks, no class August 14)

Katie Hutter teaches the fundamentals of working with the king of mediums: oil paints. Mix colors, create various basic forms, and use light and shadows for the basics of good composition. Prime members free; Standard members \$35; Guests \$45. Materials fee is \$65, or bring your own supplies from list on website.

### BEGINNER TO ADVANCED SCRAPBOOKING

Open to all; registration required

Tuesdays, July 11–August 1, 1:30–4:30 pm (4 weeks)

Tuesdays, August 8–29, 1:30–4:30 pm (4 weeks)

Learn how to preserve memories and photos in ways that POP and please the eye and heart. In this four-week class you will make solid progress on an album project. Prime members free; Standard members \$30; Guests \$40. Materials fees vary.

### PAPER CRAFTING WITH DIANE

Open to all; registration required

Tuesday, August 8, 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.

### INTERMEDIATE OIL PAINTING

Open to all; registration required

Tuesdays, July 11–August 1, 9:30 am–12:30 pm (4 weeks)

In this four-week class, Ann Cheeks will help you tap into your emotional response to your chosen subject for two to three small oil paintings. Bring several reference photos or drawings for inspiration. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$40.

### BEGINNER'S CHINESE BRUSH PAINTING

Open to all; registration required

Saturdays, July 15–August 5, 12:45–1:45 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 \$30; Guests \$45. Materials fee is \$50.

### CHINESE BRUSH PAINTING

Open to all;

registration required

Thursdays, July 20–August 24, 3:30–5:30 pm (6 weeks)

Practice the Sumi-é style of painting under the guidance of Nga Katz to better your skills in rendering many traditional flowers. Prime members free; Standard members \$30; Guests \$45. Materials fee is \$50.



PROGRAMS continue on page 4



### WET FELTING

Open to all; registration required  
Thursdays, July 20–August 10,  
9:30 am–12:30 pm (4 weeks)

You'll be pleasantly surprised by what you can create with colorful wool roving, some soapy warm water, a pool noodle, and a little patience. Make a lightweight scarf and a small bag or wall hanging with instructor Ann Cheeks in this simple process. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$40.

### PORTRAITS IN PASTEL II

Open to all; registration required  
Mondays, July 24–August 28,  
2:00–4:00 pm (6 weeks)

Use soft pastels to create portraits of people and animals with instructor Desmond Cormier. Learn human and animal proportions to focus on drawing what you see. Prime members free; Standard members \$50; Guests \$65. See required materials online.

### CARD MAKING WITH SHERRY

Open to all; registration required  
Thursday, July 27, 12:30–2:30 pm  
Thursday, August 31, 12:30–2:30 pm

Create three cards (floral theme in July or fall theme in August) with a variety of sentiments. Prime members free; Standard members \$10; Guests \$15. Materials fee \$10.

### REPRESENTATIONAL LANDSCAPE OILS

Open to all; registration required  
Tuesdays, August 1–September 26,  
1:00–4:00 pm (8 weeks, no class Aug. 15)

Katie Hutter helps advanced beginner painters follow the great masters like Bierstadt, Monet, Church, Van Gogh, Constable, and Gifford. Learn the poetry and music of their paintings and how to recreate your own version of these beautiful masterpieces! Prime members free; Standard members \$45; Guests \$60. See required materials online. Additional materials fee is \$15.



### PAINTING ANIMALS

Open to all; registration required  
Fridays, August 4–September 29,  
12:00–3:00 pm (8 weeks, no class Aug. 11)

Instructor Katie Hutter helps you develop your skills to draw six different animals. No experience necessary. Prime members free; Standard members \$45; Guests \$60. See required materials online. Additional materials fee is \$15.

### QUILLING WITH CORY

Open to all; registration required by August 11  
Tuesday, August 22, 1:00–3:00 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.

## LIFELONG LEARNING

### AFRICAN AMERICAN AUTHORS BOOK CLUB

Open to all  
Second Thursdays, 6:00–7:30 pm  
July 13: *Me (Moth)* by Amber McBride  
August: No meeting



### BEGINNER GUITAR LESSONS

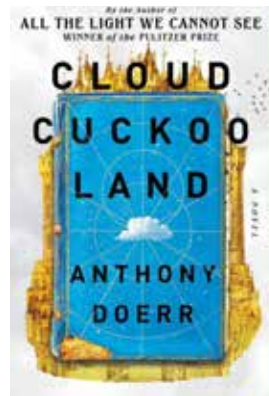
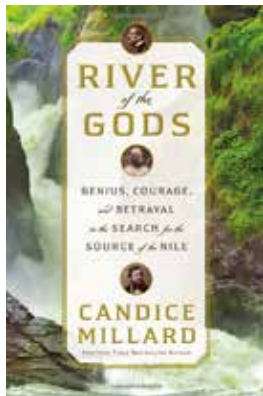
Open to all; registration required  
Mondays, July 3–August 28, 1:00–1:50 pm  
(8 weeks, no class July 17)

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 free; Standard members \$80; Guests \$120.

### INTERMEDIATE GUITAR LESSONS

Open to all; registration required  
Mondays, July 3–August 28, 2:00–3:00 pm  
(8 weeks, no class July 17)

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



### BOOK GROUP

Free for Center members  
First Wednesdays, 11:00 am–12:00 pm

This enthusiastic group meets monthly to discuss predominantly contemporary works of fiction and nonfiction.

July 5: *River of the Gods: Genius, Courage, and Betrayal in the Search for the Source of the Nile* by Candace Millard

August 2: *Cloud Cuckoo Land* by Anthony Doerr



### BEGINNER SIGN LANGUAGE

Free and open to all; registration required  
Thursdays, July 6–August 10,  
1:00–2:30 pm

Suzanne Malm teaches an introductory class of easy to learn, useful signs and fingerspelling, so you can communicate with a hearing impaired or deaf person on a basic level.

### RECURRING MEDICARE PROGRAMS

Free and open to all; registration required  
Thursday, July 6, 1:00–2:00 pm  
with Margo Kreider  
Wednesday, July 12, 11:00 am–12:00 pm  
with Sharon Accardo  
Wednesday, July 19, 6:00–7:00 pm  
with Margo Kreider  
Thursday, August 3, 1:00–2:00 pm  
with Margo Kreider  
Wednesday, August 9, 11:00 am–12:00 pm  
with Sharon Accardo  
Wednesday, August 16, 6:00–7:00 pm  
with Margo Kreider

### MEDICARE AND SOCIAL SECURITY PLANNING 101

Free and open to all; registration required  
Wednesday, July 26, 6:00–7:00 pm  
Thursday, August 24, 11:00 am–12:00 pm  
with Sharon Accardo and Tracy Meade

### DEMYSTIFYING AND UNDERSTANDING GRIEF

Free and open to all; registration required  
Tuesday, July 11, 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.



### TWO HEARTS, ONE FLAG: THE USS INDIANAPOLIS

Free and open to all; registration encouraged  
Thursday, July 13, 10:00–11:30 am

Only 316 survived. The sinking of the USS Indianapolis resulted in the greatest loss of life at sea from a single ship in the history of the US Navy. Jim Belcher, son of USS Indianapolis survivor James Belcher, Sr., chronicles his father's legendary story of surviving this tragedy.

### GOOD LIFE SERIES

Will not meet in July or August

### HOME SAFETY SERIES

Free and open to all; registration required  
Tuesday, July 11, 10:00–11:00 am  
Tuesday, August 8, 10:00–11:00 am

Blue Ridge Home Safety presents monthly classes with visual presentations of home safety recommendations, Q&A time, and advice for safely and independently aging in place. The July topic is adequate lighting in and around the home. The August topic is grab bar installations.



## VARIETIES OF SPIRITUAL EXPERIENCE

Free and open to all; registration required  
Second and fourth Thursdays, 2:00–3:30 pm  
Philip Schrodtt forms an ongoing group to familiarize you with other experiences and perspectives through discussion of multiple spiritual traditions and practices.



### LET'S TALK WINE!

Free and open to all; registration required  
Tuesday, July 18, 5:30–6:30 pm  
Thursday, August 31, 5:30–6:30 pm

Scott Elliff, owner of DuCard Vineyards, shares ins and outs of the Virginia wine industry at these informative talks. The July topic is harvest season and what to expect from this year's vintage. The August topic is the history of wine in Virginia.

## CRAFTING YOUR EXTENDED CARE PLAN

Free and open to all  
Thursday, July 20, 6:00–7:00 pm  
Wednesday, August 30, 11:00 am–12:00 pm  
Give yourself, your family members, and caregivers peace of mind by taking the time to set up a plan for your long-term care with Kim Volker, COO of Care is There, and Tracy Meade, certified long-term care consultant and financial planner.

## MONEY AND YOU

Free and open to all; registration required  
Will not meet in July

Tuesday, August 8, 10:00–11:30 am

Jorgen Vik, partner with the SKV Group, LLC, presents on the latest developments in various markets and what they may mean for your portfolio.

## ELDER LAW WITH DORIS GELBMAN

Free and open to all  
Will not meet in July

Tuesday, August 15, 10:00–11:30 am

**Aging in Place & Leveraging Your Home:**  
Your home represents your greatest investment and most valuable asset. What are your options in leveraging home ownership and how can you stay in it for as long as possible as your health declines?



## A SLICE OF HISTORY

Free and open to all; registration required  
Wednesday, August 16, 10:00 am–12:00 pm  
Retired U.S. Army Colonel Steve Rundle discusses the 1916 U.S. incursion into Mexico. On the cusp of World War I, the army had one foot in 19th century and one in the 20th. Questions, comments, and discussion are encouraged.

## PHYSICAL WELL-BEING



### FITNESS ROOM ORIENTATION

Free and open to all; registration required  
Wednesdays, 9:00–10:00 am  
Second Thursdays, 3:30–4:30 pm  
Third Thursdays, 5:00–6:00 pm

Learn how to use each piece of equipment in The Center's fitness room and make the most of your workout with an experienced personal trainer.

### HEARING SCREENINGS

Free and open to all  
First 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.

### HOLISTIC HEALTH

Free and open to all; registration required  
Friday, July 14, 11:00 am–12:00 pm  
Lisa Goldstein and Ashley Forbes define the five pillars essential to healing and explain how supportive treatments like acupuncture can benefit aging. The July topic is sleep.



### A BEGINNER'S GUIDE TO MEDICAL CANNABIS

Free and open to all; registration required  
Saturday, July 15, 10:00 am–12:00 pm  
Saturday, August 12, 10:00 am–12:00 pm  
Certified Cannabis and CBD advisor Peg Bascom provides the knowledge, tools, and confidence you need to make informed decisions about cannabis purchases and consumption. Topics will include the difference between hemp, marijuana, and cannabis, how to get your Virginia State medical cannabis card, and more.

