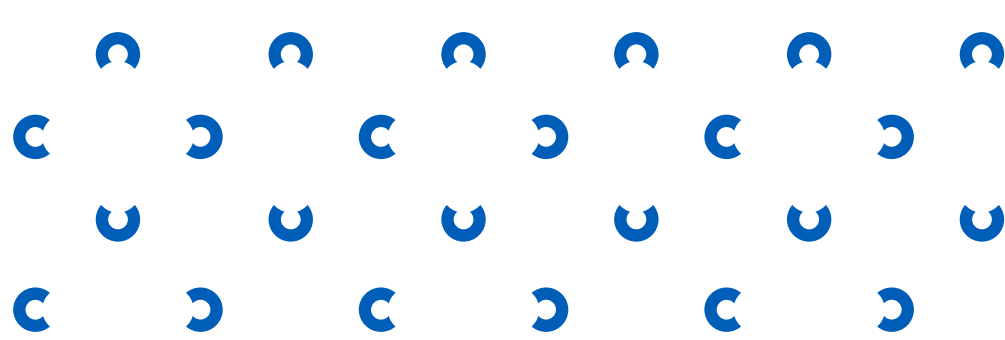




THE CENTER AT BELVEDERE



# NEWS from THE CENTER

DISCOVER THE POWER OF HEALTHY AGING

SEPTEMBER/OCTOBER 2023



Ben Greenberg

## Virginia's Natural Beauty On Display

As summer fades into fall, a variety of new art exhibits will be installed throughout The Center.

On the first floor, photographer Ben Greenberg shares images from his planned second book, tentatively titled "Natural Public Lands of Virginia." Come and admire dramatic landscapes, wildlife images, and nature scenes from national, state, regional, and local parks; wildlife refuges; nature preserves; and other outdoor treasures throughout the Commonwealth. From Chincoteague to the Blue Ridge Parkway to Grayson Highlands State Park (and beyond), Greenberg's images of Virginia prove Ken Burns' assertion that national parks are the country's greatest idea.

Greenberg says "Virginians are fortunate that so many of the state's scenic wonders are conserved and preserved as public lands." He hopes his collection will "educate and inspire Virginians to take advantage of opportunities to visit and celebrate these beautiful locations open to all."

Celebrate the opening with Greenberg at an artist reception on Friday, September 1, from 5:00–8:00 pm.

The Center's second floor galleries will display watercolors by Linda Verhagen and Ken Chasin, technology and digital processed photography by Paul Stams, and paintings by Nancy Campa.

## Executive Director Announcement Coming Soon!

At press time, the interview process for The Center's next Executive Director was well underway—look for an announcement in the near future. Make sure you're subscribed to The Center's e-news so you're the first to know of any new developments!

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## Try a New Dimension of Wellness on for Size This Active Aging Week

While it's true that every week at The Center is "active aging week," the International Council on Active Aging (ICAA) has marked an official Active Aging Week every year on the first week of October since 2003. Its purpose is to celebrate how positive the aging process can be.

Participating organizations all over the country offer free wellness activities and exercise programs for older adults. This is an easy task to accomplish at The Center and Active Aging Week is the perfect time to bring a friend: 40% of our programs are free and open to the public! This helps ensure healthy aging can be accessible to everyone, regardless of their financial circumstances.

Last year, ICAA recognized us as one of the top five wellness centers in North America and we've only grown since then. With the addition of Saturday hours last spring, we now have over 160 healthy aging opportunities available every week.

Aging is more than just physical, or even mental. There are multiple dimensions of wellness that help us age to the best of our potential: physical, intellectual, social, emotional, spiritual, financial, environmental, and vocational wellness are all facets to your well-being that Center programming can serve.

See ACTIVE AGING on page 20



## How Can You Reduce Your Risk for Dementia?

A host of new research has identified several ways you can reduce your risk of developing Alzheimer's disease and other forms of dementia. Even better news: Many programs at The Center already align with these action items.

The recently published "Sing With Us" study by the Centre for Performance Science in the UK explored whether singing, especially singing in a choir, could impact one's mental health, wellbeing, and quality of life. By working with 193 participants, they found that even a single choir session reduces stress hormones, increases immune-boosting cytokines, and stimulates memory for people with dementia.

Join the Still Sharp Singers or Barbershop Belles & Beaux for a cognitive boost! If rehearsals aren't your jam, karaoke in the Atrium twice a month can get your vocal chords vibrating for all the great health benefits of singing.

Last February, Ohio State University scientists reported that education, particularly whether a person finished college, is the biggest determining factor in whether a person stays mentally sharp in their mid-50s and beyond.

But education and exercising your brain doesn't stop in your mid-20s. The Ohio State study's co-author believes the reason education makes such a difference is people with college degrees are more likely to secure mentally stimulating work. But you can also get that stimulation from learning a new language, painting, writing, or any engaging hobby or interest.

There are ample opportunities at The Center to exercise your mind, whether you have a college degree or not. You can learn to speak Italian, attend an art history seminar, brush up on oil painting, or play chess or Scrabble with new friends.

There is also a possible physical component to Alzheimer's risk factors. In March,

See DEMENTIA on page 20



SINGING



EXERCISE



CONNECTIONS



LEARNING



NUTRITION



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

### Hours

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

### About THE CENTER AT BELVEDERE

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

### Healthy Aging for All

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

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

### 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                     |
| Stephanie Brown       | Weekend Welcome Desk Associate        |
| Jennifer Crews        | Program Director                      |
| Kristine Critzer      | Office Manager/Bookkeeper             |
| Lynn Divers           | Philanthropy Assistant Director       |
| Susan Gallander       | Program Coordinator                   |
| 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    |
| Dawn Ross             | Rental Coordinator                    |
| Trevor Saunders       | Facilities Manager                    |
| Kim Shipley           | Finance Director                      |
| Kiri Soprano          | Philanthropy Coordinator              |
| Steven Thomas         | Facilities 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

MEMBER & 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!

- |                   |                     |                    |
|-------------------|---------------------|--------------------|
| Cheryl Bales      | Walter Haas         | Carson Payne       |
| Donna Bindig      | Susan P. Harper     | Lori Pinkey        |
| John Boring       | Charles Harris      | Marilyn Potter     |
| Robin Braun       | Shirley Holden      | Gene Potter        |
| Christine Bridge  | Deborah Hollowell   | Marc Rafal         |
| Linda Brink       | Frank Hollowell     | Anne Rafal         |
| Gary Brink        | Pam Jessup          | Marilyn Roselius   |
| Joan Bryant       | Pat Jones           | Herbert Ross Jr.   |
| Cynthia Burke     | Patricia Jones      | Isabel Sawyer      |
| Irene Burton      | Susan Kane          | William Sawyer     |
| Cleve Campbell    | Pat Labua           | Patricia Seagraves |
| Diane Chamberlain | Lindsay Lowdon      | Heidi Shalloway    |
| Alan Cohn         | Elizabeth Lynn      | Sara Sherrard      |
| Ty Cooper         | Joyce Mader         | Mark Spalding      |
| Janice Creasy     | John Marquard       | Victoria Supraner  |
| Mary Grace Davis  | Dena Martin         | Patricia Taylor    |
| Mary Dodson       | Mike McBlair        | Tilwana Terrell    |
| Pam Edyburn       | Marcia McBlair      | Vonda Trainor      |
| Dave Edyburn      | Debbi Meslar-Little | Karen Tyler        |
| Edward Finegan    | James Miner         | Thomas Watchko     |
| Lisa Finis        | Gerald Montoya      | Mehe Watchko       |
| Kathryn Fishman   | Sue Moretz          | June West          |
| Norton Fishman    | Cassandra Morris    | Ronald Wiley Jr.   |
| Robert Fromm      | Walton Morris       | Elise Williams     |
| AnneMarie Fromm   | Kenneth Nelson      | Christine Wrynn    |
| Teddy Fung        | Kathleen O'Farrell  | Gina Yoder         |
| Jacklyn Gallihugh | Elizabeth Obeg      | Virginia Zeller    |

*If you joined between June 1 and July 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.



## COUNCIL NOTES

The Center Council serves as a key communication link between Council members, management, staff, and the Board of Directors. The information exchanged during these monthly meetings helps to both educate and inform.

**September 11:** Philanthropy Director Melanie Benjamin and her team will help you understand the important role charitable giving plays in the day-to-day operation of The Center.

**October 2:** Fitness Coordinator Alex Waltrip will break down all the various fitness programs available at The Center.

Please join us at these active forums! Meetings are open to all members and we welcome your attendance and participation.

Greg Menke, *Council President*

P.S. You can now see the full meeting schedule, information about Council officers, and more at thecentercville.org!

## STOP BY SATURDAY

The latest addition to our monthly orientation lineup! Learn about everything The Center has to offer on the last Saturday of every month at 10:00 a.m.



# programs

Register online at [thecentercville.org](http://thecentercville.org) or call 434.974.7756.

This a partial list of offerings; recurring programs without topic updates are listed in the calendar on pages 9-12. Check the website for programs added after our print deadline!

## SPECIAL EVENTS

### THURSDAYS AROUND 5

Free and open to all; registration encouraged

#### Mark Patterson and the Midnight Special

Thursday, September 14, 5:01–7:00 pm

Specializing in classic country, oldies rock 'n' roll, and a touch of bluegrass music, this group has performed with Conway Twitty, Johnny Paycheck, Keith Whitley, and Lee Roy Parnell. Band members include Renee Shifflett, Frank Dunlap, Joe Dunlap, and David Watson.

Food Truck: Crustworthy.



#### Don't Look Up

Thursday, September 28, 5:02–7:00 pm

Get your dancing shoes on for these experienced musicians playing traditional Chicago and Delta blues with a vintage rock 'n' roll sound. Featuring Dave Sherman and Rob Martin on guitar and vocals, Andy Burdetsky on bass and vocals, and Lance Foster on drums and vocals.

#### Dara James Trio

Thursday, October 12, 5:03–7:00 pm

Central Virginia's freshest organ trio since Delvon Lamarr boasts award-winning original songwriting mixed with refreshing covers of blues, funk, R&B, and soul. Featuring Dara James on guitar and vocals, Eric Franzen on Hammond organ, and Lance Foster on drums.

Food truck: Little Manila.

#### Michael Clem

Thursday, October 26, 5:04–7:00 pm

Michael Clem returns to The Center for his fourth appearance, building on 31 years of experience playing bass, singing, and writing songs for the national touring act he co-founded, Eddie from Ohio.

Food truck: Little Manila.

### WEDNESDAY MUSIC CLUB

Free for Center members; registration required

Wednesday, October 4, 10:15–11:30 am

The Wednesday Music Club kicks off its 100th anniversary with violinist David McCormick, founder of Early Music Access Project, and collaborators. A welcome brunch for current

and prospective WMC members follows the performance. Brunch tickets are available for purchase at [wednesdaymusicclub.org](http://wednesdaymusicclub.org).

