



FOR IMMEDIATE RELEASE

SENIOR CENTER, INC. WINS PINNACLE AWARD

Charlottesville nonprofit community center addresses a full spectrum of wellness

CHARLOTTESVILLE, Va. (September 23, 2008) – Senior Center, Inc. has been selected as the 2009 NuStep Pinnacle national award winner. The award signifies the Center is living up to its mission and vision of involving, enriching and empowering seniors in our community.

The award is based on six dimensions of wellness including physical, social, emotional, spiritual, intellectual and vocational. According to 2008 research conducted at the University of Virginia and the University of Arkansas, incorporating these six dimensions can help adults live five to seven years longer than those who do not.

“Our entire community is enriched as the Senior Center helps members, ages 50 and better, remain independent by writing their next chapter,” Executive Director Peter Thompson said. “Our members are making new friends, staying physically and mentally fit, giving back to the community, traveling, exploring their creative spirit, and having fun.”

Physical

The Center offers over twenty fitness programs per month including water aerobics, strengthening and toning classes, ballroom and tap dancing, bowling, hiking, golf, tennis and softball. Chronic disease self management classes, lectures on nutrition, and self care wellness classes are also offered.

“I’ve traveled across the globe and have never seen programs like this at other centers. When you come here, you are young and alive,” Member and Instructor of Chinese Medicine Stanley Chang said. “If I could tell you just one thing about the Center it would be ‘Go to the Center! It will bring you to life!’.”

Social

Card games, bingo, chess, Mah Jongg, singles’ events, Red Hat Society, lunches and various “mixers” are all a part of the Center’s programming.

(Page 1 of 2)

“When I heard the Center was moving to its current location on Pepsi Place, I picked up and moved right around the corner so I could come every day,” Red Hat enthusiast Caryl Mueser said. “This is my second home. The staff and friends I’ve made here are my family. That’s why I donate to the Center. This place helps so many and makes the community a better place.”

Emotional

The Center hosts several support groups through community collaborations such as Alzheimer’s Caregivers, Macular Degeneration, Alcoholics Anonymous, hearing loss, heart disease, weight loss and other workshops.

Spiritual

Center activities include yoga, Falun Gong, Tai Ji, Comparative Religion Series, and more.

Intellectual

The Center’s PC and Mac instruction, creative and performing arts, singing and drama groups, and an extensive travel program all enrich the lives of community members.

“We like being a team which makes for an unselfish form of creativity,” Volunteer Director of the Encore Players Carol Warner said.

Vocational

Center members performed over 30,000 hours of volunteer work in the last fiscal year. They made hats and mittens for Head Start children, Pinkie Puppets for children at UVA Hospital, Journeys ‘Bearables’ to help children grieve in the Hospice program, and much more.

“Through volunteering, our community collaborations, and our multigenerational programs, our members are active adults who are a vital part of the community with essential wisdom and experience,” Peter Thompson said.

Senior Center, Inc. has been a leader in enriching seniors’ lives in our community since 1960. As one of the few accredited Senior Centers in the nation and the first in Virginia, we continue to involve, enrich, and empower seniors, while promoting independent living, dignity and value. Senior Center, Inc. has made a profound impact on the Charlottesville community for over four decades, offering a variety of affordable programs and activities to over 2,000 seniors every year. Our volunteers give over \$500,000 of free labor to a wide variety of nonprofits each year and we open our facility to scores of area nonprofits for support groups and other programming. For more information, please visit www.seniorcenterinc.org or contact Peter Thompson at (434) 974-4577 or peter@seniorcenterinc.org.

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