### MOVE FOR HEALTH

Free and open to all  
**Stress Management for Body and Brain**  
Tuesday, July 18, 9:00–10:00 am  
Dr. Darcy Higgins provides a recipe for better sleep and daily activities.  
**How to Build Strength for Your Muscles & Bones**  
Tuesday, August 15, 9:00–10:00 am  
Darcy Higgins, Doctor of Physical Therapy, shares strength optimizing secrets.

### HEARING HEALTH

Free and open to all; registration required  
**The Crazy World of Health Insurance Benefits and Hearing Aids**  
Wednesday, July 19, 10:00–11:00 am  
If you have a secondary health insurance company or a hearing aid discount program through your health insurance, then you may have coverage that helps with the cost of hearing aids. Dr. Kristin Koch, owner and audiologist at Evolution Hearing, will help you navigate this challenging and often confusing area of insurance benefits.

**Do You Think It's Just About Your Hearing?**  
Wednesday, August 16, 10:00–11:00 am

Research shows there are many reasons why wearing hearing aids are beneficial for your overall health and mental fitness. From decreasing your risk of depression to keeping you steady on your feet, Dr. Kristin Koch will share how your hearing impacts your health every day.



### HAS YOUR GET UP AND GO GOT UP AND LEFT?

Free and open to all; registration required  
Friday, July 21, 11:00 am–12:00 pm  
Tuesday, August 1, 6:45–7:45 pm  
Friday, August 18, 11:00 am–12:00 pm  
If you've reached the age of 50 or beyond, this is for you! Join personal trainer and fitness instructor Pete Cross to learn simple moves you can insert into your daily routine and how to apply psychology to change habits and reduce procrastination. Pete will discuss the factors of aging that you can change and often reverse, physical factors that can influence brain function, and much more.

### BLOOD PRESSURE CLINIC

Free and open to all; registration encouraged  
Fourth Thursdays, 1:00–3:00 pm  
RNs from Medi Home Hospice offer free blood pressure checks and provide information.

### DON'T OPERATE; REGENERATE!

Free and open to all; registration required  
Fourth Fridays, 12:00–1:00 pm  
What causes arthritis and chronic degenerative diseases? Chiropractor Dr. Shawn Pallotti shares simple at-home preventative measures to fight against arthritis and act as an alternative to surgery.

### DIABETES DISCUSSION GROUP

Free and open to all; registration encouraged  
Monday, August 7, 2:00–3:00 pm  
RN Ruth Sweet facilitates topics every other month to help you understand your diabetes diagnosis. Meets every other month.



## SOCIAL/RECREATIONAL

### MOVIE NIGHT

Free and open to all; registration encouraged

First and third Wednesdays, 5:00 pm

July 5: *Won't You Be My Neighbor?*

July 19: *Black Panther*

August 2: *Keep on Keepin' On*

August 16: *The Constant Gardener*



### BEGINNER CLOGGING

Free and open to all; registration required

Mondays, July 10–August 21,  
9:30–10:30 am (6 weeks, no class Aug. 14)

Kay Moore-Cotton teaches the basic steps of clog dancing to upbeat music. Learn choreography in this great endurance exercise with cognitive stimulation. No experience necessary.

### PRIDE GAME DAYS & GAME NIGHTS

Free and open to all

Monday, July 10, 1:00 pm–3:00 pm

Wednesday, July 19, 5:30–7:30 pm

Monday, August 14, 1:00–3:00 pm

Wednesday, August 16, 5:30–7:30 pm

From Boggle to Rummikub, Pictionary to Mexican Train Dominoes, The Center's got game! Borrow from our library or bring your own. Round up your friends and grab a beer, wine, or smoothie at Greenberry's.

### KARAOKE

Free and open to all

Second and fourth Tuesdays, 2:00–4:00 pm

Unleash your hidden talents! We provide the music and words; you provide your voice. No experience necessary.

## ONGOING FITNESS

### Ageless Grace (online only)

A fun way to move that includes a chair (standing is optional), great music, creativity, and a sense of humor!

### Arthritis Exercise

Get moving to improve joint motion and muscle strength with a class that follows the Arthritis Foundation Program.

### Balance and Stabilization

A blend of exercises provides increased strength, greater range of motion, and injury and fall prevention. For all fitness levels.

### Balance with Beth

Standing and seated exercises that improve your balance and your confidence in your ability to move well and avoid falls!

### Cardio Strength

Use a variety of equipment to increase endurance, strength, and core stability.

### Core Stability

Improve your core strength (shoulders to knees), posture, and overall stability.

### English Country Dance

Come dance, sing, laugh, and have fun! Or simply share a social activity of watching others dance and visit with participants between dances.

### Fit to Go (online option)

Get active and stay active with a class that builds strength, mobility, endurance, and flexibility—the building blocks of functional fitness. Adaptable for all ages and levels.

### Floor Barre

Refine and lengthen body alignment, correct muscular and skeletal functions, and strengthen joints with a gentle yet highly effective therapeutic exercise method.

### ICE CREAM SOCIALS

Free for Center members; registration required

Wednesday, July 12, 2:00–3:00 pm

Wednesday August 9, 2:00–3:00 pm

Cool down with a sweet treat and your fellow Center members. Enjoy vanilla, chocolate, or strawberry ice cream with all the toppings!

### PRIDE MOVIE NIGHT

Free and open to all

Thursday, July 13, 5:30–7:30 pm

*Kinky Boots*

Thursday, August 24, 5:30–7:30 pm

*My Name is Pauli Murray*

### INTERNATIONAL LATIN STYLE BALLROOM DANCING

Open to all; registration required

Wednesdays, July 19–August 23,

6:00–6:45 pm

Wednesdays, August 30–September 27,  
6:00–6:45 pm

Learn the Cha-cha, Rumba, Jive, Samba, and Paso Doble with instructor Steven Babusko. All levels of dance backgrounds are welcome. Prime members free; Standard members \$30; Guests \$45.

### INTERNATIONAL STANDARD STYLE BALLROOM DANCING

Open to all; registration required

Wednesdays, July 19–August 23,

7:00–7:45 pm

Wednesdays, August 30–September 27,  
7:00–7:45 pm

Learn the Waltz, Quickstep, Tango, Foxtrot, and Viennese Waltz with instructor Steven Babusko. All levels of dance backgrounds are welcome. Prime members free; Standard members \$30; Guests \$45.

### LET'S TALK BOOKS

Free for Center members

Third Wednesdays, 1:00–2:00 pm

Exchange book recommendations and discuss favorite authors with fellow book lovers.

### Foam Rolling

Learn proper rolling technique and explore other myofascial release tools to release tension from major muscle groups.

### Friday Fitness (online only)

A combination of aerobic strength training and balance exercises.

### Hiking (offsite)

Hikes throughout Shenandoah National Park, the Blue Ridge Parkway, and the Charlottesville area range from 5–10 miles with moderate to strenuous levels of difficulty.

### International Folk Dancing

Learn easy dances from around the world while improving your health and well-being.

### Ivy Creek Hikers

Fast-paced, high-energy hikes at the Ivy Creek Nature Area over 2+ miles of steep, narrow, and rocky trails.

### Level One Walking (offsite)

Get back into exercise at an easy pace with others at your same level of fitness.

### Line Dance - Beginning • Improvers/Intermediate • Advanced

### Move to the Rhythm Dance Party

It's exercise and it's fun! Move to a mixture of African rhythms and "old school" grooves with this low-mid impact aerobics class that focuses on balance, flexibility, and cardio.

### NIA - Moving to Heal (online only)

Bring mindfulness to a holistic fitness practice that combines dance, martial arts, and healing arts to leave you energized and emotionally balanced.

### Primetime Fitness (online option)

Build cardiovascular strength and improve balance with low-impact aerobics, body toning, and stretching exercises.

### Senior Fitness

This active class supports functional fitness, focusing on the foundations for strength, mobility, endurance, and flexibility.

### PRIDE DANCE

Free and open to all; registration encouraged

Thursday, July 20, 5:00–7:30 pm

Join us for a Pride summer dance! DJ Julian will keep you on your feet with great music from the 60s to the present, and there will be plenty of food to keep you fueled for an evening of fun.

### CAJUN/ZYDECO DANCE

Free and open to all

Third Thursdays, 6:30–7:50 pm

Try out simple, easy-to-learn dance steps to infectious Cajun and Zydeco beats. Other dances also lend themselves well to this fun, funky music, from ballroom to country and swing. Instructor Dan Falwell brings 50 years of experience to the dance floor every third Thursday.



### BEER AND BINGO

Open to all; registration required

Tuesday, July 25, 5:00–6:30 pm

Saturday, August 12, 11:00 am–12:00 pm

Come try your luck at multiple games of bingo and win top prizes such as gift cards, cash prizes, and the biggest prize: one month of Center membership! One complimentary beer, wine, regular coffee, or regular tea is included. One bingo board included, \$5 per additional board. Members \$10; Guests \$15.

### AWESOME AUGUST LUNCHEON

Open to all; registration required by August 18

Wednesday, August 23,

11:30 am–12:30 pm

Pineapples Thai Kitchen caters a lunch of pad ped shrimp, midnight beef, fried rice, grilled chicken, and steamed veggies. Enjoy the last moments of summer with a delicious lunch and fellowship at The Center! Members \$15; Guests \$18.

### Silver Swans Ballet I and II

Whether you're a seasoned professional or brand new to dance, this class offers a great way to move. It incorporates classic ballet principles and focuses on flexibility, strength, and conditioning—but mostly on fun!

### Square Dancing

Learn the basics of 8-person square dancing. It's terrific fun as well as good for your brain, body, and social life.

### Stretch for Balance and Strength

Become stronger and more flexible with gentle stretching movements. Appropriate for all fitness levels.

### Strengthen Your Health & Your Life

Use dumbbells, bands, medicine balls, kettlebells, and body weight to improve muscle strength, mobility, bone density, and coordination.

### Stretch Your Limits

Increase flexibility and improve posture, balance, and body awareness with stretches for each major muscle group.

### Tai Chi (online option for Wed. 5:30 class)

Stimulate your immune system, lower your blood pressure, decrease your stress, and improve your balance with the simple, slow movements of this Taoist martial art.

### Tap Dancing - Beginners • Beginners/Intermediate • Intermediate • Advanced • Tap Your Troubles Away

### Tone & Groove

Great music motivates you to strengthen your stabilizing muscles and core, shake off tension, and exercise your cardiovascular system.