### SHREDDING TRUCK

Open to all

Thursday, October 26, 11:00 am–1:00 pm

Bring your paper to be shredded in a state-of-the-art high speed shredding truck on-site and then recycled. For safety and to keep the line moving, please stay in your car and a volunteer will collect your bag(s) of paper. \$5 for up to five bags, \$2 per each additional bag. Please note we cannot accept entire car- or truck-loads of paper from one individual.

### SOUL EXPRESSIONS DANCE PARTY

Open to all; registration encouraged

Friday, September 22, 6:00–9:00 pm

Crowd-pleasing songs and styles, from Motown to the 80s and onward, will keep you on your feet. Bring your dancing shoes and boogie down! \$20

### PRIDE HALLOWEEN DANCE

Free and open to all; registration encouraged

Tuesday, October 31, 5:00–7:30 pm

Join us for a spooky Halloween Pride Dance! Wear your favorite costume and enter for a chance to win a gift card. Feel free to bring snacks and non-alcoholic beverages to share.

## ARTS

**CANCELLATION POLICY:** If you cannot attend a class after registering, please let us know. Due to the need to purchase supplies in advance, cancellations with fewer than 7 days' notice will be charged the materials fee.

### COLOR MIXING MASTER CLASS

Open to all; registration required

Tuesdays, September 5–19, 9:30–11:30 am (3 weeks)

Katie Hutter teaches you how to make your own color wheel, how to mix colors using only white with warm and cool primaries, the difference between warm and cool colors, and so much more. Prime members free; Standard members \$30; Guests \$40. Materials fee is \$65 or purchase your own according to materials list online.

### SCRAPBOOKING – ALL LEVELS

Open to all; registration required

Tuesdays, September 5 & 26, 1:30–4:30 pm (2 weeks)

Mondays, October 2–23, 1:30–4:30 pm (4 weeks)

Learn how to preserve memories and photos in ways that pop and please the eye and heart as you make solid progress on an album project. Prime members free. 2-week session: Standard members \$25; Guests \$35. 4-week session: Standard members \$30; Guests \$40. Materials fees vary.

### BEGINNER'S CHINESE BRUSH PAINTING

Open to all; registration required

Saturdays, September 16–October 7, 11:45 am–1:45 pm (4 weeks)

Saturdays, October 14–November 4, 11:45 am–1:45 pm (4 weeks)

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

### PAPER CRAFTING WITH DIANE

Open to all; registration required

Tuesday, September 12, 10:00 am–12:00 pm

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

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

### RIBBON SCARF MAKING

Open to all; registration required

Thursday, September 14, 10:00 am–12:30 pm

Saturday, October 14, 10:00 am–12:30 pm

Make a beautiful, lightweight fiber art knotted scarf with ribbons, metallics, sequins, and decorative fibers from all over the world. Choose your color scheme and learn several ways to tie your completed scarf. Prime members free; Standard members \$15; Guests \$20. Materials fee is \$20, payable to instructor at start of class.

### CHINESE BRUSH PAINTING

Open to all; registration required

Thursdays, September 14–October 5, 3:30–5:30 pm (4 weeks)

Thursdays, October 12–November 2, 3:30–5:30 pm (4 weeks)

Continue your education in the Sumi-é style of painting with instructor Nga Katz. Use unique brush movement, ink, and color to capture the essence of our planet's beauty from bamboo to orchids and plum blossoms. Prime members free; Standard members \$35; Guests \$50. Materials fee is \$50, payable to instructor at start of first class.

### MANDALA DOT ART PAINTING

Open to all; registration required by Sept. 11

Monday, September 18, 1:00–3:00 pm

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



### LOOSE AND FREE LANDSCAPES

Open to all; registration required

Thursdays, September 21–October 26, 9:30 am–12:30 pm (6 weeks)

Learn to feed your emotions by painting landscapes with more loose expression than representation. With instructor Katie Hutter, explore light, shadow, and color to create free and expressive paintings. Prime members free; Standard members \$45; Guests \$60. Materials fee is \$65 or purchase your own according to the materials list online.

PROGRAMS continue on page 4

### WOODCARVING A CARICATURE PUMPKIN

Open to all; registration required  
Tuesdays, October 3 & 10, 2:00–4:00 pm  
(2 weeks)

Mike Micucci teaches you how to make your own 5" wooden caricature pumpkin. 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, all payable to instructor at start of first class.

### QUILLING WITH CORY

Open to all; registration required by Oct. 17  
Tuesday, October 24, 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. Materials fee is \$20, payable to instructor at start of class.

### ALBEMARLE MODERN QUILT GUILD GROUP

Free and open to all  
Third Tuesdays, 6:00–8:00 pm

This group of area quilters encourages the growth and development of modern quilting through education and community activities. The September meeting includes a fabric swap; bring your stash to share!

## LIFELONG LEARNING



### THE WORLD OF ITALIAN RENAISSANCE

Free and open to all; registration required  
First Saturday each month, September–December, 11:00 am–12:00 pm  
(September's class will be on September 9 due to the Labor Day holiday)

Which characteristics of art were reborn in the Renaissance and why? Instructor Julia May leads you through Italy from the 13th century through the 16th, considering techniques, purpose, and artistic training in a fun series for non-expert art lovers.

### CONVERSATIONAL TURKISH FOR BEGINNERS

Free and open to all; registration required  
Tuesdays, September 5–26,  
10:00–11:00 am

Learn Turkish conversation for real life situations. Instructor Louis Mitler will teach essential phrases and introduce reading skills for menus, signage, and notices. Learn to converse socially and express your needs in an exciting and different language!

### EXPLORING THE MYSTERIES OF DREAMS

Free and open to all; registration required  
Beginning September 7; see full schedule online

Do you ever wonder what your dreams mean?

Experienced counselors Leila Ryland Swain and Al Mirmelstein explain how to use Jungian psychology to examine how the unconscious mind communicates with the conscious mind. Share your dreams and see what they reveal about inner conflicts and shadows.

### PERCUSSION 101

Open to all; registration required  
Mondays, September 11– November 27,  
10:00–11:30 am (12 weeks)

Discover the joys of playing percussion instruments to keep the body moving, the mind sharp, and the soul inspired! Learn how to read rhythm and pitch on the musical staff, and how to manage techniques and volumes, before you finally play a piece as a group. Bring your own drumsticks. Prime members \$36; Standard members \$90; Guests \$120.



### PERCUSSION 102

Open to all; registration required  
Tuesdays, September 12–November 28,  
1:30–3:00 pm (12 weeks)

Get hands on making music and learn how to study scores. Analyze how percussion and drum parts have been written for movie soundtracks, classical music, jazz, and rock, then play and record them in a fun, judgment-free zone. Bring your own drumsticks and binder. Prime members \$36; Standard members \$90; Guests \$120.

### NEAR-DEATH EXPERIENCES BOOK DISCUSSION

Free and open to all; registration encouraged  
Saturday, September 9,  
11:00 am–1:00 pm

Unlike dreams and hallucinations, the near-death experience has a consistent internal structure that changes an individual's life. Researcher and author P.M.H Atwater examines the near-death experience and its aftereffects, both frightening and inspiring, in this book.

### MEET THE AUTHOR: LEAVING 1203

Free and open to all; registration encouraged  
Friday, September 15, 10:30 am–1:00 pm

Author Marietta McCarthy's book offers a new grateful way of looking at the past and provides a blueprint for rich living here, now, and evermore. Books will be available for purchase.

### RECURRING MEDICARE PROGRAMS

Free and open to all; registration encouraged

Thursday, September 7, 1:00–2:00 pm  
with Margo Kreider

Wednesday, September 13, 11:00 am–12:00 pm  
with Sharon Accardo

Wednesday, September 20, 6:00–7:00 pm  
with Margo Kreider

Thursday, October 5, 1:00–2:00 pm  
with Margo Kreider

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

Wednesday, October 18, 6:00–7:00 pm  
with Margo Kreider

### DEMYSTIFYING AND UNDERSTANDING GRIEF

Free and open to all; registration encouraged  
Tuesday, September 12, 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.

### GOOD LIFE SERIES

Free and open to all

Senior Living Options  
Tuesday, September 5,  
11:00 am–12:00 pm

John Coppi and Wendy Sager of Westminster-Canterbury of the Blue Ridge discuss types of senior living, what each option does and does not provide, what they cost, and the importance of making a plan.

Jefferson Area Board of Aging  
Tuesday, October 3,  
11:00 am–12:00 pm

Tish Blackwell, JABA's Director of Philanthropy and Communications, shares how JABA serves older adults, individuals with disabilities, and caregivers at all income levels in Charlottesville and Albemarle, Fluvanna, Greene, Louisa, and Nelson Counties.

### SECOND ACT: AN INTRO TO THEATER

Open to all; registration required  
Mondays and Wednesdays,  
September 11–October 4,  
3:00–4:00 pm (4 weeks)

Were you a member of the drama club in school? Do you miss playing theatre games and improvising with friends? It's time for your Second Act! Instructor Anna Grey Hogan helps seasoned and novice thespians alike explore different aspects of theatre in a fun, relaxed environment. Free for members; Guests \$30.



### HOME SAFETY SERIES

Free and open to all; registration required  
Second Tuesdays, 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 September topic is sturdy railing and handrails. The October topic is fire prevention and protection.

### MONEY AND YOU

Free and open to all; registration required  
Tuesday, September 12,  
10:00–11:30 am

**Psychology of Money:** It's easy to spend a lot of time on the numbers and mechanics of money. But how are you wired to deal with money? Jorgen Vik, Certified Financial Planner and Partner with SKV Group, LLC., draws from his own experience working with clients.

Tuesday, October 10, 10:00–11:30 am

**Filtering Data Deluge:** There are so many pieces of financial information wherever you look. How do you determine which matter more and which matter less? Jorgen Vik leads the discussion.

## ALBEMARLE CHARLOTTESVILLE HISTORICAL SOCIETY SPEAKER SERIES

Free and open to all; registration required

### At Home with the Virginia Presidents

Wednesday, September 13, 6:00–7:00 pm

Author Heather S. Cole leads an engaging arm-chair travel session and historical discussion of the eight Virginia-born presidents and the sites that shaped their lives. Learn about the presidents' lives, virtually peek inside their homes, and get ideas for your next history road trip.



### Monticello Archaeology

Wednesday, October 11, 6:00–8:00 pm

Gain an overview of the archaeological work done near Thomas Jefferson's Monticello, as well as off the mountaintop, and learn how the artifacts recovered from these excavations provide scholars with critical information about the people who occupied this landscape before and during Jefferson's lifetime.

## ELDER LAW WITH DORIS GELBMAN

Free and open to all

Tuesday, September 19, 10:00–11:30 am

**How Can We Best Assist a Patient in a Nursing Home or Hospital?:** Often, a sick or frail person is unable to make appropriate decisions about their own care and a friend or family member has to step up. Learn how to choose health care providers, what rights patients and long term care residents have, how to understand billing, and the best way to deal with a provider who fails to take proper care of your friend or relative.

Tuesday, October 17, 10:00–11:30 am

**Medicaid Basics:** Long-term care includes assistance in your home, independent living, assisted living, nursing home care, and end-of-life care, and one way to pay for it is through public benefits such as Medicaid. Learn about Medicaid eligibility requirements, what it will and will not pay for, and how to plan for Medicaid eligibility.

## ARE ANNUITIES RIGHT FOR ME?

Free and open to all; registration encouraged

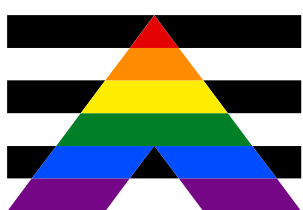
Thursday, September 21, 6:00–7:00 pm  
Thursday, October 19, 6:00–7:00 pm

Insurance companies spend a lot of time and money advertising annuities. Is it all hype or can the right annuity benefit your overall retirement strategy? Join in a discussion about the different annuity types and terminology with a registered financial advisor.

## PRIDE: HOW TO BE AN ALLY

Free and open to all;  
registration encouraged

Wednesday,  
September 20,  
3:30–5:00 pm



What exactly is an LGBTQ ally, and how can you be a better one? Former Healthy Sexuality Education teacher Carolyn Merrick provides some answers to the what, why, and how of allyship with personal examples of support and suggestions from LGBTQ folks and multiple organizations.



## THE NEW EUROPEAN BALANCE OF POWER

In partnership with the Blue Ridge Chapter of UNA-USA and OLLI

Free and open to all; registration encouraged

Tuesday, September 26, 5:00–6:30 pm

Dr. James R. Sofka, a specialist in international relations and trans-Atlantic diplomatic and political history, presents on the European Union, Russia, and Ukraine conflict.

## IS A REVERSE MORTGAGE BAD?

Free and open to all; registration encouraged

Wednesday, September 27,  
11:00 am–12:00 pm

41% of seniors say it will take a miracle to retire, and 73% say their greatest wealth is in their home. So why isn't the reverse mortgage more popular? Karren Tyler of Waterstone Mortgage busts the myths of the reverse mortgage and explains how it got such a bad reputation.

## GLOBAL MIGRATION AND THE U.S. BORDER

Free and open to all; registration encouraged

Wednesdays, September 27 & October 4,  
6:30–8:00 pm (2 weeks)

Over 108 million people were forced to leave their home countries in 2022, a new record. The U.S. has more migrants than any other country. This two-part program discusses the worldwide migration crisis and the current situation at our Southern border. Alyson Ball and David Leblang will help participants understand the factors driving record numbers of people to leave their home country in search of a better life, as well as the situation at the Southern border.



## GRIEF AND DEATH

Free and open to all; registration encouraged

Mondays, October 2–30, 3:00–4:30 pm  
(5 weeks)

Brenda Monroe of Promedica Heartland Hospice leads a five-week series on grief and how to cope with the death of a loved one. Learn ways to handle anniversaries and birthdays, honor your loved one, and heal.

## LIFE WISHES: PREPARING FOR THE FUTURE

Free and open to all; registration required

Thursdays, October 5–26, 3:00–5:00 pm

What happens if you are in the hospital for a short-term event or nearing the end of your life, and you are unable to make your own health care decisions? Who do you want to make those decisions? Experienced hospice nurses Cindy Sinchak and Nancy Zamil provide information and resources to help.

## BEGINNING TO INTERMEDIATE ITALIAN

Open to all; registration required

Mondays, October 9–November 27,  
9:30–11:00 am

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

## INCOME AND GROWTH FOR RETIREMENT

Free and open to all; registration required

Thursday, October 26, 5:30–8:00 pm

Ethan Lohr, Certified Financial Planner, shares a strategy to help retirees understand how to generate income and improve growth potential on retirement assets to realize financial goals.

## PRIDE BOOK EVENT WITH BRONWYN HUGHES

Free and open to all;  
registration encouraged

Saturday, October 28,  
10:00–11:30 am

Author Bronwyn Hughes presents her book *Swing Bridge*, featuring stories that explore the collision of come-here and from-here reactions to divisive social issues such as Confederate monuments, Me Too, transgenderism, and racial reckoning.



## FINANCIAL WELLNESS SERIES

Free and open to all

Presented by Jorgen Vik, Certified Financial Planner™ certificant and Partner with SKV Group, LLC.

### Investing for Beginners

Tuesday, October 10, 6:00–7:00 pm  
Wednesday, October 25,  
10:00–11:30 am

What's the difference between a bond and a stock? What about a mutual fund and an ETF, or a 403(b) and a Roth IRA? No question is too basic for this discussion.

### How to Retire and Stay Retired with Financial Confidence

Thursdays, October 12–November 2,  
6:00–7:30 pm (4 weeks)

Do you have enough money to last through your retirement? Are your accounts and investments set up to support your goals? Insurance, estate documents, inflation, and taxes... Learn how investments can help you be prepared for it all.

## PHYSICAL WELL-BEING

### HEALTHY LIVING FOR SENIORS

Open to all;  
registration required

Fridays,  
September 1–29,  
10:00–11:00 am  
(5 weeks)

Fridays, October 6–27, 10:00–11:00 am  
(4 weeks)

Lenora Conway, former manager of a National Diet Institute, will address healthy eating, exercise, food selections, attitudes, sleep habits, stress, and more. Prime members free; Standard members \$10; Guests \$20.



## CONTROL ALT DELETE

Open to all; registration required

Fridays, September 1–29,  
11:15 am–12:15 pm (5 weeks)

Fridays, October 6–27,  
11:15 am–12:15 pm (4 weeks)

Lenora Conway leads an ongoing support group focusing on healthy diet as a lifelong commitment. Control nutrition and diet, find an alternative plan, and delete unproductive behavior. Guide to Healthy Living is a precursor to this group. Prime members free; Standard members \$10; Guests \$20.



## FEEL GOOD FLOW

Open to all; registration required

Mondays, beginning September 11,  
11:30 am–12:15 pm (no class Sept. 25)

Instructor Chris Andrews packs a one-of-a-kind healing experience with tools and techniques for releasing stress and reducing anxiety. Combining meditative movement, breathing exercises, and positive affirmations, this special QiGong class will leave you feeling radiant and recharged. Try for free in September. From October onward: Prime members free; Standard members \$25/month; Guests \$35/month.

## TALKING HEALTH

Free and open to all; registration required

Monday, September 11,  
10:00–11:00 am

**Diabetes:** Charlotte Miller, LPN with Loving Arms Home Care, discusses the effects, causes, and warning signs of diabetes as well as treatments.

Wednesday, October 11,  
12:00–1:00 pm

**Aging Gracefully:** Get tips on aging, dieting, exercise, and nutrition.

## HEARING SCREENINGS

Free and open to all

First Thursdays, 10:00 am–12:00 pm

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

## TRANSFORMING STRESS: AN INTRO TO MIND-BODY MEDICINE

Open to all; registration required

Thursdays, September 28–October 16,  
10:00–11:30am (8-week series)

Susan von Hemert introduces you to mind-body medicine and how it can improve the lives of everyone, especially seniors. Learn how to identify stress and alleviate it through relaxation techniques. A free information session precedes the course on Thursday, September 14 from 10:00–11:30 am. Prime members \$25; Standard members \$40; Guests \$60.

## BRAIN HEALTH AND DEMENTIA RISK REDUCTION

Free and open to all; registration encouraged  
Monday, September 18, 1:00–2:00 pm

The Virginia Department for Aging and Rehabilitative Services examines general brain health and addresses several risk factors for dementia. Learn practical steps you can take to improve your

cognitive health and reduce the risks of developing dementia such as Alzheimer's disease.

## MOVE FOR HEALTH

Free and open to all

Tuesday, September 19, 9:30–10:30 am

Certified Hand Therapist Kim Thruston shares how to decrease pain and improve function if you have arthritis or other forms of hand pain.

Tuesday, October 17, 9:30–10:30 am

Darcy Higgins, Doctor of Physical Therapy, helps you move well using key elements of healthy human movement.

## HEARING HEALTH

Free and open to all; registration required

Wednesday, September 20,  
10:00–11:00 am

Learn how to clean and maintain your hearing aids with audiologist Kristin Koch.

Wednesday, October 18,  
10:00–11:00 am

Improve your balance and prevent falls by caring for your ear health. Audiologist Dr. Kristin Koch shares simple exercises and tips.



## INTIMACY WHILE AGING

Free and open to all; registration encouraged

Friday, September 22, 1:00–2:00 pm

Learn how hormones affect intimacy and how holistic approaches and synthetic hormones support intimacy with presenters Lisa Goldstein and Jason Itri.

## DIABETES DISCUSSION GROUP

Free and open to all; registration required

First Monday of each month beginning  
October 2, 10:00–11:00 am

RN Ruth Sweet facilitates topical discussions every other month to help you better understand your diabetes diagnosis.



## BEGINNING MEDITATION

Open to all; registration required

Mondays, October 16–30,  
9:00–10:30 am (3 weeks)

Relax and destress, promote a positive frame of mind, and gain insight on life challenges. Holistic healing instructor Barbara Martin leads a mindfulness-based class with simple meditation and relaxation techniques. Prime members free; Standard members \$25; Guests \$35.

## SOCIAL/RECREATIONAL



## MOVIE NIGHT

Free and open to all; registration encouraged

First and third Wednesdays, 5:00 pm

September 6: *The Blue Planet: Seas of Life: Ocean World/Frozen Seas*

September 20: *My Big Fat Greek Wedding*

October 4: *Ken Burns' America: Brooklyn Bridge*

October 18: *Hocus Pocus*

## ROUND DANCE DEMONSTRATION

Free and open to all; registration encouraged

Thursday, September 7, 4:45–6:15 pm

Instructors Eileen Rudert and Chip Hopper lead a demonstration of round dance, a style of choreographed ballroom dancing.

## PRIDE BRUNCH

Open to all; registration required

First Saturdays, 10:30 am–12:00 pm

Meet and socialize with other members of the 50-and-up LGBTQ+ community in Charlottesville. The September location is Sam's Kitchen. The October location is Moose's by the Creek.

## ROUND DANCE LESSONS

Open to all; registration required

Thursdays, September 21–November 9,  
4:45–6:15 pm

Pair the steps of ballroom dancing with the calls and cues of square dancing. Learn figures for the Waltz, Foxtrot, Cha-cha, Jive, Two-step, and more to music in various genres to keep the circle going. Prime members free; Standard members and Guests \$80.