### Yoga - Basic Hatha Yoga • Chair Yoga (online only) • Energizing Yoga • Gentle Yoga • Parkinson's Yoga





# 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 is the Best Medicine

*New studies increasingly call for volunteering as a health promotion strategy*

If you read the cover story about loneliness being a new public health epidemic, you know about the negative physical, mental, and social outcomes that accompany social disconnectedness. In his recent Advisory, the U.S. Surgeon General laid out a framework for addressing the crisis and cites volunteering as part of a strategy to strengthen social infrastructure in local communities.

Recent studies based on data from the Health and Retirement Study—a large, longitudinal study of U.S. adults over 50—consistently support the role of volunteering in creating and

**“ ... volunteering is a demonstrated and powerful way to advance connection to one's community and create diverse ties among community members.”**

Our Epidemic of Loneliness and Isolation:  
The U.S. Surgeon General's Advisory on the Healing  
Effects of Social Connection and Community

building relationships and support systems. Results from a Harvard School of Public Health study show that “older adults who volunteer for as little as two hours per week can substantially lower their risk of early death, become more physically active, and improve their sense of well-being compared with those who don't volunteer.”

People of any age can suffer from loneliness, which is caused by many factors. But the farther along we get in life, the more likely we are to experience potentially isolating situations such as living alone, divorce, relocation, distance from family, caregiving, or the death of a loved one. Volunteering increases social interaction and, as a shared activity, is a great way to make new friends and strengthen existing relationships.

Volunteering on a regular basis seems to provide the most benefits, with about 100 hours a year being

the sweet spot. Study participants who hit this milestone “had a reduced risk of mortality and physical functioning limitations, higher physical activity, and better psychosocial outcomes.” In other words, they lived longer, maintained their independent, and felt less lonely than nonvolunteers.

Particularly interesting from a community health perspective? Just as research has shown that exercise is a “medicine” that can prevent and treat chronic disease and that those who “take it” have a higher quality of life, scientists are now suggesting that volunteering is an activity that physicians should suggest to patients as a way of enhancing their health.

So if you are looking for a way to keep moving and thinking, to reduce stress, to broaden your horizons, and—most importantly—increase your feelings of belonging and connection, consider volunteering. ■

## Volunteer Opportunities

### At The Center

#### Tour Guides

Are you a passionate spokesperson for The Center? Good with groups of people? Consider becoming a volunteer tour guide at The Center and showing off our award-winning facility to new and prospective members. Shifts are on the first Tuesday, third Wednesday, and fourth Saturday of each month. Training is provided. Wednesday, and 4th Saturday of each month.

#### Gratitude Brigade

The Center is currently seeking volunteers to help the Philanthropy department thank our many supporters. We need individuals with excellent interpersonal and communication skills, warm and open personalities, sound judgment, resourcefulness, and discretion.

### In the Community

#### Volunteer at a Very Special Art Museum

The only museum dedicated to Indigenous Australian art is right here in Charlottesville! Kluge-Ruhe Aboriginal Art Collection needs arts-interested folks who enjoy interacting with the public to serve as Volunteer Guides. Greet visitors, give 20–30 minute tours, and help with gift shop purchases. No previous knowledge necessary!



## Scenes from around The Center





# come + relax

## Mind-Body Programming Expands at The Center

The Center has always embraced a holistic approach to healthy aging, and over the past several months, programs that help you care for your mind and body have expanded.

Mindfulness-based interventions, such as yoga and meditation, hold countless benefits for older adults. Not only do these activities relieve stress, they are also proven to reduce impairment associated with physical health problems such as chronic pain, cancer, rheumatoid arthritis, and other conditions. There is even evidence that mindfulness practices can improve attention, memory, and executive function.

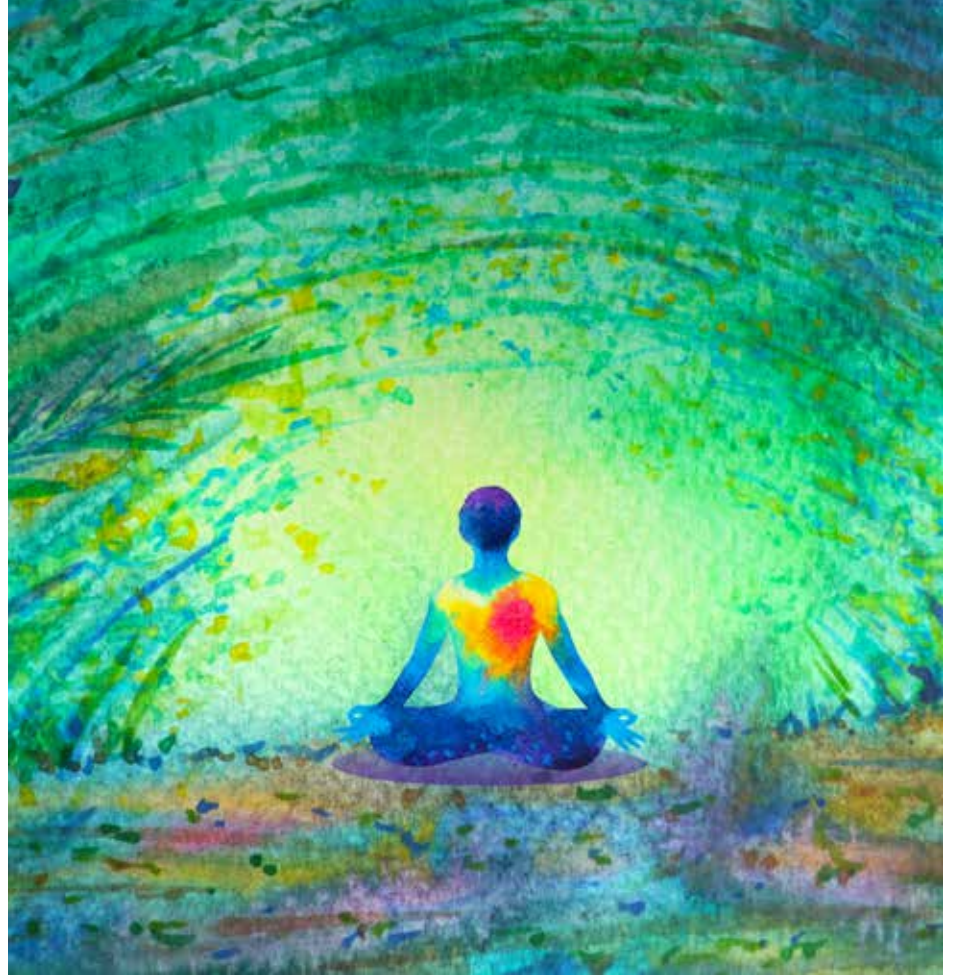
Mindfulness is rooted in a willingness to accept and experience the present moment. Such emotional resilience is key to living more years in good health, and you have several opportunities to learn mindfulness strategies at The Center.

Instructor Leigh Heasley leads a wide variety of yoga, meditation, and mindfulness programs throughout the week. On Tuesdays and Thursdays, you can choose between Gentle Yoga, with a focus on alignment, stretching, and strengthening, or Energizing Yoga, where you can explore your limits while building strength, endurance, balance, and flexibility. Both series are also offered on Saturdays and all classes are beginner friendly.

On the first Saturday of each month, you can join Leigh at Riverview Park for a Mindful Photo Walk, a multi-sensory meditation in nature that invites you to commune with your surroundings more fully. Your camera will help you pay closer attention to details.

Another guided meditation group gathers on Tuesdays. PAUSE stands for Presence, Awareness, Unwinding, Sensing, and Exhaling — each a step in instructor Leena Miller's process for relieving stress, improving self-awareness, and regulating the nervous system.

These recent additions to mindfulness programs at The Center build on foundational classes like Basic Hatha Yoga, which continues to meet



on Monday, Wednesday, and Friday mornings, and Tai Chi, which has remained a staple of Center programming since 1994.

You can even enjoy mindfulness with The Center from home as Tai Chi and Chair Yoga are both offered online.

All of these programs are open to the public with registration available on our website, but the best way to care for your mind and body is through a Prime membership.

A Standard member who participates in even one yoga class per month will wind up paying \$612 a year. Prime membership at \$528 a year includes all our yoga and meditation offerings.

If you would like to upgrade your membership, contact Member & Visitor Services Director Izzy Menchero at [izzy@thecentercville.org](mailto:izzy@thecentercville.org) or, once our new software goes live, you can make the change yourself through your online member portal (see page 1 for more information). ■



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# Pull-Out Program Calendar

## THURSDAY

8:30 TAI CHI \$  
 9:00 *Ivy Creek Hikers*, Party Bridge,  
*Retreads Softball*, **Energizing Yoga \$**  
 9:15 PRIMETIME FITNESS \$  
 10:00 **AA Meeting**  
 Tap Dance (Int.) \$  
 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 Apple/Mac Class  
 Woodcarvers  
 1:15 Cardio Strength \$  
 2:00 Backgammon, Cribbage  
 2:15 **Gentle Yoga \$**  
 2:30 **International Folk Dance,**  
**Beginners Mah Jongg**  
 3:30 Tai Chi \$  
 5:00 **Tap Your Troubles Away \$**  
 7:00 **Square Dancing**

## FRIDAY

8:30 TAI CHI \$, Hatha Yoga \$  
 9:00 **Level 1 Walking**  
 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 \$  
 12:00 **Music in the Atrium**  
 12:15 Beginners Line Dance,  
 Core Stability \$  
 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

8:30 **Gentle Yoga \$**  
 9:00 **Lawn Games Available until 2:00**  
 9:45 MOVE TO THE RHYTHM DANCE  
 PARTY \$  
**Energizing Yoga \$**  
 10:00 **Chess (All Levels)**  
 11:00 **Floor Barre \$**

## The Center at Belvedere

540 Belvedere Blvd.  
 Charlottesville, VA 22901  
[www.thecentercville.org](http://www.thecentercville.org)  
 434.974.7756

**1** 11:30 **Mindful Photo Walk \$**

**6** 9:30 **Monotype Printmaking, cont.**  
 10:00 **Hearing Screenings**  
 11:00-4:00 **Foot & Nail Care Clinic \$**  
 1:00 **Mastering Medicare**  
**Beginner Sign Language**  
 2:30 **Mah Jongg Lessons, cont.**  
 3:00 **Socrates Café**  
 6:00 **NAMI Support Group**  
**Kirtan**  
**Jazz Jam**