## PRIDE MOVIE NIGHT

Free and open to all

Tuesday, September 12, 5:30–7:30 pm:  
*The Wedding Banquet*

Thursday, October 26, 5:30–7:30 pm:  
*Beetlejuice*



## OCTOBER LUNCHEON

Open to all; registration required by Oct. 13

Wednesday, October 18,  
11:15 am–12:45 pm

Mission BBQ caters a menu of pulled pork or chicken, rolls, cornbread, mac 'n' cheese, green beans, and apple caramel cobbler. Members \$15; Guests \$18.

*Remember ... this is only a partial list of Center offerings. Don't forget to check the website for programs added after our print deadline!*



# 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.

## Why Many of Us Don't Volunteer (and how to overcome common road blocks)

You may already be aware that volunteering not only helps your community, but can also improve your overall health, both mentally and physically. So why do so many of us not volunteer despite knowing the benefits? Research from the Stanford Center on Longevity suggests three different reasons.

- Not having enough time.
- Not having enough information about opportunities and needs in your community.
- Not being asked!

The good news is each of these very reasonable objections can be overcome.

If you feel you don't have time to volunteer, the true culprit is an inflexible volunteer schedule. Many opportunities are more flexible than you might imagine! You just have to look for them specifically. Consider searching for early morning, evening, or weekend shifts, or opt into tasks that can be done in a short amount of time. You can even find remote volunteer opportunities you can complete from home whenever you have a spare moment. Let your schedule guide the volunteer opportunities you look for!

Lack of information is also simple to solve, especially when you have a resource like The Center's Volunteer Office. If you're not sure whether there's a good opportunity for volunteering in your community, start with a little self-reflection. Consider what skill you would like to share or learn. Speak to organizations and coordinators who can match your skills and interests with the needs of your community. When you find an opportunity that piques your interest, use a volunteer coordinator to ensure you can review the position description and understand the necessary commitment. A little help from someone knowledgeable goes a long way.

Finally, you don't have to wait for opportunities to come to you. Even if you've never been asked to volunteer, let local nonprofits and organizations know you're available. Engage a volunteer coordinator in conversation and let them get to know the unique help you can provide to your community. Even in the rare chance that there isn't an opportunity for you right away, they'll know the right person to call when a position becomes available.

The Center matches volunteers with positions not only in our own organization, but also with dozens of area nonprofits. Contact Bobbi Hughes, Coordinator of Volunteer Resources, for help finding the right match for you.

## Volunteer Opportunities

### At The Center

Can't commit to a regular volunteer schedule? Become a substitute or help us out with a special event! The Center has plenty of opportunities with flexible times that can fit any schedule. Contact Bobbi for information.

### In the Community Volunteer at the UVA Auxiliary Gift Shop

Enthusiastic, energetic, and compassionate personalities are needed to help provide exceptional customer service at the UVA Hospital Auxiliary Gift Shop. Chat with family members while they wait, run the cash register, fill helium balloon orders, help customers select gifts, create displays, price and restock merchandise, process phone orders, and deliver gifts to inpatient units. For more information, call LaDelle Gay at 434.924.5251.



On September 20, The Center will be collecting medical and mobility equipment for All Blessings Flow, a local nonprofit that promotes health equity by providing supplies to those in need in the Greater Charlottesville area.

## DEI Committee Notes

*"If I could be you, if you could be me  
For just one hour ...  
Walk a mile in my shoes ..."*

Joe South's poignant ballad about racial tolerance and the need for perspective and compassion speaks directly to the Diversity, Equity, and Inclusion Committee's recently revised Statement of Purpose: "To contribute to a safe and welcoming space that champions racial equity and promotes the understanding of the unique contributions of our community members including differences in the areas of sexual identity and orientation, abilities, beliefs, traditions, and culture."

The pilot program of facilitated small group discussions on racial equity in Black and Brown communities conducted last spring with 12 staff members and volunteers was a successful, informative beginning for an anticipated ongoing offering at The Center. Based on participants' and facilitators' assessments, the DEIC and Center staff are refining the program for future "In Dialogue" sessions.

Continuing activities addressing racial inequities experienced by Native Americans, on May 5, The Center observed Red Dress Day. Empty red dresses hung throughout The Center representing missing and murdered Indigenous women, girls, and two-spirit people. In November, DEIC member Mike Wilson and Center Board member Mary Wilson will follow up their successful March series on discrimination against Native Americans with a new film and discussion program.

Pride programming at The Center just keeps getting better and better, with increased enthusiasm and attendance. A regular participant attested to how important this programming has been to the LGBTQ community. In addition to regular Game Days, Game Nights, movie gatherings, and off-site brunches, October offerings include a book event with Bronwyn Hughes, author of *Swing Bridge*, and a Halloween dance with a costume contest. Pride events are open to all members.

*Coming soon: The Center's fourth Speaker Series on Racial Equity.*

### COMMITTEE MEMBERS

Enid Krieger, *Chair*  
Jean Foss, *Secretary*  
Denise Benson

Mildred Best  
Madison Cummings  
Liz Hacking

Jim Hassmer  
Liz Howard  
Bobbi Hughes

Berta Hysell  
Paul Jacob  
Joyce Lewis

Virginia Porter  
Kathleen Quinn  
Kathy Rouse

Bernadette Whitsett-Hammond  
Mike Wilson

# The Center Supports Ukraine:

## Center Member Jane Hermann Leads Donation Efforts



The Center is a place where simple hobbies can create big impacts. Member Jane Hermann joined The Center after moving to Palmyra less than two years ago, thinking she might improve her knitting skills. Now she is instrumental in coordinating an international relief effort to support soldiers in Ukraine.

It all started when someone approached the Knit-Wits, a weekly group Jane participates in at The Center, and suggested they knit hats in Ukraine blue and yellow to sell and then donate the money.

“Well, within a month, she ghosted us!” Jane says.

So the Knit-Wits took on their own project for Ukraine, and in the process Jane became more deeply involved at The Center.

She says, “I crochet better than I knit ... I signed up for six hats and I did it! That first week, I made six hats. I turned them in to [former Program Coordinator] Carolyn Merrick, and she came back and said, ‘Jane, would you like to teach crochet?’”

Just like that, one afternoon a week at The Center became two. On Thursdays, Jane teaches the basics of crochet to beginner and intermediate students. On Wednesdays, she joins the Knit-Wits, which typically donates hats and scarves to local community members in need.

Jane recalls that one day in March, the facilitator of the Knit-Wits noted that no one had come to pick up any donations in quite some time.

Jane says, “The Lord called on me and just said, send them to the Ukraine—it’s cold there!”

To coordinate the donation effort, she leaned on her community at Calvary Chapel Fluvanna. She says, “We have a [Ukrainian] female pastor Sasha ... After her husband passed, the Lord told her to go back to the Ukraine.”

Sasha now works directly with soldiers and can offer Jane and

the Charlottesville community critical insight and guidance to what Ukrainian soldiers and their families truly need.

In the spring, with help from Center members and others in Charlottesville, Jane sent over 120 pounds of hats, gloves, baby items, and more.

“I called it Project Warmth for the first shipping,” she says. “It’s not like here—they’re freezing!”

Some members even supported the effort with monetary donations to help cover shipping. Jane says, “I was blown away by people giving money out of their pockets like that!”

Sasha’s latest message identified a need for new and gently used tennis shoes and boots, socks, underwear, and blankets.

Jane gathers donations every week and packs them to ship. At press time, she already had 100 pounds including two boxes full of shoes.

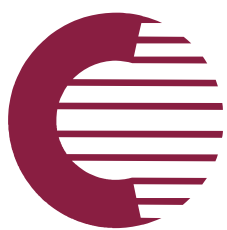
Anyone at The Center is welcome to contribute. Email Jane at [jane.hermann@att.net](mailto:jane.hermann@att.net) or drop by the Knit-Wits on Wednesdays from 2:00–4:00 pm.

For their part, the Knit-Wits are collaborating on a large adult blanket—“something they can roll up in” Jane says—with 35 12x12” squares.

“It’s beautiful to help them,” Jane says. “And it started here—right here!”



PREMIER CORPORATE PARTNER | THE CENTER



## Carter Bank & Trust

### Providing products and services for all life stages.

Through our sponsorship, Carter Bank & Trust provides scholarships to The Center members and contributes to healthy aging opportunities for older adults in the community.

Two locations to serve the Charlottesville community:  
**Mill Creek | Gardens Blvd**

Learn More About Us



[cbtcares.com](http://cbtcares.com)





# 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.) \$  
**Foot & Nail Care Clinic \$**  
 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  
 2:00 Backgammon, Cribbage  
 2:15 **Gentle Yoga \$**  
 2:30 **International Folk Dance,**  
**Beginners Mah Jongg**  
 3:00 **Drumming Group**  
 3:30 Tai Chi \$  
 5:00 **Tap Your Troubles Away \$**  
 7:00 **Square Dancing**

## FRIDAY

8:30 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 \$  
 12:15 Beginners Line Dance,  
 1:00 Euchre, Still Sharp Singers  
 Mah Jongg (American)  
 Writing for Pleasure  
 1:45 **Improvers/Int. Line Dance**  
 2:30 **Acoustic Jam Session,**  
**Music in the Atrium, Bingo \$**  
 Barbershop Belles & Beaux  
 3:30 **Parkinson's Yoga \$**

## SATURDAY

8:45 **Gentle Yoga \$**  
 9:00 **Lawn Games Available until 2:00**  
 10:00 MOVE TO THE RHYTHM DANCE  
 PARTY \$  
**Energizing Yoga \$**  
 10:00 **Chess (All Levels)**  
 11:15 **Floor Barre \$**

## The Center at Belvedere

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

		<b>1</b> 10:00 <b>Healthy Living for Seniors \$</b> 11:15 <b>Control, Alt, Delete \$</b> 12:00 <b>Painting Animals, cont.</b>	<b>2</b> Center closed for Labor Day
<b>7</b>	10:00 <b>Hearing Screenings</b> Exploring the Mystery of Dreams 1:00 <b>Mastering Medicare</b> 3:00 <b>Socrates Café</b> 3:30 <b>Chinese Brush Painting, final</b> <b>French 101, cont.</b> 4:45 <b>Round Dance</b> 6:00 <b>NAMI Support Group</b> <b>Kirtan</b> <b>Jazz Jam</b>	<b>8</b> 10:00 <b>Healthy Living for Seniors, cont.</b> 11:15 <b>Control, Alt, Delete, cont.</b> 12:00 <b>Painting Animals, cont.</b>	<b>9</b> 10:30 <b>Pride Brunch</b> 11:00 <b>World of Renaissance</b> <b>Near Death Experience</b> <b>Book Discussion</b> 11:30 <b>Mindful Photo Walk \$</b> 11:45 <b>Beginner Chinese Brush</b> <b>Painting, final</b>
<b>14</b>	10:00 <b>Ribbon Scarf Making \$</b> <b>Transforming Stress Info Session</b> <b>Exploring the Mystery</b> <b>of Dreams, cont.</b> 2:00 <b>Varieties of Spiritual Experience</b> 3:30 <b>Fitness Room Orientation</b> <b>Chinese Brush Painting \$</b> <b>French 101, 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>	<b>15</b> 8:00 <b>Birding at Foxhaven</b> 10:00 <b>Healthy Living for Seniors, cont.</b> 10:30 <b>Meet the Author: Leaving 1203</b> 11:15 <b>Control, Alt, Delete, cont.</b> 12:00 <b>Painting Animals, cont.</b>	<b>16</b> 10:00 <b>Line Dance (Int./Adv.)</b> 11:45 <b>Beginner Chinese Brush Painting \$</b>
<b>21</b>	9:30 <b>Loose and Free Landscapes \$</b> 3:00 <b>Socrates Café</b> 3:30 <b>Chinese Brush Painting, cont.</b> <b>French 101, final</b> 4:45 <b>Round Dance Lessons (new series) \$</b> 5:00 <b>Fitness Room Orientation</b> 6:00 <b>NAMI Support Group</b> <b>Are Annuities Right for Me?</b> 6:30 <b>Cajun &amp; Zydeco Dance</b>	<b>22</b> 10:00 <b>Healthy Living for Seniors, cont.</b> 11:15 <b>Control, Alt, Delete, cont.</b> 12:00 <b>Painting Animals, cont.</b> 1:00 <b>Intimacy While Aging</b> 6:00 <b>Soul Expressions Dance Party \$</b>	<b>23</b> 11:45 <b>Beginner Chinese Brush</b> <b>Painting, cont.</b>
<b>28</b>	9:30 <b>Loose and Free Landscapes, cont.</b> 10:00 <b>Transforming Stress: Intro to Mind</b> <b>Body Medicine \$</b> 1:00 <b>Blood Pressure Clinic</b> 2:00 <b>Varieties of Spiritual Experience</b> 3:00 <b>Caregivers Discussion Group</b> 3:30 <b>Chinese Brush Painting, cont.</b> 4:45 <b>Round Dance Lessons, cont.</b> 5:02 <b>Thursdays Around 5</b>	<b>29</b> 10:00 <b>Healthy Living for Seniors, final</b> 11:15 <b>Control, Alt, Delete, final</b> 12:00 <b>Painting Animals, final</b>	<b>30</b> 10:00 <b>Stop by Saturday</b> 11:45 <b>Beginner Chinese Brush</b> <b>Painting, cont.</b>

# October 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*  
 11:00 **Silver Swans Ballet II** \$, Poker  
 11:30 **Feel Good Flow** \$  
 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) \$  
**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**  
 2:00 *Advanced Beginner Spanish*\*  
 GO for Beginners  
 2:15 **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**

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

## WEDNESDAY

8:30 Hatha Yoga \$  
 9:00 *Hiking, Massage Appointments*  
**with Chase (available until 4:00)** \$  
 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**

<p><b>2</b> 10:00 <b>Percussion 101, cont.</b>  <b>Diabetes Discussion Group</b>                      1:30 <b>Beg.-Adv. Scrapbooking</b> \$                      3:00 <b>Drop-in Bereavement Support Group</b>  <b>Second Act: An Intro to Theater, cont.</b>  <b>Grief and Death Series</b></p>	<p><b>3</b> 9:00 <b>Injury &amp; Pain Screenings</b>                      9:30 <b>Coffee &amp; Caregiving</b>                      10:00 <b>Try it Out Tuesday</b>  <b>Paint Loose II</b> \$                      11:00 <b>Good Life Series</b>                      1:30 <b>Percussion 102, cont.</b>                      2:00 <b>Carving a Caricature Pumpkin</b> \$                      4:30 <b>Watercolor Painting, cont.</b>                      6:00 <b>Trivia</b>                      6:30 <b>Piedmont Master Gardener</b>  <b>Talk</b></p>	<p><b>4</b> 9:30 <b>Veterans Coffee Hour</b>                      Kingfishers                      10:15 Wednesday Music Club Program                      11:00 Book Group                      2:00 <b>Level 2 Beginner Oils</b> \$                      3:00 <b>Re-Connect Support Group, cont.</b>  <b>Second Act: An Intro to Theater, final</b>                      5:00 <b>Movie Night</b>                      6:00 <b>Latin Ballroom Dance</b> \$                      6:30 <b>Global Migration and the US</b>  <b>Border, final</b>                      7:00 <b>Standard Ballroom Dance</b> \$</p>
<p><b>9</b> 9:30 <b>Beg.-Inter. Italian</b> \$                      10:00 <b>Percussion 101, cont.</b>                      11:00 <b>Veteran Women's Social</b>                      1:00 <b>Pride Game Day</b>  <b>Piedmont Pastelists</b>                      1:30 <b>Beg.-Adv. Scrapbooking, cont.</b>                      2:00 <b>Preparing for Death Discussion Series</b>  <b>Current Events</b>                      3:00 <b>Grief and Death Series, cont.</b></p>	<p><b>10</b> 10:00 <b>Money &amp; You</b>  <b>Home Safety Series</b>  <b>Paint Loose II, cont.</b>  <b>Paper Crafting with Diane</b> \$                      10:30 <b>Wise Women Connect</b>                      1:00 <b>Bookmobile</b>                      1:30 <b>Percussion 102, cont.</b>                      2:00 <b>Karaoke</b>  <b>Carving a Caricature</b>  <b>Pumpkin, final</b>                      4:00 <i>Singles Schmooze</i>                      4:30 <b>Watercolor Painting, cont.</b>                      6:00 <b>Investing for Beginners</b></p>	<p><b>11</b> 9:00 <b>Drop-in Bereavement Support Group</b>  <b>Welcome Wednesday</b>                      10:30 <b>Parkinson Caregiver Support Group</b>                      11:00 <b>Medicare 101</b>                      12:00 <b>Talking Health: Aging Gracefully</b>                      2:00 <b>Level 2 Beginner Oils, cont.</b>                      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, cont.</b>  <b>Medicare 101</b>  <b>ACHS Speaker Series: Monticello</b>  <b>Archeology</b>                      7:00 <b>Standard Ballroom Dance, cont.</b></p>
<p><b>16</b> 9:00 <b>Beginning Meditation</b> \$                      9:30 <b>Beg.-Inter. Italian, cont.</b>                      10:00 <b>Percussion 101, cont.</b>                      1:30 <b>Beg.-Adv. Scrapbooking, cont.</b>                      3:00 <b>Drop-in Bereavement Support Group</b>  <b>Grief and Death Series, cont.</b></p>	<p><b>17</b> 9:30 <b>Move for Health</b>  <b>Alzheimers Support Group</b>                      10:00 <b>Elder Law</b>  <b>Paint Loose II, cont.</b>                      1:30 <b>Percussion 102, cont.</b>                      4:30 <b>Watercolor Painting, final</b>                      6:00 <b>Trivia</b>  <b>Albemarle Modern Quilt Guild</b></p>	<p><b>18</b> 9:00 <b>Injury &amp; Pain Screenings</b>                      10:00 <b>Hearing Health</b>                      11:15 <b>October Luncheon</b> \$                      1:00 <b>Let's Talk Books</b>                      2:00 <b>Level 2 Beginner Oils, cont.</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>Mastering Medicare</b>  <b>Veterans Social</b>  <b>Latin Ballroom Dance, cont.</b>                      7:00 <b>Standard Ballroom Dance, cont.</b></p>
<p><b>23</b> 9:00 <b>Beginning Meditation, cont.</b>                      9:30 <b>Beg.-Inter. Italian, cont.</b>                      10:00 <b>Percussion 101, cont.</b>                      1:30 <b>Beg.-Adv. Scrapbooking, final</b>                      2:00 <b>Preparing for Death Discussion Series</b>  <b>Current Events</b>                      3:00 <b>Grief and Death Series, cont.</b></p>	<p><b>24</b> 10:00 <b>Long Term Care Insurance Q &amp; A</b>  <b>Paint Loose II, cont.</b>                      10:30 <b>Wise Women Connect</b>                      1:00 <b>Bookmobile</b>  <b>Quilling with Cory</b> \$                      1:30 <b>Percussion 102, cont.</b>                      2:00 <b>Karaoke</b>                      4:00 <i>Singles Schmooze</i></p>	<p><b>25</b> 9:00 <b>Drop-in Bereavement</b>  <b>Support Group</b>                      10:00 <b>Investing for Beginners</b>                      10:30 <b>Parkinson Caregiver Support Group</b>                      1:30 <b>Dollhouse Miniatures</b>                      2:00 <b>Level 2 Beginner Oils, final</b>                      3:00 <b>Re-Connect Support Group, cont.</b>                      6:00 <b>Latin Ballroom Dance, cont.</b>                      7:00 <b>Standard Ballroom Dance, cont.</b></p>
<p><b>30</b> 9:00 <b>Beginning Meditation, final</b>                      9:30 <b>Beg.-Inter. Italian, cont.</b>                      10:00 <b>Percussion 101, cont.</b>                      3:00 <b>Grief and Death Series, final</b></p>	<p><b>31</b> 10:00 <b>Paint Loose II, cont.</b>                      5:00 <b>Pride Halloween Dance</b></p>	

# 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.) \$  
**Foot & Nail Care Clinic \$**  
 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  
 1:30 **Drumming Group**  
 2:00 Backgammon, Cribbage  
 2:15 **Gentle Yoga \$**  
 2:30 **International Folk Dance,**  
**Beginners Mah Jongg**  
 3:00 Drumming Group  
 3:30 Tai Chi \$  
 5:00 **Tap Your Troubles Away \$**  
 7:00 **Square Dancing**

## FRIDAY

8:30 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 \$  
 12:15 Beginners Line Dance  
 1:00 Euchre, Still Sharp Singers  
 Mah Jongg (American)  
 Writing for Pleasure  
 1:45 **Improvers/Int. Line Dance**  
 2:30 **Acoustic Jam Session,**  
**Music in the Atrium, Bingo \$**  
 Barbershop Belles & Beaux  
 3:30 **Parkinson's Yoga \$**

## SATURDAY

8:45 **Gentle Yoga \$**  
 9:00 **Lawn Games Available until 2:00**  
 10:00 MOVE TO THE RHYTHM DANCE  
 PARTY \$  
**Energizing Yoga \$**  
**Chess (All Levels)**  
 11:15 **Floor Barre \$**