**7** 1:00 **Impressionists Acrylics, cont.**

**8** 9:30 **Intermediate Oil Painting \$**

**13** 9:30 **Monotype Printmaking, final**  
 10:00 **Two Hearts, One Flag**  
**The USS Indianapolis**  
 1:00 **Beginner Sign Language, cont.**  
 2:00 **Varieties of Spiritual Experience**  
 2:30 **Mah Jongg Lessons, cont.**  
 3:30 **Fitness Room Orientation**  
 4:00 **Essential Tremor Support Group**  
 5:01 **Thursdays Around 5**  
 5:30 **Pride Movie**  
 6:00 **African American Book Club**  
 6:30 **Charlottesville Camera Club**

**14** 11:00 **Holistic Health**  
 1:00 **Impressionists Acrylics, cont.**  
 6:00 **An Evening of Jazz with Ali Webb**

**15** 9:30 **Intermediate Oil Painting, cont.**  
 10:00 **Medical Cannabis**  
 12:45 **Beginner Chinese Brush**  
**Painting \$**  
 1:00 **Cville Band Duets & Recitals**

**20** 9:30 **Wet Felting \$**  
 11:00-4:00 **Foot & Nail Care Clinic \$**  
 1:00 **Beginner Sign Language, cont.**  
 2:30 **Mah Jongg Lessons, final**  
 3:00 **Socrates Café**  
 3:30 **Chinese Brush Painting \$**  
 5:00 **Fitness Room Orientation**  
**Pride Dance**  
 6:00 **NAMI Support Group**  
**Crafting Your Extended Care Plan**  
 6:30 **Cajun & Zydeco Dance**

**21** 11:00 **Has Your Get Up & Go Got Up & Left?**  
 1:00 **Impressionists Acrylics, cont.**

**22** 9:30 **Intermediate Oil Painting, cont.**  
 10:00 **Line Dance (Int./Adv.)**  
 12:45 **Beginner Chinese Brush**  
**Painting, cont.**

**27** 9:30 **Wet Felting, cont.**  
 12:30 **Cardmaking with Sherry \$**  
 1:00 **Blood Pressure Clinic**  
**Beginner Sign Language, cont.**  
 2:00 **Varieties of Spiritual Experience**  
 3:00 **Caregivers Discussion Group**  
 3:30 **Chinese Brush Painting, cont.**  
 5:02 **Thursdays Around 5**

**28** 12:00 **Don't Operate: Regenerate!**  
 1:00 **Impressionists Acrylics, final**  
 6:00 **180 Band Dance Party \$**

**29** 9:30 **Intermediate Oil Painting, cont.**  
 12:00 **High Tea \$**  
 12:45 **Beginner Chinese Brush**  
**Painting, cont.**



# August 2023

**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](http://thecentercville.org).

## MONDAY

7:30 *Senior Golf* \$  
 8:30 Hatha Yoga \$  
 9:00 *Hiking*  
 9:15 PRIMETIME FITNESS \$, Floor Barre \$  
 9:45 Tone & Groove \$  
 10:00 Writing for Healing & Growth \$  
 Sew & Sews, Getting Better at Bridge, **Grateful Threads Quilters**  
 10:30 *Chair Yoga*, Core Stability \$  
 11:00 **Silver Swans Ballet II** \$, Poker  
 11:30 Cardio Strength \$  
 11:45 BALANCE & STABILIZATION \$  
 12:15 **Silver Swans Ballet I** \$  
 12:30 Chess  
 1:00 Mah-Jongg (Chinese)  
*Ageless Grace* \$  
**English Country Dance**  
**Music in the Atrium**  
 1:45 Strengthen Your Health & Life \$  
 2:00 Member Social  
 2:15 Balance with Beth \$  
 3:00 Stretch Your Limits \$  
 3:30 Tai Chi \$

## TUESDAY

9:00 *Retreads Softball*  
**Energizing Yoga** \$  
 9:15 PRIMETIME FITNESS \$  
 10:15 Tap Dance Lessons (Beg) \$  
 10:30 ARTHRITIS EXERCISE \$  
 10:45 Second-Wind Band \$  
 11:00 Tap Dance Lessons (Beg/Int) \$  
 11:00 **Massage Appointments with Chase (available until 4:00)** \$  
 11:45 Stretch for Balance & Strength \$  
 12:30 Party Bridge  
 12:45 **Beginning Spanish**  
*(will not meet June 27)*  
 1:00 **English Country Dance**  
 1:15 **Round Dance Lessons** \$  
 Cardio Strength \$  
 2:00 **Advanced Beginner Spanish**  
*(will not meet June 27)*  
 GO for Beginners  
 2:15 Core Stability \$  
**Gentle Yoga** \$  
 3:15 **Keeping Up Your Spanish**  
*(will not meet June 27)*  
 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**

## WEDNESDAY

8:30 Hatha Yoga \$  
 9:00 *Hiking*, Fitness Room Orientation  
**Massage Appointments with Chase (available until 4:00)** \$  
 9:15 Primetime Fitness \$  
 9:30 Crafty Ladies  
 9:45 Tone & Groove \$  
 10:00 *Senior Bowling* \$, Push Card Game  
 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  
 1:30 Recorder Lessons \$  
 1:45 Strengthen Your Health & Life \$  
 2:00 Knit-Wits  
 2:30 Ping Pong  
**Conversational Spanish (Beg.)**  
 3:00 Foam Rolling \$  
 4:15 **Stretch for Balance & Strength** \$  
 5:00 Beginners Line Dance (will not meet Aug. 30)  
 5:30 Tai Chi \$  
 6:00 **AA Meeting**  
 6:30 **International Folk Dance**

**1** 9:00 **Injury & Pain Screenings**  
 9:30 **Coffee & Caregiving**  
**Intermediate Oil Painting, final**  
 10:00 **Try it Out Tuesday**  
 10:30 **Informal Nutrition Q and A**  
 1:00 **Rep. Landscape Oils** \$  
 1:30 **Scrapbooking, final**  
 6:45 **Has Your Get Up & Go Got Up & Left**  
 7:30 **Cville Band Summer Concert**

**2** 9:30 **Veterans Coffee Hour**  
 Kingfishers  
 11:00 Book Group  
 3:00 **Re-Connect Support Group, cont.**  
 5:00 **Movie Night**  
 6:00 **Latin Ballroom Dance, cont.**  
 7:00 **Standard Ballroom Dance, cont.**

**7** 9:30 **Beginner Clogging, cont.**  
 12:15 **Beginner Oil Painting, cont.**  
 1:00 Council Meeting  
**Beginner Guitar Lessons, cont.**  
 2:00 **Intermediate Guitar Lessons, cont.**  
**Portraits in Pastel II, cont.**  
**Diabetes Discussion Group**  
 3:00 **Drop-in Bereavement Support Group**

**8** 10:00 **Money & You**  
**Paper Crafting \$**  
**Home Safety Series**  
 10:30 **Wise Women Connect**  
 11:00 **Veteran Women's Social**  
 1:00 **Bookmobile**  
**Rep. Landscape Oils, cont.**  
 1:30 **Scrapbooking \$**  
 2:00 **Karaoke**  
 4:00 *Singles Schmooze*  
 6:30 Civil War Round Table

**9** 9:00 **Drop-in Bereavement Support Group**  
 10:00 **Welcome Wednesday**  
 10:30 **Parkinson Caregiver Support Group**  
 11:00 **Medicare 101**  
 2:00 Ice Cream Social  
 3:00 **Re-Connect Support Group, final**  
 5:30 **Songwriter Open Mic Night**  
 6:00 **Moonlighter's Quilting**  
**Latin Ballroom Dance, cont.**  
 7:00 **Standard Ballroom Dance, cont.**

**14** 11:00 **Hill and Wood Discussion Series**  
 1:00 **Piedmont Pastelists**  
**Pride Game Day**  
**Beginner Guitar Lessons, cont.**  
 2:00 Current Events  
**Intermediate Guitar Lessons, cont.**  
**Portraits in Pastel II, cont.**

**15** 9:00 **Move for Health**  
 9:30 **Alzheimers Support Group**  
 10:00 **Elder Law**  
 1:00 **Rep. Landscape Oils, cont.**  
 1:30 **Scrapbooking, cont.**  
 6:00 **Trivia**

**16** 9:00 **Injury & Pain Screenings**  
 10:00 **Hearing Health**  
**A Slice of History**  
 1:00 **Let's Talk Books**  
 5:00 **Movie Night**  
 5:30 **Pride Game Night**  
 6:00 **Welcome Wednesday Evening Ed.**  
**Mastering Medicare**  
**Veterans Social**

**21** 9:30 **Beginner Clogging, cont.**  
 12:15 **Beginner Oil Painting, final**  
 1:00 **Beginner Guitar Lessons, cont.**  
 2:00 **Intermediate Guitar Lessons, cont.**  
**Portraits in Pastel II, cont.**  
 3:00 **Drop-in Bereavement Support Group**

**22** 10:00 **Long Term Care Insurance Q & A**  
 10:30 **Wise Women Connect**  
 1:00 **Bookmobile**  
**Rep. Landscape Oils, cont.**  
**Quilling with Cory \$**  
 1:30 **Scrapbooking, cont.**  
 2:00 **Karaoke**  
 4:00 *Singles Schmooze*

**23** 9:00 **Drop-in Bereavement Support Group**  
 10:30 **Parkinson Caregiver Support Group**  
 11:30 **Luncheon \$**  
 1:30 Dollhouse Miniatures  
 6:00 **Latin Ballroom Dance, final**  
 7:00 **Standard Ballroom Dance, final**

**28** 9:30 **Beginner Clogging, final**  
 11:00 **Hill and Wood Discussion Series**  
 1:00 **Beginner Guitar Lessons, final**  
 2:00 **Intermediate Guitar Lessons, final**  
 Current Events  
**Portraits in Pastel II, final**

**29** 1:00 **Rep. Landscape Oils, cont.**  
 1:30 **Scrapbooking, final**

**30** 11:00 **Crafting Your Extended Care Plan**  
 6:00 **Latin Ballroom Dance \$**  
 7:00 **Standard Ballroom Dance \$**



# Pull-Out Program Calendar

## THURSDAY

8:30 TAI CHI \$  
 9:00 *Ivy Creek Hikers*, Party Bridge,  
*Retreads Softball*, **Energizing Yoga \$**  
 9:15 PRIMETIME FITNESS \$  
 10:00 **AA Meeting**  
 Tap Dance (Int.) \$  
 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 Apple/Mac Class  
 Woodcarvers  
 1:15 Cardio Strength \$  
 1:30 **Drumming Group**  
 2:00 Backgammon, Cribbage  
 2:15 **Gentle Yoga \$**  
 2:30 **International Folk Dance,**  
**Beginners Mah Jongg**  
 3:30 Tai Chi \$  
 5:00 **Tap Your Troubles Away \$**  
 7:00 **Square Dancing**

## FRIDAY

8:30 TAI CHI \$, Hatha Yoga \$  
 9:00 **Level 1 Walking**  
 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 \$  
 12:00 **Music in the Atrium**  
 12:15 Beginners Line Dance (will not  
 meet Aug. 4 & 25)  
 Core Stability \$  
 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

8:30 **Gentle Yoga \$**  
 9:00 **Lawn Games Available until 2:00**  
 9:45 MOVE TO THE RHYTHM DANCE  
 PARTY \$  
**Energizing Yoga \$**  
 10:00 **Chess (All Levels)**  
 11:00 **Floor Barre \$**

## The Center at Belvedere

540 Belvedere Blvd.  
 Charlottesville, VA 22901  
[www.thecentercville.org](http://www.thecentercville.org)  
 434.974.7756

<p><b>3</b> 9:30 <b>Wet Felting, cont.</b>                      10:00 <b>Hearing Screenings</b>                      11:00-4:00 <b>Foot &amp; Nail Care Clinic \$</b>                      1:00 <b>Mastering Medicare</b>  <b>Beginner Sign Language, cont</b>  <b>Beginning to Intermediate</b>  <b>Crochet \$</b>                      3:00 <b>Socrates Café</b>                      3:30 <b>Chinese Brush Painting, cont.</b>                      6:00 <b>NAMI Support Group</b>  <b>Kirtan</b>  <b>Jazz Jam</b></p>	<p><b>4</b> 12:00 <b>Painting Animals \$</b></p>	<p><b>5</b> 9:00 <b>Pop-Up Art Show</b>                      9:30 <b>Intermediate Oil Painting, cont.</b>                      11:30 <b>Mindful Photo Walk \$</b>                      12:45 <b>Beginner Chinese Brush</b>  <b>Painting, final</b></p>
<p><b>10</b> 9:30 <b>Wet Felting, final</b>                      1:00 <b>Beginner Sign Language, final</b>  <b>Beginning to Intermediate</b>  <b>Crochet, cont.</b>                      2:00 <b>Varieties of Spiritual Experience</b>                      3:30 <b>Fitness Room Orientation</b>                      3:30 <b>Chinese Brush Painting, cont.</b>                      4:00 <b>Essential Tremor Support Group</b>                      5:01 <b>Thursdays Around 5</b>                      6:00 <b>African American Book Club</b>                      6:30 <b>Charlottesville Camera Club</b></p>	<p><b>11</b></p>	<p><b>12</b> 9:30 <b>Intermediate Oil Painting, final</b>                      10:00 <b>Medical Cannabis</b>                      11:00 <b>Beer and Yoga \$</b></p>
<p><b>17</b> 11:00-4:00 <b>Foot &amp; Nail Care Clinic \$</b>                      1:00 <b>Beginning to Intermediate</b>  <b>Crochet, cont.</b>                      3:00 <b>Socrates Café</b>                      3:30 <b>Chinese Brush Painting, cont</b>                      5:00 <b>Fitness Room Orientation</b>                      6:00 <b>NAMI Support Group</b>                      6:30 <b>Cajun &amp; Zydeco Dance</b>                      7:00 <b>Brass Quintet</b></p>	<p><b>18</b> 11:00 <b>Has Your Get Up &amp; Go Got Up &amp; Left?</b>                      12:00 <b>Painting Animals, cont.</b></p>	<p><b>19</b> 10:00 <b>Line Dance (Int./Adv.)</b></p>
<p><b>24</b> 11:00 <b>Medicare &amp; Social Security 101</b>                      1:00 <b>Blood Pressure Clinic</b>  <b>Beginning to Intermediate</b>  <b>Crochet, cont.</b>                      2:00 <b>Varieties of Spiritual Experience</b>                      3:00 <b>Caregivers Discussion Group</b>                      3:30 <b>Chinese Brush Painting, final</b>                      5:02 <b>Thursdays Around 5</b>                      5:30 <b>Pride Movie</b></p>	<p><b>25</b> 12:00 <b>Don't Operate: Regenerate!</b>  <b>Painting Animals, cont.</b></p>	<p><b>26</b></p>
<p><b>31</b> 12:30 <b>Cardmaking with Sherry \$</b>                      1:00 <b>Beginning to Intermediate</b>  <b>Crochet, cont.</b>                      5:30 <b>Let's Talk Wine</b>                      7:00 <b>Woodwind Quintet</b></p>		



# July 2023

**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](http://thecentercville.org).

## MONDAY

7:30 *Senior Golf* \$  
 8:30 Hatha Yoga \$  
 9:00 *Hiking*  
 9:15 PRIMETIME FITNESS \$, Floor Barre \$  
 9:45 Tone & Groove \$  
 10:00 Writing for Healing & Growth \$  
 Sew & Sews, Getting Better at  
 Bridge, **Grateful Threads Quilters**  
 10:30 *Chair Yoga*, Core Stability \$  
 11:00 **Silver Swans Ballet II** \$, Poker  
 11:30 Cardio Strength \$  
 11:45 BALANCE & STABILIZATION \$  
 12:15 **Silver Swans Ballet I** \$  
 12:30 Chess  
 1:00 Mah Jongg (Chinese)  
*Ageless Grace* \$  
**English Country Dance**  
**Music in the Atrium**  
 1:45 Strengthen Your Health & Life \$  
 2:00 Member Social  
 2:15 Balance with Beth \$  
 3:00 Stretch Your Limits \$  
 3:30 Tai Chi \$

## TUESDAY

9:00 *Retreads Softball*  
**Energizing Yoga** \$  
 9:15 PRIMETIME FITNESS \$  
 10:15 Tap Dance Lessons (Beg) \$  
 10:30 ARTHRITIS EXERCISE \$  
 10:45 Second-Wind Band \$  
 11:00 Tap Dance Lessons (Beg/Int) \$  
 11:00 **Massage Appointments with Chase (available until 4:00)** \$  
 11:45 Stretch for Balance & Strength \$  
 12:30 Party Bridge  
 12:45 *Beginning Spanish*  
 1:00 **English Country Dance**  
 1:15 **Round Dance Lessons** \$ (no class 5/23 & 30)  
 Cardio Strength \$  
 2:00 **Advanced Beginner Spanish**  
 GO for Beginners  
 2:15 Core Stability \$  
**Gentle Yoga** \$  
 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**

## WEDNESDAY

8:30 Hatha Yoga \$  
 9:00 *Hiking*, Fitness Room Orientation  
**Massage Appointments with Chase (available until 4:00)** \$  
 9:15 Primetime Fitness \$  
 9:30 Crafty Ladies  
 9:45 Tone & Groove \$  
 10:00 *Senior Bowling* \$, Push Card Game  
 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  
 1:30 Recorder Lessons \$  
 1:45 Strengthen Your Health & Life \$  
 2:00 Knit-Wits  
 2:30 Ping Pong  
**Conversational Spanish (Beg.)**  
 3:00 Foam Rolling \$  
 4:15 **Stretch for Balance & Strength** \$  
 5:00 Line Dance (Beg.)  
 5:30 Tai Chi \$  
 6:00 **AA Meeting**  
 6:30 **International Folk Dance**

<p><b>3</b> 9:30 <b>Italian for Beginners, cont.</b>                      11:30 <b>Advanced Italian Conversation, cont.</b>                      1:00 <b>Beginner Guitar Lessons (New Series!)</b> \$                      2:00 <b>Intermediate Guitar Lessons (New Series!)</b> \$                      3:00 <b>Drop-in Bereavement Support Group</b></p>	<p><b>4</b> <b>Center Closed for Independence Day</b></p>	<p><b>5</b> 9:30 <b>Veterans Coffee Hour</b>                      Kingfishers                      11:00 Book Group                      3:00 <b>Re-Connect Support Group (New Series!)</b>                      5:00 <b>Movie Night</b>                      6:00 <b>Latin Ballroom Dance, cont.</b>                      7:00 <b>Standard Ballroom Dance, cont.</b></p>
<p><b>10</b> 9:30 <b>Beginner Clogging</b> \$  <b>Italian for Beginners, cont.</b>                      11:00 <b>Hill and Wood Discussion Series</b>                      11:30 <b>Advanced Italian Conversation, cont.</b>                      12:15 <b>Beginner Oil Painting</b> \$                      1:00 <b>Piedmont Pastelists</b>  <b>Pride Game Day</b>  <b>Beginner Guitar Lessons, cont.</b>                      2:00 Current Events  <b>Intermediate Guitar Lessons, cont.</b>  <b>Woodcarving an Owl</b> \$</p>	<p><b>11</b> 9:30 <b>Intermediate Oil Painting</b> \$                      10:00 <b>Home Safety Series</b>                      10:30 <b>Wise Women Connect</b>                      11:00 <b>Veteran Women's Social</b>                      1:00 <b>Bookmobile</b>  <b>Beginner Landscape Oils, cont.</b>                      1:30 <b>Scrapbooking</b> \$                      2:00 <b>Karaoke</b>                      4:00 <i>Singles Schmooze</i>                      6:00 <b>Demystifying &amp; Understanding Grief</b>                      6:30 Civil War Round Table</p>	<p><b>12</b> 9:00 <b>Drop-in Bereavement Support Group</b>                      10:00 <b>Welcome Wednesday</b>                      10:30 <b>Parkinson Caregiver Support Group</b>                      11:00 <b>Medicare 101</b>                      2:00 Ice Cream Social                      3:00 <b>Re-Connect Support Group, cont.</b>                      5:30 <b>Songwriter Open Mic Night</b>                      6:00 <b>Moonlighter's Quilting</b>  <b>Latin Ballroom Dance, final.</b>                      7:00 <b>Standard Ballroom Dance, final</b></p>
<p><b>17</b> 9:30 <b>Beginner Clogging, cont.</b>  <b>Italian for Beginners, cont.</b>                      11:30 <b>Advanced Italian Conversation, cont.</b>                      12:15 <b>Beginner Oil Painting, cont.</b>                      2:00 <b>Woodcarving an Owl, final</b>                      3:00 <b>Drop-in Bereavement Support Group</b></p>	<p><b>18</b> 9:00 <b>Move for Health</b>                      9:30 <b>Alzheimer's Support Group</b>  <b>Intermediate Oil Painting, cont.</b>                      10:00 <b>Elder Law</b>                      1:00 <b>Beginner Landscape Oils, final</b>                      1:30 <b>Scrapbooking, cont.</b>                      5:30 <b>Let's Talk Wine</b>                      6:00 <b>Trivia</b></p>	<p><b>19</b> 9:00 <b>Injury &amp; Pain Screenings</b>                      10:00 <b>Hearing Health</b>                      1:00 <b>Let's Talk Books</b>                      3:00 <b>Re-Connect Support Group, cont.</b>                      5:00 <b>Movie Night</b>                      5:30 <b>Pride Game Night</b>                      6:00 <b>Welcome Wednesday Evening Ed.</b>  <b>Latin Ballroom Dance</b> \$  <b>Mastering Medicare</b>  <b>Veterans Social</b>                      7:00 <b>Standard Ballroom Dance</b> \$</p>
<p><b>24</b> 9:30 <b>Beginner Clogging, cont.</b>  <b>Italian for Beginners, final</b>                      11:00 <b>Hill and Wood Discussion Series</b>                      11:30 <b>Advanced Italian Conversation, final</b>                      12:15 <b>Beginner Oil Painting, cont.</b>  <b>Beginner Guitar Lessons, cont.</b>                      2:00 <b>Intermediate Guitar Lessons, cont.</b>                      Current Events  <b>Portraits in Pastel II</b> \$</p>	<p><b>25</b> 9:30 <b>Intermediate Oil Painting, cont.</b>                      10:00 <b>Long Term Care Insurance Q &amp; A</b>                      10:30 <b>Wise Women Connect</b>                      1:00 <b>Bookmobile</b>                      1:30 <b>Scrapbooking, cont.</b>                      2:00 <b>Karaoke</b>                      4:00 <i>Singles Schmooze</i>                      5:00 <b>Beer and Bingo</b> \$</p>	<p><b>26</b> 9:00 <b>Drop-in Bereavement Support Group</b>                      10:30 <b>Parkinson Caregiver Support Group</b>                      1:30 Dollhouse Miniatures                      3:00 <b>Re-Connect Support Group, cont.</b>                      6:00 <b>Medicare &amp; Social Security 101</b>  <b>Latin Ballroom Dance, cont.</b>                      7:00 <b>Standard Ballroom Dance, cont.</b></p>
<p><b>31</b> 9:30 <b>Beginner Clogging, cont.</b>                      11:00 <b>Hill and Wood Discussion Series</b>                      12:15 <b>Beginner Oil Painting, cont.</b>                      1:00 <b>Beginner Guitar Lessons, cont.</b>                      2:00 <b>Intermediate Guitar Lessons, cont.</b>  <b>Portraits in Pastel II, cont.</b></p>		