## The Center at Belvedere

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

<p><b>5</b> 9:30 <b>Loose and Free Landscapes, cont.</b>                  10:00 <b>Hearing Screenings</b>  <b>Transforming Stress: Intro to</b>  <b>Mind-Body Medicine, cont.</b>  <b>Exploring the Mystery of Dreams, cont.</b>                  1:00 <b>Mastering Medicare</b>                  3:00 <b>Socrates Café</b>  <b>Life Wishes</b>                  3:30 <b>Chinese Brush Painting, final</b>                  4:45 <b>Round Dance Lessons, cont.</b>                  6:00 <b>NAMI Support Group</b>  <b>Kirtan</b>  <b>Jazz Jam</b></p>	<p><b>6</b> 10:00 <b>Healthy Living for Seniors \$</b>                  11:15 <b>Control, Alt, Delete \$</b></p>	<p><b>7</b> 10:30 <b>Pride Brunch</b>                  11:00 <b>World of Italian Renaissance</b>                  11:30 <b>Mindful Photo Walk \$</b>                  11:45 <b>Beginner Chinese Brush</b>  <b>Painting, final</b></p>
<p><b>12</b> 9:30 <b>Loose and Free Landscapes, cont.</b>                  10:00 <b>Transforming Stress: Intro to Mind-</b>  <b>Body Medicine, cont.</b>                  2:00 <b>Varieties of Spiritual Experience</b>                  3:00 <b>Life Wishes, cont.</b>                  3:30 <b>Fitness Room Orientation</b>  <b>Chinese Brush Painting \$</b>                  4:00 <b>Essential Tremor Support Group</b>                  4:45 <b>Round Dance Lessons, cont.</b>                  5:03 <b>Thursdays Around 5</b>                  6:00 <b>African American Book Club</b>  <b>How to Retire and Stay Retired</b>  <b>with Confidence</b>                  6:30 <b>Charlottesville Camera Club</b></p>	<p><b>13</b> 10:00 <b>Healthy Living for Seniors, cont.</b>                  11:15 <b>Control, Alt, Delete, cont.</b></p>	<p><b>14</b> 10:00 <b>Ribbon Scarf Making \$</b>                  11:45 <b>Beginner Chinese Brush</b>  <b>Painting \$</b></p>
<p><b>19</b> 9:30 <b>Loose and Free Landscapes, cont.</b>                  10:00 <b>Transforming Stress: Intro to</b>  <b>Mind-Body Medicine, cont.</b>  <b>Exploring the Mystery of Dreams, cont.</b>                  3:00 <b>Socrates Café</b>  <b>Life Wishes, cont.</b>                  3:30 <b>Chinese Brush Painting, cont.</b>                  4:45 <b>Round Dance Lessons, cont.</b>                  5:00 <b>Fitness Room Orientation</b>                  6:00 <b>NAMI Support Group</b>  <b>How to Retire and Stay Retired</b>  <b>with Confidence, cont.</b>  <b>Are Annuities Right for Me?</b>                  6:30 <b>Cajun &amp; Zydeco Dance</b></p>	<p><b>20</b> 8:00 <b>Birding at Foxhaven</b>                  10:00 <b>Healthy Living for Seniors, cont.</b>                  11:15 <b>Control, Alt, Delete, cont.</b></p>	<p><b>21</b> 10:00 <b>Line Dance (Int./Adv.)</b>                  11:00 <b>Kirtan</b>                  11:45 <b>Beginner Chinese Brush</b>  <b>Painting, cont.</b></p>
<p><b>26</b> 9:30 <b>Loose and Free Landscapes, final</b>                  10:00 <b>Transforming Stress: Intro to Mind-</b>  <b>Body Medicine, cont.</b>                  11:00 <b>Shredding Truck \$</b>                  1:00 <b>Blood Pressure Clinic</b>                  2:00 <b>Varieties of Spiritual Experience</b>                  3:00 <b>Caregivers Discussion Group</b>  <b>Life Wishes, final</b>                  3:30 <b>Chinese Brush Painting, cont.</b>                  4:45 <b>Round Dance Lessons, cont.</b>                  5:04 <b>Thursdays Around 5</b>                  5:30 <b>Pride Movie</b>  <b>Income and Growth for Retirement</b>                  6:00 <b>How to Retire and Stay Retired</b>  <b>with Confidence, cont.</b></p>	<p><b>27</b> 10:00 <b>Healthy Living for Seniors, final</b>                  11:15 <b>Control, Alt, Delete, final</b></p>	<p><b>28</b> 10:00 <b>Stop By Saturday</b>  <b>Pride Book Event</b>                  11:45 <b>Beginner Chinese Brush</b>  <b>Painting, cont.</b></p>

# September 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*
- 11:00 **Silver Swans Ballet II** \$, Poker
- 11:30 **Feel Good Flow (free for Sept., will not meet Sept. 25)**
- 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 (starts Sept. 12)\***
- 1:00 **English Country Dance**
- 2:00 **Advanced Beginner Spanish (starts Sept. 12)\***  
GO for Beginners
- 2:15 **Gentle Yoga** \$
- 3:15 **Keeping Up Your Spanish (starts Sept. 12)\***
- 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*, **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**

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

<p><b>4</b> Center closed for Labor Day</p>	<p><b>5</b> 9:00 <b>Injury &amp; Pain Screenings</b> 9:30 <b>Coffee &amp; Caregiving</b> <b>Color Mixing Masters Class</b> \$ 10:00 <b>Try it Out Tuesday</b> <b>Turkish for Beginners</b> 10:30 <b>Balance and Fall Prevention Q &amp; A</b> 11:00 <b>Good Life Series: Senior Living Options</b> 1:00 <b>Landscape Oils, cont.</b> <b>Essential Oils</b> \$ 1:30 <b>Beg.-Adv. Scrapbooking</b> \$ 3:30 <b>French 101, cont.</b> 6:00 <b>Trivia</b></p>	<p><b>6</b> 9:30 <b>Veterans Coffee Hour</b> Kingfishers 11:00 Book Group 4:00 <b>Second Floor Artist Reception</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>11</b> 10:00 <b>Percussion 101</b> \$ <b>Talking Health: Diabetes</b> 11:00 <b>Veteran Women's Social</b> 1:00 <b>Piedmont Pastelists</b> <b>Pride Game Day</b> 2:00 Current Events <b>Preparing for Death Discussion Series</b> 3:00 <b>Second Act: An Intro to Theater</b> \$</p>	<p><b>12</b> 9:30 <b>Color Mixing Masters Class, cont.</b> 10:00 <b>Home Safety Series</b> <b>Money and You</b> <b>Paper Crafting with Diane</b> \$ <b>Turkish for Beginners, cont.</b> 10:30 <b>Wise Women Connect</b> 1:00 <b>Bookmobile</b> <b>Landscape Oils, cont.</b> <b>Percussion 102</b> \$ 2:00 <b>Karaoke</b> 3:30 <b>French 101, cont.</b> 4:00 <i>Singles Schmooze</i> 4:30 <b>Watercolor Painting</b> \$ 5:30 <b>Pride Movie</b> 6:00 <b>Demystifying &amp; Understanding Grief</b></p>	<p><b>13</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> 3:00 <b>Second Act: An Intro to Theater, cont.</b> 5:30 <b>Songwriter Open Mic Night</b> 6:00 <b>Moonlighter's Quilting</b> <b>Latin Ballroom Dance, cont.</b> <b>ACHS Series: At Home with the VA Presidents</b> 7:00 <b>Standard Ballroom Dance, cont.</b></p>
<p><b>18</b> 10:00 <b>Percussion 101, cont.</b> 1:00 <b>Brain Health &amp; Dementia Risk Reduction</b> <b>Mandala Dot Art Painting</b> \$ 3:00 <b>Drop-in Bereavement Support Group</b> <b>Second Act: An Intro to Theater, cont.</b></p>	<p><b>19</b> 9:30 <b>Move for Health</b> <b>Alzheimer's Support Group</b> <b>Color Mixing Masters Class, final</b> <b>Elder Law</b> <b>Turkish for Beginners, cont.</b> 1:00 <b>Landscape Oils, cont.</b> 1:30 <b>Percussion 102, cont.</b> 3:30 <b>French 101, cont.</b> 4:30 <b>Watercolor Painting, cont.</b> 6:00 <b>Trivia</b> <b>Albemarle Modern Quilt Guild</b></p>	<p><b>20</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, (new series)</b> <b>Second Act: An Intro to Theater, cont.</b> 3:30 <b>Pride: How to be an Ally</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, cont.</b> <b>Mastering Medicare</b> <b>Veterans Social</b> 7:00 <b>Standard Ballroom Dance, cont.</b></p>
<p><b>25</b> 10:00 <b>Percussion 101, cont.</b> 2:00 Current Events <b>Preparing for Death Discussion Series</b> 3:00 <b>Second Act: An Intro to Theater, cont.</b></p>	<p><b>26</b> 10:00 <b>Long Term Care Insurance Q &amp; A</b> <b>Turkish for Beginners, final</b> 10:30 <b>Wise Women Connect</b> 1:00 <b>Bookmobile</b> <b>Landscape Oils, final</b> 1:30 <b>Beg.-Adv. Scrapbooking</b> \$ <b>Percussion 102, cont.</b> 2:00 <b>Karaoke</b> 4:00 <i>Singles Schmooze</i> 4:30 <b>Watercolor Painting, cont.</b> 5:00 <b>The New European Balance of Power</b></p>	<p><b>27</b> 9:00 <b>Drop-in Bereavement Support Group</b> 10:30 <b>Parkinson Caregiver Support Group</b> 11:00 <b>Is a Reverse Mortgage Bad?</b> 1:30 Dollhouse Miniatures 3:00 <b>Re-Connect Support Group, cont.</b> <b>Second Act: An Intro to Theater, cont.</b> 6:00 <b>Latin Ballroom Dance, final</b> 6:30 <b>Global Migration &amp; the US Border</b> 7:00 <b>Standard Ballroom Dance, final</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

## DAY TRIPS

### 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 three-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 located 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 Culture. Lunch is on your own. Members \$100; Guests \$120.



### MIRACLE ON 34<sup>TH</sup> STREET AT THE RIVERSIDE CENTER FOR THE PERFORMING ARTS

Wednesday, December 20

Based on the movie of the same name, this joyous, heartwarming holiday classic is filled with humor, spectacle, and beloved music such as "It's Beginning to Look a Lot Like Christmas." Get swept away by the charms of single mother Doris Walker, her six-year-old daughter, and a Macy's Santa Claus who just may be the real deal. Lunch is included. Members \$145; Guests \$120.

## GETAWAYS

### 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.

### CYPRUS

March 12–25, 2024

March 19–April 1, 2024

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



### BERMUDA AND PERFECT DAY CRUISE

June 13–22, 2024

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

## PRESENTATIONS



### CYPRUS PRESENTATION

Thursday, September 28, 10:00–11:00 am

Learn more about The Center's upcoming international trip to Cyprus, scheduled for March 2024. Claudia Hanna will share details of the trip and how it is designed to tantalize the senses. Free and open to all.