# TRAVEL

**LINDA HAHN**  
TRAVEL COORDINATOR

[linda@thecentercville.org](mailto: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

Thank you to Anthology Senior Living for its sponsorship of travel programming at The Center.

## DAY TRIPS



### COLONIAL WILLIAMSBURG

Thursday, July 27

Transport yourself back to the 18<sup>th</sup> century on a four-hour guided walking tour of historic Williamsburg. See the Governor's Palace, Capitol, and Raleigh Tavern. Visit a trade shop or historic house and discover something about the everyday life of colonial residents. Lunch is on your own. Members \$115; Guests \$135.

### 42<sup>ND</sup> STREET AT RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, August 9

Come along and listen to the lullaby of Broadway. *42<sup>nd</sup> Street* celebrates Broadway, Times Square, and the magic of show biz with wit, humor, and pizzazz. Enjoy sensational tap numbers, lavish costumes, and fabulous familiar music. Lunch is included. Members \$146; Guests \$166.



### FLYING SQUIRRELS BASEBALL GAME

Sunday, August 20

Join us for a summer afternoon watching America's favorite pastime as the Richmond Flying Squirrels take on the Harrisburg Senators, AA affiliate of the Washington Nationals. Your ticket includes an all-you-can-eat buffet luncheon and a field level seat. Members \$96; Guests \$116.



### GREEN VALLEY BOOK FAIR

Wednesday, September 20

How can you travel to distant lands without leaving Virginia? Let the pages of a book whisk you away! Just south of Harrisonburg, the Green Valley Book Fair is a discount book outlet store featuring over 500,000 new books at incredible bargain prices. Save up to 90% off retail on over 30,000 different titles in more than 60 different categories, including fiction, history, health and self-help, children's books, religion, science, sports, cooking, home and garden, crafts, art, reference, nature and outdoors, and more. Lunch on your own at Cracker Barrel. Members \$55; Guests \$75.



### VIRGINIA SCENIC RAILWAY: ALLEGHENY SPECIAL

Thursday, October 19

Experience Virginia's rural countryside as you enjoy lunch on the 3-hour Allegheny Special railway adventure. The train departs from Staunton and will take you through beautiful farmland, rolling hills, and mountain ridges out towards the George Washington and Jefferson National Forests and back to Staunton. Lunch is included. Members \$215; Guests \$235.

### MUSEUM OF THE BIBLE

Wednesday, November 8

The Museum of the Bible in Washington, D.C. contains more than 40,000 objects and artifacts ranging from the time of Abraham through the New Testament era. Artifacts include Biblical papyri, Torah scrolls, Jewish artifacts, and contemporary treasures of Christian and Jewish cultures. Lunch is on your own. Members \$100; Guests \$120.

## GETAWAYS

### CANADA AND NEW ENGLAND CRUISE WITH ROYAL CARIBBEAN

September 27–October 7, 2023

Step aboard Royal Caribbean International's *Vision of the Seas* sailing round trip from Baltimore to Boston, MA; Portland ME; St. John, NB (Bay of Fundy); Halifax, Nova Scotia; and Sydney, Nova Scotia. Package includes round trip bus transportation, all meals, entertainment, port fees, taxes, and gratuities. Ship registry: Bahamas.

### BEAUFORT HOUSE IN KILLARNEY, IRELAND

September 8–16, 2023

Enjoy a 7-night stay at Beaufort House, a beautiful 18th century house set among 40 acres of woodland overlooking the River Laune. Experience the Ring of Kerry, the Dingle Peninsula, Gap of Dunloe, Blarney Castle, and much more. Package includes round trip airfare, airport transfers, all meals, and day trips.

### EGYPT

November 7–18, 2023

Explore a land of ancient treasures from Cairo, the capital and largest city of Egypt, to the Great Pyramids and beyond. You'll experience camel rides, a Nile cruise from Aswan to Luxor, a sunrise balloon ride, temple visits, shopping, and much more. Package includes round-trip airfare, accommodations, tours and two meals per day. Space is limited.



### SOUTHERN CARIBBEAN CRUISE WITH ROYAL CARIBBEAN

January 27–February 8, 2024

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. Ship registry: Bahamas.

## WE REMEMBER

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

Edna Anderson  
Faye Biggs  
Maxine Burton  
Judy Clickner  
Betsy Critzer  
Leslie Disharoon  
Gary Edgecomb  
Karen Farber  
Richard French

Javier Herrero  
Marlyn Hochstetler  
Mary Lewis  
Ardyce Lightner  
Jean S. Lindsay  
Hazel Marshall  
Robert Nelson  
David Nelson  
Jean Newsom

Sally J. O'Neil  
William Pender  
Martha Roberts  
Jane Wells  
Muriel Wiggins  
Joan Wilson  
Mac Woodward

**COME  
ALONG!**  
CENTER TRIPS ARE  
OPEN TO ALL!



What will change? As many of you already do for online shopping, banking, and other activities, you will be able to create an online account with a login and password for your member portal. When you log into your account, you'll land on a dashboard—a page with a brief summary of key information about your Center membership, such as upcoming programs you are registered to attend, any payments that are due, and, if you have a household membership, the name of that other member. All of that at a glance!

From your dashboard, you can choose to access even more information such as payment history or programs you have registered for in the past. Additionally, there is a donations tab from which you can view your donation history or make a new gift or pledge to support The Center.

With the member portal, you will no longer need to select whether you are a Prime or Standard member every time you register for a program. And you will have the convenience of being able to pay online at registration for materials fees for art classes, or set up scheduled payments for big trips.

The Center is hosting several training sessions for members (a recording of one will be available on YouTube) and staff and volunteers are available if you need help setting up your account. We also have printed tip sheets as well as online FAQs to guide you.

More new features will roll out in September, including one that has been much requested: reminder emails when you've registered for a program!

We are very excited to begin using new software with faster processes, improved security, and great benefits for members, but we know that no technology is flawless and we will certainly encounter a few bumps in the road during implementation. Additionally, with nearly 2,000 members and 150+ programs a week, plus community partners and participants, The Center is a large and robust organization managing a lot of information. Please be patient as we get "moved in" to our new digital home!

If you have questions, please see the FAQ page on our website, call the Welcome Desk, or stop by to chat. ■

## A Generous Bequest from Jennie Sue Breeden Minor



Jennie Sue Minor and Mary Reese enjoy a Center event

In May The Center received a generous bequest from the estate of Jennie Sue Breeden Minor, a longtime friend and advocate of healthy aging. Thoughtful and cognizant of the needs of her community, Jennie Sue made supporting charitable causes her life's work. The Center and many other area nonprofits benefited from her skills and generosity as a volunteer and board member, and as a director and president of the I.J. & Hilda M. Breeden Foundation.

Jennie Sue joined The Center, then known as the Senior Center, located on Pepsi Place, in 1995. She participated in monthly luncheons, contributed to community projects with the Crafty Ladies, and was a notable volunteer at The Center's furniture yard sale. Jennie Sue also enjoyed Second-Wind Band concerts and was instrumental in adding square dancing to the Senior Center's program roster.

In 2008, Jennie Sue joined the Senior Center's Board, serving on its Resource Development and Executive Committees. As a Board member, she helped develop a written case statement for the fundraising campaign to build The Center at Belvedere which outlined the need to build a new senior center to meet the healthy aging needs of our growing population of older adults. As this new building was being conceived, Jennie Sue advocated for joint-friendly sprung floors to be installed in The Center at Belvedere's two group exercise rooms, rather than a standard wood floor or the hard linoleum floors found at the Pepsi Place Senior Center.

A generous donor to The Center's annual programming, Jennie Sue also made gifts to support Center scholarships, eliminating financial barriers for community members to participate in healthy aging activities. She regularly purchased multiple tickets to the annual Grand Gala fundraisers to introduce friends to The Center and its mission to support seniors to live full and independent lives. When the Senior Center staff was nominated for a community award, she purchased a table for the award dinner so that staff could attend.

"We are fortunate that Jennie Sue shared her knowledge, experience, and advocacy with The Center community," said Executive Director Peter Thompson. "Personally, I am grateful for her dedicated friendship, her wisdom, and her forthrightness in the feedback she provided me over the years. The Center and I are better for her presence."

By including The Center in her estate plans, Jennie Sue has left a lasting legacy that will benefit the health and well-being of area seniors for years to come. From a grateful community, thank you, Jennie Sue! ■



## No time, ability, or desire to prepare meals every day?

Whether you want favorites or new dishes, Chef Amy will fill your fridge with culinary delights!

### As You Please Personal Chef Service

*"We used Chef Amy while I was home recuperating from knee replacement surgery. An accomplished chef, Amy will work magic in your kitchen, whip up a delectable menu of your choosing, and leave your space sparkling clean. Cannot recommend highly enough!"*  
 - Dianne



[Asyoupleasepersonalchef@gmail.com](mailto:Asyoupleasepersonalchef@gmail.com)  
 724-317-6403  
[Personalchefamy.com](http://Personalchefamy.com)

### MANY THANKS TO THESE 1180 SOCIETY MEMBERS! (April 1-May 31, 2023)

- |   |   |
|---|---|
| <p>The Blake at Charlottesville<br/>Blue Ridge ElderCare Advisors, LLC<br/>Blue Ridge Home Safety<br/>Rene Bond<br/>Branchlands Senior<br/>Independent Living<br/>Katie Caverly &amp; J.P. Christen<br/>Diana &amp; Samuel Clark<br/>Commonwise Home Care<br/>Emmanuel Episcopal Church<br/>The Heritage Inn<br/>Home Instead Senior Care<br/>Loving Arms Home Care<br/>Carrie &amp; Andy Macfarlan</p> | <p>Martha Jefferson House<br/>Chris &amp; Greg Menke<br/>Mutual of Omaha Advisors<br/>Our Lady of Peace<br/>Margaret &amp; Frank Quayle<br/>Mary Reiman<br/>Jocelyn &amp; Bruce Saunders<br/>Studio R Aesthetics<br/>Sunnyside Communities<br/>Martha &amp; George Truxel<br/>UnitedHealthcare<br/>Visiting Angels Living Assistance Services<br/>David Whitcomb &amp; Arline Zaborowski-Whitcomb</p> |
|---|---|



# What's It Like to Travel with The Center?

## Member and Volunteer Mary Barnabei Shares Experiences from Around the World

What if a simple game of canasta could turn into years of globetrotting?

That's exactly what The Center opened up to longtime member and volunteer Mary Barnabei.

You may have met Mary as a Lobby Ambassador on Wednesday mornings or at Thursdays Around 5. But a great deal of Mary's Center activity takes place outside our walls, through the Travel Office.

"That's my newest love," she says. "Traveling! I never had a chance to do it as much as I do now."

Mary and her husband retired to Zion Crossroads in 2003 after years of traveling back and forth from the Philadelphia area to visit their grandchildren. The family enjoyed playing canasta and learned about The Center's many game groups, eventually becoming members around 2004.

After her husband sadly passed away, two big changes were in store. One was a move further into Charlottesville, less than a mile away from The Center. The other was a surprising treasure trove of new experiences resulting from a slightly impulsive trip with The Center's Travel Office.

"It was 2015. I was alone," Mary says. "I saw the Amalfi Coast trip and thought 'you know what? ... I'm going!'"

And so, she filled a week with stunning views, culinary delights, and cultural treasures across Naples, Pompeii, and the many scenic small



Mary Barnebei

towns dotting the rugged mountainous coast in the west of Italy. But more than that, Mary began longstanding relationships with beloved travel companions.

"Nobody wants to do things by themselves," she says, acknowledging that some folks hold off on group trips for fear of not knowing anybody. "[But] you have so much in common just on the first day! ... I really do feel like it's a family group because you get to know them so well."

"You don't have to feel like you're by yourself," Mary continues. "Especially with Linda [Hahn, The Center's Travel

Coordinator.] She just makes sure you're taken care of and that everybody's having a good time."

Over the years, Mary has visited as many places as she can with The Center, from Paris to Tuscany. She's embraced the deep emotional pull of standing on the D-Day beaches of Normandy, and marveled at the skill and passion of flamenco dancers in Barcelona. And she did it without stress or fear of mistakes.

"They prepare you so well," she says. "In Italy, I got temporarily [separated] from the group, but I didn't panic. [I knew], 'When they realize I'm missing, they'll come back.' I had all my information. Linda prepares you so well."

"And the places we stay are once-in-a-lifetime," she adds. "How many people can live in a [French] chateau for a week?!"

Mary says, "I've also used The Center and Linda for my personal travel. I say, 'You do the whole thing. Just tell me where to show up!'"

"In 2017, I took two grandsons to Yellowstone, Mount Rushmore, and the Grand Tetons," she says. "We were cowboys for a week! It was a wonderful time to bond with the grandsons."

At press time, Mary was preparing to take her 11-year-old granddaughter to Alaska for a "Call of the Wild" adventure. "We're going to be flight seeing and panning for gold and meeting the Iditarod dogs and hiking ... I don't know how we're going to do it all!" she says.

Arranging these trips through The Center allows Mary to focus on bonding with her grandkids instead of juggling all the ins and outs of travel.

"I'm not that savvy with changing my airfare and that kind of thing," she says. "Having Linda as my travel agent, if something goes wrong, I can call her immediately ... It's just like a lifeline."

Her next adventure with The Center is a trip to Ireland in September. (See page 13 for details.)

Mary reflects, "My whole life changed when I moved closer into town. I really did shed my old life and I became a new person."

Her infectious, starry-eyed enthusiasm for travel speaks to why the Travel Office is such a valuable part of The Center in our mission for healthy aging. Travel encapsulates so many dimensions of wellness into one experience.

Mary's travels keep her physically active as she pioneers her way through Alaska with her granddaughter. She broadens her knowledge and understanding as she experiences different cultures, staying socially engaged while enjoying lunch with friends in new places. And her spirits stay lifted as every trip gives her something to look forward to.

Mary says, "At our age, we can't afford to wait too long before we pack that suitcase again ... The world is so big. How can you not want to go ahead and do something? Especially if you're single, don't hesitate!" ■



## The Center Progresses Its Strategic Plan to Advance Healthy Aging

Summer 2023 marks the halfway point in The Center's current strategic plan, a vision for the nonprofit organization's future in creating healthy aging opportunities.

Building on core values and principles, the three-year plan identifies four strategic outcomes to maximize our impact on community health.

We set out in spring of 2022 to embrace opportunities for collaboration and advocacy. To make the most of our award-winning Belvedere facility, we set goals to align programs with community needs, expand hours and programming, and cultivate new partnerships to help more older adults connect with The Center's resources.

To successfully achieve these outcomes, we must also strengthen The Center's infrastructure and systems, such as improving financial sustainability, ensuring adequate staffing, and enhancing data collection for informed decision making.

Eighteen months into implementation, we are making progress on these goals.

We began offering evening hours three days per week in summer of 2022 and added Saturday hours in March 2023, improving access for older adults who remain in the work-

force. Additional hours allow for more programs and partnerships; The Center is now averaging more than 150 programs every week.

As we continue to develop programming for diverse audiences, we are also reaching out to underserved populations. A promising partnership with Piedmont Housing Alliance to expand access began with site visits in April and June; these met glowing reviews from seniors who are excited to become members and enjoy the impressive facilities and warm, receptive atmosphere.

Infrastructure improvements have included governance training for our Board of Directors and a new database system (see page 1 for more).

As we move toward fall 2023, we are hopeful The Center's advocacy work will help improve public transportation options for older adults. We eagerly await updates from CAT and a planned pilot microtransit program. ■





# Save Money AND Support The Center With Gifts from Your IRA

Did you know you can use your IRA to support healthy aging? If you meet certain qualifications, you could even leverage your philanthropic giving to garner some tax savings.

A qualified charitable distribution (QCD) moves funds from your IRA to an eligible charity like The Center at Belvedere.

Anyone age 70½ or better can make a QCD from their IRA, but there are even greater benefits for generous community members once they reach the age of 73.

It's at this age that you become subject to Required Minimum Distributions (RMDs). These are funds that IRA account owners must withdraw each year. As with any money drawn from a traditional IRA, RMDs are subject to income tax.

QCDs meet RMD obligations by lowering your balance, but because they go directly to a charity, they are not considered income to you and therefore are not subject to income tax.

A QCD from your IRA could even reduce your adjusted gross income enough to lower your tax bracket and thus how much you pay in taxes!



## Wondering whether a QCD will work for you? Consider the following:

- You must be age 70½ or older to make a qualified charitable distribution (QCD).
- The charity receiving the QCD must be a 501(c)(3) organization that is eligible to receive tax-deductible contributions. (Like The Center!)
- The QCD must come directly from your IRA to the charity; you cannot withdraw the funds and then make the donation.
- You can transfer up to \$100,000 from your IRA to one or more qualified charities using a QCD
- QCDs can be made from traditional IRAs, as well as Active Simplified Employee Pension Plan (SEP) IRAs, and Savings Incentive Match Plan for Employees (SIMPLE) IRAs if no contribution has been added to these plans in the year the QCD is taken.
- If you are subject to annual RMDs, making a QCD from your IRA to a charity can reduce your adjusted gross income and, thus, potentially lower your tax bracket and how much you pay in taxes.
- Making QCD to a charity will count toward your required minimum distribution (RMD) balance.
- A QCD cannot be claimed as an itemized charitable deduction on your taxes.
- While you cannot receive tangible benefits for your QCD (e.g., free tickets to an event), you are guaranteed to feel good about supporting healthy aging in our community!

To learn more, contact your financial advisor, the firm that manages your IRA, or The Center's Philanthropy Director, Melanie Benjamin at 434.220.9744 or [melanie@thecentercville.org](mailto:melanie@thecentercville.org). ■

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Join us as we enter our second century.

**2023 Summer Concert Series**

June 6, The Paramount  
June 16, Hazy Mountain Vineyard  
June 20, Crozet Park  
July 5, The Paramount  
July 18, PVCC Outdoors  
August 1, Center at Belvedere  
August 15, The Paramount

Our concerts are free and open to everyone, and they always will be.

**Cville BAND**

Charlottesville Band, est. 1922 | [cvilleband.org](http://cvilleband.org)





Friendly teams gather twice a month for trivia on Tuesday nights and are always ready to welcome new players, even with gift cards for Greenberry's at stake!



Group exercise classes don't just get your heart pumping—you can enjoy being around others of similar ages and abilities.



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## SURGEON GENERAL, continued from page 1

are social creatures and connection is as vital to our well-being as food, water, and shelter. The Advisory outlines a number of ways to build more connected lives and a more connected society.