**COME ALONG!**

**CENTER TRIPS ARE OPEN TO ALL!**

## Prepare for Future Travels by Learning a New Language!

### BEGINNING CONVERSATIONAL SPANISH

Wednesdays, 2:30–4:00 pm

Improve your conversational skills in Spanish with this welcoming study group. All levels welcome. Free and open to all. (Check the website for more Spanish class offerings!)

### CONVERSATIONAL TURKISH FOR BEGINNERS

Tuesdays, September 5–26, 10:00–11:00 am

Learn Turkish conversation for real life situations. Instructor Louis Mitler will teach essential phrases and introduce reading skills for menus, signage, and notices. Learn to converse socially and express your needs in an exciting and different language! Free and open to all.

### BEGINNING TO INTERMEDIATE ITALIAN

Mondays, October 9–November 27, 9:00–11:00 am

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



THIS YEAR THE CENTER OFFERED

8,476

CLASSES, EVENTS, PROGRAMS, AND TRIPS

# BY THE NUMBERS

335

VOLUNTEERS

40

NONPROFITS SUPPORTED BY CENTER VOLUNTEERS

MORE THAN \$97,500

WORTH OF COMMUNITY SPACE DONATED OR DISCOUNTED

\$46,917

MEMBER SCHOLARSHIPS

93

VOLUNTEER PROGRAM LEADERS

CENTER VOLUNTEERS CONTRIBUTED

24,707

HOURS TO AREA NONPROFITS

1,021

MADE A GIFT TO SUPPORT HEALTHY AGING

## HEALTHY AGING FOR ALL

The start of fiscal year 2023 coincided with the end of the COVID-19 health emergency, setting the stage for a year of much-anticipated growth in program participation and membership at The Center at Belvedere. Visits to healthy aging programs increased by almost 30% as more older adults sought out social and physical activity, creative pursuits, educational opportunities, and more.

Progress on achieving the outcomes laid out in our strategic and racial equity action plans continued, with an emphasis on developing new relationships with other community-based organizations. Our goal of healthy aging for all depends largely on developing partnerships both to engage the many populations we serve and to provide the increasing number of programs needed for effective public health promotion strategies. The collaborations highlighted here offer a glimpse of the expanded opportunities partnerships offer.

Note: The full version of the FY23 annual report is available on our website at [thecentercville.org](http://thecentercville.org).

## Awards

The Center has been recognized both locally and internationally this year for exceptional work. The Climate Change Collaborative commended The Center for Excellence in Energy Efficiency, noting that our state-of-the-art building has the lowest pound-for-pound emissions among any member of Charlottesville's Green Business Alliance. The International Council on Active Aging named The Center one of the top five community centers in North America.

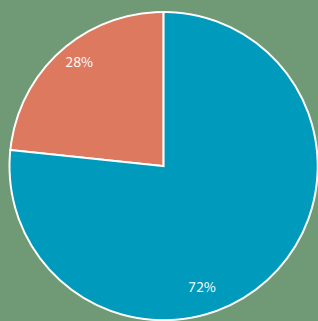
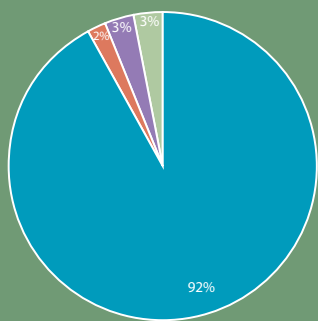
## Center Soiree Showcases Healthy Aging



On September 10, 2022, over 250 people boarded the S.S. Center for The Center Soiree: Anchors Aweigh and raised over \$100,000 to support healthy aging in our community. Talented musicians, tasty cuisine, and signature cocktails peppered the building and grounds as guests enjoyed several cruise-themed healthy aging activities. Cruisers tested their sea legs with a balance challenge on the Fitness Boardwalk, challenged their recall on games of skill and chance in the Casino, supported service projects for local organizations, and even turned a Speak-easy visit into a lifelong learning opportunity.

## FY23 Financial Data

The Center receives no regular funding from local, state, or federal governments and is sustained financially through diverse revenue streams from both philanthropy and earned income. (Audited numbers of The Center's FY2023 finances are expected to be released in November 2023.)



### ASSETS

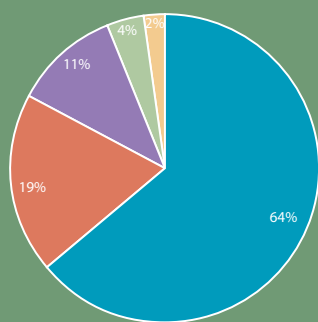
Land & Facility	\$20,039,677
Cash & Cash Equivalents	549,690
Other	592,461
Seabrook & Feil Endowments	620,367

**Total Assets** \$21,802,195

### ASSETS & LIABILITIES

Assets	\$15,635,690
Liabilities	6,166,505

**Total Assets** \$21,802,195



### REVENUE

Contributions	\$1,522,685
Membership Dues	456,783
Programs & Travel	261,913
Rentals & Leases	97,024
Other*	34,842

**Total Revenue** \$2,373,247

### EXPENSES

Healthy Aging Program Services	\$2,432,198
--------------------------------	-------------

### SUPPORTING SERVICES

Fundraising	382,215
Management & General	560,388

**Total Expenses** \$3,374,801

\* Includes investment returns from two endowment funds, Greenberry's operations, Lease, and Misc. revenue

## 2022-2025 STRATEGIC PLAN

We are moving forward on multiple paths to maximize our impact on community health. In the area of advocacy for age-friendly initiatives, The Center is one of many local groups working on better transportation options for people to get to The Center and other health promotion sites. Advancing equity, board development, and more emphasis on data-driven decision-making drove infrastructure improvements in FY23. And an expansion of operating hours allowed for more in-demand programs, fueled in part by new partnerships.

## RACIAL EQUITY ACTION PLAN

While this plan sets a course for three years, positioning diversity, equity, and inclusion as core values of the The Center is "forever" work. Ensuring that all Center policies are free of racial bias and reflect our commitment to advancing equity across all areas was a large part of the work in FY23. Outreach and engagement with community-based organizations included discussions with City of Promise, Public Housing Association of Residents, Piedmont Housing Alliance, and Sin Barreras, with collaborative events taking place in early FY24. The addition and expansion of more culturally diverse programs and experiences continued, as did training for staff and volunteers in equity issues provided by UVA's Division for Diversity, Equity, and Inclusion. Supporting healthy aging for everyone is a priority.

## PROGRAMMING HIGHLIGHTS

In FY23, expanded hours and community partnerships helped The Center grow its programming to over 150 programs a week, reaching more older adults in the Charlottesville area than ever before.

The Center's core programs address wellness from every angle, promoting physical activity; social ties; lifelong learning; resilience and independence; positive cognitive and behavioral outcomes; and emotional rewards. New programming responds to the ever-changing needs and interests of diverse older adults, empowering them to take charge of their own wellbeing.

Community concerns about financial security have inspired popular series helping retirees maximize their savings. Optimizing Social Security, accessing benefits, improving long-term care, and using home equity are just a few of the topics we covered in FY23.

Pride programs address the alienation and isolation that is disproportionately experienced by LGBTQ+ older adults. The Center is the only organization in our area offering these kinds of opportunities to gather among peers in a safe and welcoming environment.

### New Programs

- Floor Barre
- Parkinson's Yoga
- Ballroom Dance
- Level One Walking
- Mastering Medicare with Margo
- Sharing Our Stories: Indigenous Perspectives
- A Play on Words
- Let's Talk Books
- French and Italian language classes
- Moonlighters Quilting Group (partner)
- Pride Brunches
- Veterans Coffee Hours & Socials
- Singer-Songwriter Open Mic Night
- Trivia Tuesdays
- ReConnect Support Group
- NAMI Family Support Group

Connections at The Center stretched far and wide as we welcomed authors, filmmakers, artists, academics, musicians, and more to bring their unique perspectives to special events. We hosted Rosalyn Story for the Virginia Festival of the Book and Margot Lee Shetterly for an interview and signing of *Hidden Figures*.

We screened documentaries about Black churches that emerged after Reconstruction in Fluvanna, the lasting effects of "urban renewal" on Charlottesville's Vinegar Hill neighborhood, and the many descendants—Black and white—of Virginia planter John Clay.

These are just a few of the highlights from a full and rich year of programming designed to reach as many older adults as possible, improving quality of life, and ensuring healthy aging can be enjoyed by all.



### A Joyful Noise

The Center honored 28 local Black activists for Black History Month, culminating in A Joyful Noise, a gospel celebration featuring three local choirs.



### New Evening and Saturday Hours

With the addition of Saturday hours and a third week-night, healthy aging programming is accessible to many more people, especially older adults who have not yet retired. Art classes, new fitness programs, history presentations, orientations, and recreational activities are some of the weekend offerings area residents have enjoyed.

## Community Partners

Community partnerships expand Center offerings and keep healthy aging a community priority. This is a small selection of program collaborations in FY23.

### SKV Group

For many of our members, financial wellness is as critical as physical fitness. Jorgen Vik of SKV Group leads the monthly Money and You discussion as well as other seminars to help members prepare for retirement or understand investments. SKV Group also generously supports our veterans' programming, including several monthly support groups. A sponsored trip to the National D-Day Memorial and a very well-attended screening of the Army/Navy football game were highlights.



### Albemarle Charlottesville Historical Society



The Albemarle Charlottesville Historical Society offers our community excellent outlets for lifelong learning. Its Speaker Series hosted at The Center has brought many expert authors and researchers to share interesting chapters of local history, from well-known Virginia presidents to oft-overlooked POW camps in WWII. It's exhibit of Frances Brand's "Firsts" in The Center's art gallery highlighted notable women, civil rights leaders, pioneers in various fields, and those who broke color lines and shattered glass ceilings.

## Piedmont Master Gardeners



Even in a holistic approach to healthy aging, environmental wellness is easy to overlook. The Piedmont Master Gardeners make an invaluable contribution to The Center and the community through the rose and pollinator gardens. This beautiful outdoor space offers accessible natural surroundings and educational opportunities to members and visitors. The pollinator garden is also a certified monarch waystation! In addition to weekly gardening sessions, the Master Gardeners lead informative presentations every other month on topics such as pruning and plant-friendly de-icing.



### University of Virginia

The Center and UVA enjoy multiple beneficial relationships. UVA Dietitians frequently demonstrate healthy recipes for members, and the SIM (Social Issues in Medicine) program brings first-year medical students to The Center as volunteers, giving them insight into a population that is sometimes overlooked. In September, a pilot UVA program offered Center members the opportunity to participate alongside undergraduates in an Introduction to Native American Indigenous Studies class. Bringing together young people and elders created a richer, more meaningful experience for all.

# Philanthropy FAQ: Don't Membership Dues Cover Most of the Center's Revenue Needs?

It's an easy assumption to make. The truth is that membership dues *are* an important part of The Center's annual revenue. They supply 17% of the funds needed to support our healthy aging mission. Facility rentals, travel, and program fees also play a part in generating revenue to further this important community work.