Key to solving the loneliness epidemic is improving social infrastructure—the programs, policies, and physical spaces of a community that support the development of social connections. Simply put, we need places and programming where we can come together and build relationships.

Charlottesville is ahead of the curve: The Center at Belvedere is one of few organizations across the country offering comprehensive programming and resources to help us stay connected and age well. In bringing people together for healthy aging opportunities, we are creating the very hub for community and connection the Surgeon General is calling for.

94% of people who participate in programs at The Center report making new friends and having fun. Whether you come to The Center for a support group or a lively evening concert, a guest lecture or an art class, a book club or a volunteer shift, you are impacting not only your own health, but that of your community.

Socially connected communities see less violence and crime, more economic opportunity, and a more representative government. They're more likely to prevent disease transmission, respond to emergencies and see neighbors through times of crisis, or combat stigmas so people can seek out help with their health care.

Every visit you make to The Center strengthens these vital connections and helps us combat the loneliness epidemic.

If you'd like to take a further step in supporting The Center's unique social infrastructure, consider joining our summer matching challenge! Two anonymous donors have presented a \$25,000 matching challenge, doubling the impact of any gift you make to The Center by July 31. For more information, visit [thecentercville.org](http://thecentercville.org) or contact Philanthropy Director Melanie Benjamin.

With your help, we can reduce the impact of the loneliness epidemic and ensure everyone has the chance to age well. ■



## Come to Wild Birds Unlimited Feed the Birds and Feel the Joy 20% Off One Item!

Bring this ad to Wild Birds Unlimited Charlottesville and get 20% off one regularly priced item! Offer good until August 31, 2023. Limit one coupon per customer.

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# Welcome Anna Grey Hogan



Meet The Center's new Philanthropy Manager, Anna Grey Hogan. Anna Grey holds degrees in English, Theatre Performance, and Secondary English Education from Virginia Commonwealth University. She comes to The Center after four years as an English and Drama teacher at the Blue Ridge School.

Anna Grey also holds a Master's of Diversity and Inclusion Leadership from Tufts University and has served as the administrative assistant for local nonprofit Bennett's Village, a role which seamlessly blends her passions for DEI, graphic design, and working with the Charlottesville community.

Beyond her professional endeavors, Anna Grey remains an active contributor to the theatre community, volunteering her time and talents to local productions at Four County Players in Barboursville.

Anna Grey says she was originally skeptical when someone suggested she apply to The Center's job opening. She says, "I had a total misconception about what a senior center would be like. It wasn't until I [visited] the website that I realized The Center is a thriving, bustling community hub! ... Now all I have to do is wait until I turn 50 so I can become a member too."

As Philanthropy Manager, Anna Grey will be responsible for many of The Center's fundraising efforts, processing and reporting gifts in our database, and stewarding our generous community of supporters.



Susan Patrick



Karla Berger



Lorraine Momper

## Artists on Display in July & August



Nga Katz

# Thank YOU

## CORPORATE PARTNERS

**PREMIER partner**



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**Hill & Wood Funeral Service**

**GOLD partners**

**The Blake at Charlottesville**

**Delaney Hearing Center**

**RoseWood Village  
Assisted Living & Memory Care**

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**Anthology of Charlottesville**

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**Craig Builders**

**Hanckel-Citizens Insurance**

**The Heritage Inn**

**An Assisted Living and Memory Care Community**

**Home Instead Senior Care**

**Teague Funeral Service**

**UnitedHealthcare**

To learn more about sponsorship opportunities, please contact Lynn Divers at 434.220.9745 or [lynn@thecentercville.org](mailto:lynn@thecentercville.org).

### DONATIONS MADE IN HONOR OF (April 1-May 31, 2023)

**Tom & Penny Howard**  
By Vicky & Larry Eicher

**The First & Second Wind Bands**  
By Betsy Bean

Meals on Wheels of Charlottesville/Albemarle  
**GET INVOLVED IN YOUR COMMUNITY**

**Would you like to deliver a hot, nutritious meal to a neighbor in need?**

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**Visit our website to learn more:**

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[www.cvillemeals.org/apply](http://www.cvillemeals.org/apply)

**434.293.4364**

**We also invite you to attend our 2nd Annual Music for Meals benefit concert at Pro Re Nata brewery**



# DEI Committee News

The Committee continues its work on behalf of Center efforts to encourage and support diversity, equity, and inclusion through programming and other mission-aligned opportunities.

In April, Sin Barreras (Without Barriers), an organization supporting, educating, and serving the Hispanic immigrant community in Charlottesville and surrounding areas, collaborated with the DEIC to sponsor the Guatemalan Embassy at The Center. The event provided an opportunity for local Hispanic residents to obtain and verify important documentation while they live in the United States.

Thank you to interviewer Sharyn Pinney and Dr. Judith Reifsteck, author of *Memories and Stories: Healing Our Shared History of Racial Violence*, for a powerful May Book Event. Attendees gained insight into the lives of four African American individuals who fell victim to the injustices of the time. The opportunity to share and engage in conversation pertaining to their stories underscored the necessity to embrace the humanity of all people. This book provides a template for how communities can work together to heal from the trauma of structural racism.

After months of planning, April and May brought us an exciting new pilot program, "In Dialogue: Indifference to Racism-Finding Solutions." Participation in this small group discussion was offered to Center staff and volunteers on a voluntary basis. Facilitators Selena Cozart and Bob Garrity guided discussions focused on topics impacting the daily lives of people of color and what everyone can actively do to become an "authentic ally."

For more information about DEIC-sponsored activities, visit The Center's website and subscribe to the weekly e-news mailings.

### COMMITTEE MEMBERS

- |                             |              |                             |
|-----------------------------|--------------|-----------------------------|
| Enid Krieger, <i>Chair</i>  | Jim Hassmer  | Virginia Porter             |
| Jean Foss, <i>Secretary</i> | Liz Howard   | Kathleen Quinn              |
| Denise Benson               | Bobbi Hughes | Kathy Rouse                 |
| Mildred Best                | Berta Hysell | Bernadette Whitsett-Hammond |
| Madison Cummings            | Paul Jacob   | Mike Wilson                 |
| Liz Hacking                 | Joyce Lewis  |                             |



# COUNCIL NOTES

Council is a key communication link between Center members, staff, and the Board of Directors, comprised of Center members chosen to represent their respective programs or groups.

Meetings, held on the first Monday of each month at 1:00 pm, are an active forum addressing a wide range of issues, open to any Center member to attend. It's your best opportunity to get informed and have your voice heard!

An Executive Committee consists of four elected officers. Officers for the current fiscal year include Greg Menke, President (gmenke122148@gmail.com); Peggy Slez, Vice President (mjslez@gmail.com); Pat Daniele, Recording Secretary (pmdaniele@comcast.net); and Rea Everitt, Corresponding Secretary (reaeveritt@gmail.com). For more information about Council and upcoming meetings, don't hesitate to reach out to these individuals.

The next two meetings will be on Monday, July 3, and Monday, August 7.

### DONATIONS MADE IN MEMORY OF (April 1-May 31, 2023)

**Edward Dinwiddie**  
By Miriam & Gene Rabois

**John Watterson**  
By Linda Hill

**Roz Saz**  
By Margreta Swanson

**Joan Wilson**  
By Jean Zoumbaris

**Ralph L Feil**  
By Donna & Wally Nunley

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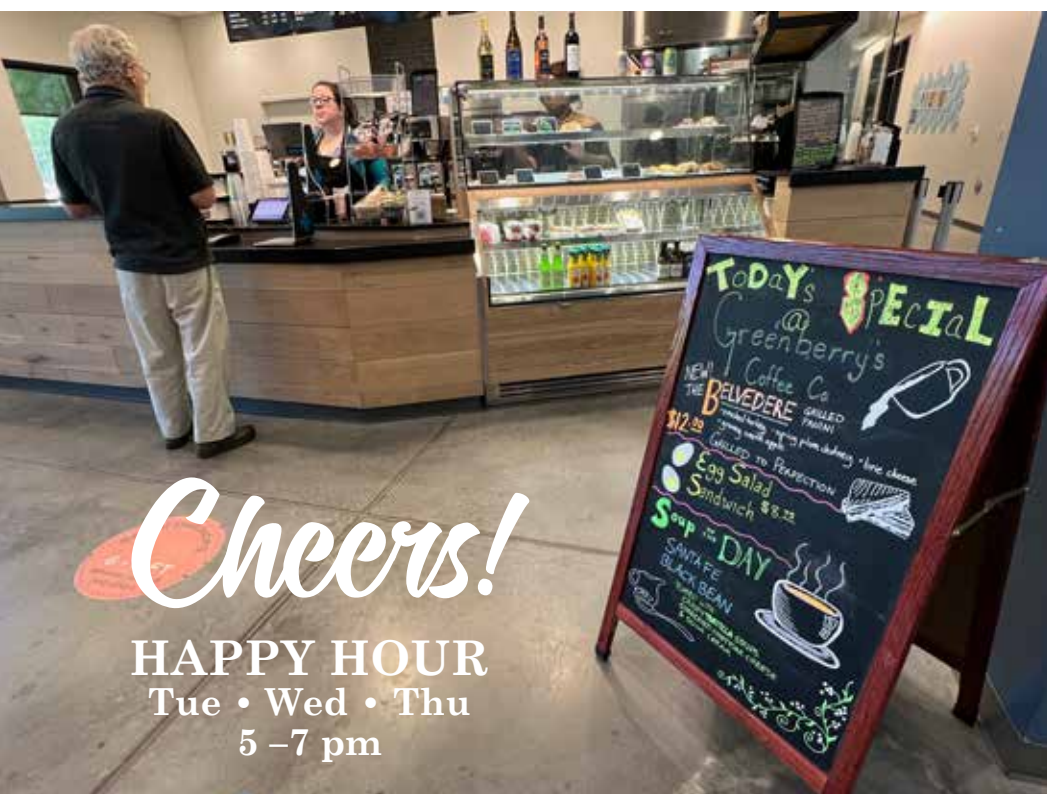


Mark your  
calendar for the  
first Saturday in  
August!



Pottery by Riley Gildea

Come admire the work of talented local artists and artisans when The Center at Belvedere hosts its first art fair. This one-day-only event will showcase a wide variety of handcrafted items fashioned from wood, clay, fabric, paint, and other media. With jewelry, mugs, pens, bags, mosaics, and more, enjoy shopping for gifts for every occasion as you support the community art scene.



*Cheers!*

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Tea Box by John Schmidt



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