As a nonprofit, however, The Center relies much more heavily on philanthropic support from individuals, foundations, corporations, and organizations to provide most of our annual revenue. Philanthropic gifts from community members account for over 60% of the The Center's annual operating budget! And while the City of Charlottesville and Albemarle County both provided generous grants to help fund the construction of The Center at Belvedere, we do not receive government funding on an annual basis.

Philanthropic gifts help ensure The Center's programs and resources are available to everyone. This year, we hope to raise \$1.35 million to advance our healthy aging mission.

By pursuing donations to cover most of our revenue needs, we can keep membership dues below the typical rate of a private health or social club. If The Center relied solely on membership dues to support operations, the cost of a Center membership would quickly become a barrier for many in our community.

We reduce that potential barrier by relying on philanthropic gifts to keep membership costs as low as possible, and by supplying scholarships to those who need assistance in order to engage with The Center's healthy aging programming. Contributions made by Center members and others in our community help us meet the scholarship requests we receive. Last year, thanks to generous community-minded donors, The Center provided over 130 member scholarships.

We depend upon our community members to help us serve as many older adults as possible. Last year, more than 1,000 generous community members made gifts to The Center and over 500 of those donors are also Center members! (That's over a quarter of our total membership choosing to support the organization beyond their annual dues.)



As a member, you have first-hand knowledge of the impact The Center's programs have on our ability to live healthier, happier, more resilient lives. Whether you can give \$10, \$100, or \$1,000 to support The Center, every gift matters.

Philanthropic contributions have allowed us to build The Center at Belvedere, expand our programs and operating hours, train volunteers, and pay staff and instructors. If the number of members who chose to support The Center doubled this year, and each person gave \$100, these gifts would completely cover our scholarship requests for a full year.

If you value the impact The Center has on your friends and neighbors, and appreciate the hundreds of opportunities you can use to support your personal healthy aging goals, please consider making a gift at an amount that is meaningful to you. Every gift matters!

If you have questions about donating, please reach out to Philanthropy Director Melanie Benjamin at [melanie@thecentercville.org](mailto:melanie@thecentercville.org) or 434.220.9744.



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**Fall Concert**  
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PVCC Dickinson Building

**Holiday Concert**  
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BAND**



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# New endowment honors 24 years of visionary leadership

Earlier this year, Peter Thompson, Executive Director of The Center, announced his plan to retire. To acknowledge Peter's 24 years of remarkable leadership and dedication to healthy aging, The Center's Board of Directors is raising funds to create The Peter M. Thompson Capital Renewal and Professional Development Endowment.

"When Peter announced his retirement, we wanted to celebrate his leadership and achievements," relayed Center Board President Christine Thalwitz. "Peter's vision and enthusiasm inspired our community to support the construction of The Center at Belvedere. And Peter's dedication to the professional development of The Center's team helped to support the organization's core value of promoting excellence."

How will this endowment support The Center's mission?

Funding capital renewal allows for the repair or replacement of items that will extend the life of The Center at Belvedere's award-winning facilities. The cost to support regular renewal of the building's roof, carpet, IT systems, and HVAC will remain low for the first 15–20 years of use and increase as the building ages. The Board anticipates requiring significant financial resources to meet these capital renewal needs in the latter half of the building's life. Creating a fund that supports the renewal of the building and its systems, rather than simply the recurring maintenance, ensures that The Center will continue to meet the needs of our growing community.

Funding professional development of Center team members has a very positive impact on The Center's delivery of effective and innovative healthy aging programming. Team members who take advantage of professional development opportunities are better equipped to advance The Center's mission in a variety of ways, and are more likely to stay with the organization for a longer time.

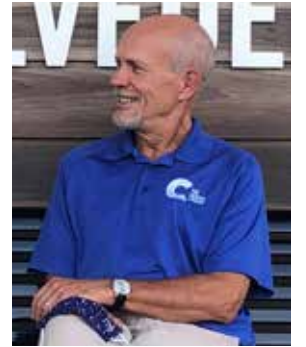
"Making a gift to the Thompson Endowment is a great way to thank



Peter for dramatically expanding opportunities for area seniors to live their best lives and support The Center's long-term health," shared Board Vice President Jennifer King.

The Board has a goal to raise \$100,000 by November 30, 2023. Additionally, The Center intends to continue to raise funds beyond this initial goal so that over time, funds from the Thompson Endowment can support the people who manage The Center's healthy aging programs and the replacement of The Center at Belvedere's structure and systems, helping to extend the life of this important community resource.

If you would like to honor Peter's 24 years of service to our community, please join The Center's Board, friends, neighbors, and members who are making a gift to The Thompson Endowment by contacting Philanthropy Director Melanie Benjamin at [melanie@thecentercville.org](mailto:melanie@thecentercville.org) or at 434.220.9744.



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

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Susan Gallander



Steve Thomas



Dawn Ross



Stephanie Brown

## Welcome New Staff

You may have noticed quite a few new faces at The Center in the past month!

Susan Gallander filled an open position on the programming team in late July. She comes to The Center from the education field with degrees in history, social studies curriculum, and educational leadership. Throughout her career, Susan taught students of all ages from preschool and elementary school children to high school and college students. Now she's excited to graduate to senior education and foster lifelong learning.

Susan and her husband Ty have recently moved to Charlottesville from Dallas, Texas. They're enjoying the beautiful hiking trails around the area and some delicious post-hike restaurants. Susan also enjoys reading, cooking, volunteering, and sending lots of photos to her children in a not-so-subtle effort to draw them to Virginia.

Susan says, "I would like to meet each person in the Center's community and learn about their interests and experiences." Her office is behind the Welcome Desk—stop by to share your ideas as she develops programs for fun and learning!

The facility management team has grown over the summer with Steve Thomas coming on board as a full-time Facilities Coordinator. He'll be supporting Facilities Manager Trevor Saunders to ensure The Center at

Belvedere maintains a safe, clean, and functional environment for healthy aging. With all the extra hours of programming on evenings and weekends, expanding our facilities team to include Steve has been a must!

Another recent addition to Center staff is a familiar face. Dawn Ross, who leads a variety of Center programs including veterans socials and nutrition Q&As, took over the rental program part-time beginning in August.

She'll be working alongside the programming team to coordinate rental events with community organizations and private individuals who may want to use The Center's convenient location and great amenities for meetings, fundraisers, parties, and more.

If you'd like to rent space at The Center for an event of your own, feel free to reach out to Dawn via email ([dawn@thecentercville.org](mailto:dawn@thecentercville.org)) or call 434.220.9796.

And we are happy to have a new Weekend Welcome Desk Associate. Come by on Saturdays to say hello to Stephanie Brown! Fun facts about Stephanie: she also works as a program manager with Region Ten Emergency Services, loves dogs (like so many of our staff), and is one of those increasingly rare beings, a Charlottesville native.

## SEEKING TREATMENT FOR KNEE OSTEOARTHRITIS PAIN?

The SKOAP Knee Osteoarthritis research study is recruiting nationwide!

The SKOAP study focuses on participants 45 years and older, who suffer from chronic knee pain or have experienced knee pain (most days) for at least three months.

SKOAP will compare non-surgical pain treatments as an alternative to surgery with the goal of reducing knee osteoarthritis (KOA) pain and improving function in study participants and those with knee osteoarthritis.

SKOAP study sites near you: University of Virginia Health System (Dept of Anesthesiology)



TO LEARN MORE SCAN QR CODE OR VISIT [SKOAPSTUDY.ORG](http://SKOAPSTUDY.ORG)



SKOAP

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# SOUL EXPRESSIONS

## Dance party

Friday, September 22, 6:00–9:00 pm

This dynamic party band covers everything from Motown and classic rock-n-roll to your favorite tunes from the 80s, 90s, 2000s and today.

Come express yourself! Open to all; \$20 per person.

**Greenberry's**  
— ESTD 1992 —  
COFFEE CO.



at The Center

### ACTIVE AGING, continued from page 1

If you're already a frequent visitor of The Center, let Active Aging Week inspire you to challenge yourself.

If you usually come to The Center to exercise, stay after your workout to attend a financial seminar or a language class. If you're a regular at trivia, consider joining one of The Center's off-site hiking groups. (There's even Level One Walking if you need a gentler introduction to the great outdoors!)

While active aging programming is business as usual at The Center, many other types of organizations get in on the fun during Active Aging Week. Retirement communities, continuing care facilities, health clubs, parks, recreation centers, and age-restricted apartment complexes can all take advantage of the chance to engage active seniors.

Mark your calendar for October 2–8 and look for opportunities all over Charlottesville and our surrounding counties to get outside, move your body, learn new things, and meet friends.

Make sure you're subscribed to our weekly e-news so any additional Active Aging Week programs can be delivered straight to your inbox. For assistance, call the Welcome Desk at 434.974.7756.

### DEMENTIA, continued from page 1

the medical journal BMC Medicine released research gathered from over 60,000 seniors. It suggests that following the Mediterranean diet reduces a person's likelihood of developing dementia by nearly one quarter, even among those whose genes put them at greater risk!

A Mediterranean diet puts healthy plant-based foods, such as vegetables, nuts, and legumes, front and center alongside whole grains, fruits, olive oil, and fish. It involves consuming less red meat and fewer sweets.

If you'd like to learn more about reducing your risk for Alzheimer's, on September 18, the Virginia Department for Aging and Rehabilitative Services will give a presentation on Brain Health and Dementia Risk Reduction. They will give a general overview of brain health and offer practical steps to improve your cognitive wellness and reduce the risks of developing dementia. This session is free and open to the public. Registration is available at [thecenterville.org](http://thecenterville.org).

## WE REMEMBER

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

Ellie Wood Baxter	Meredith McLaughlin
Denise Buddendeck	George Norcross
Jeanette Buys	Evelyn Randolph
Stanley Epstein	Norma Rodriguez
George Hammel	Virginia Rybolt
Bruce Harper	Ruth J. Shumaker
Joseph Jackson	Herb Silvers
Dorothy Mahanes	Betty Westfall
Roger Mahlock	Robert Whaley

## DONATIONS MADE IN HONOR OF (June 1–July 31, 2023)

**Apple Mac Users Group**  
by Shelby Clements

**Peter M. Thompson**  
by Carolyn Polson McGee & Gary McGee

**Bill & Linda Hill**  
by Margaret & Lloyd Willis

## DONATIONS MADE IN MEMORY OF (June 1–July 31, 2023)

**Thomas Michaels**  
By Bruce Garretson

**David Thompson**  
By Anonymous

**James C. Miler**  
By Christine Sweeters

**Brenda Traber**  
By Richard Traber

**Carmela & Charles Rotolo**  
By Catherine Rotolo

**Thelma Worthen**  
By Sarajane Dickey  
& Robert Jackson



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