

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

HEALTH & FITNESS

- A Matter of Balance
- Aerobic Dance*
- Arthritis Exercise
- Ballroom Dance
- BeMoved®
- Bowling*
- Chair Yoga
- Chronic Disease Self-Management*
- Full Life Fitness
- Golf
- Healthy Hearing Workshops
- Hiking
- International Folk Dance*
- Jazzercise Lite*
- Line Dancing
- Meditation Cultivation
- Parkinson's Yoga
- Pickleball*
- Primetime Fitness
- Racquetball*
- Seated Massage
- Softball — The Retreads*
- Tai Chi
- Tennis
- Walking Groups
- Water Workout*
- Zumba Gold

ARTS

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

SUPPORT

- Alcoholics Anonymous
- A.W.A.K.E. Sleep Apnea
- Bereavement
- Essential Tremor
- Parkinson's Caregiver
- TOPS*



99% HAVE FUN*

A Community Resource

Holistic wellness includes having purpose, empathy, and connection. Almost 500 people annually contribute 50,000+ hours of service to scores of local nonprofits through our volunteer program, making our community better for everyone.

Your Support Matters

Sixty-five percent of our operating budget comes from donations, and this generosity has allowed the Center to thrive since 1960 with no government funding. Fabulous volunteers do much of the work that keeps the Center alive. If you'd like to join our family of supporters by making a donation or volunteering, please visit seniorcenterinc.org or call 434.974.7756.

Don't Outlive Your Health

AVERAGE HEALTHY LIFE EXPECTANCY 68

AVERAGE LIFE EXPECTANCY 78

How many of your years will be healthy ones? Lifespans in the U.S. have increased. But healthspans—years of good health and function—have not kept pace. Ten years is a long time to spend in a chair or a bed. Active aging closes the gap, giving you more good years of life.

Senior Center
1180 Pepsi Place
Charlottesville, VA 22901
434.974.7756
www.seniorcenterinc.org

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

CHANGE THE WAY YOU AGE



HEALTHY AGING never gets old



Everything you need to age actively is right here for you.
What are you waiting for?

BY 2030
ONE OUT OF FIVE PEOPLE
IN AMERICA WILL BE
OVER 65

Are you waiting to be a “senior?” Hey, we know 90-year-olds who say they aren’t seniors. But it’s not a dirty word. One in every four households in our region has at least one member over the age of 65. The average 65-year-old will live another 20 years. The future isn’t just for young people.

If you’re fortunate enough to grow old, will you stay healthy and independent? To keep your healthspan as long as your lifespan, age actively. Learn something new—how to work your iPad or invest wisely. Keep fit with yoga or hiking. Dust off your sax and join a band. Meet people on a trip or at the bridge table. Stay involved in the community by volunteering. Research shows that lifelong engagement is our ticket to aging well.

Want to impact the aging process?

Creams and potions won't do it. Active aging will.

93% FEEL MORE MENTALLY ALERT*



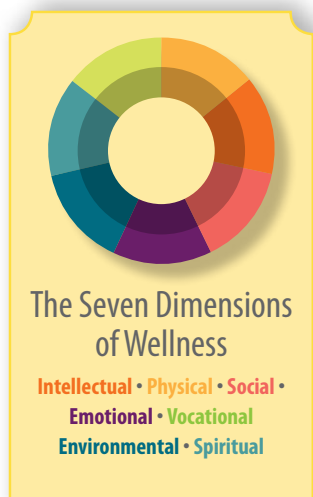
What is active aging?

It's staying active, to the fullest extent possible, across all areas of life—because wellness isn't one dimensional.

Dimensions of Wellness

We're talking about doing things you find rewarding and that help you feel connected to the world. That expand your knowledge and skills. That make you feel—and function—better physically. Positive relationships with other people. Self awareness and the resilience to meet life's challenges.

In other words, *staying engaged with life.*



* Statistics from program evaluations and surveys.

What's in it for you?

You might lower your blood pressure or make fewer visits to the doctor. You may discover a talent for painting, a knack for investing, or a love of travel. Perhaps you'll find a reason to get out of bed or a home away from home. And you will almost certainly have fun.

► DISCOVER NEW PASSIONS

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

—First-Wind Band Member

Make the choice.

Longer healthy life expectancy.

Sure, genetics counts for something—but not everything. There is a component of health that involves personal responsibility. People who engage with Center activities gain a more positive outlook on life, stay more connected to the community, and feel better physically and mentally. It's a proven strategy for healthy aging and maintaining independence.

► LEARN NEW SKILLS

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

—Apple/Mac Users Group Member

Get in here!

We're here for everyone. Anyone 50 and better can join, and lots of programs and events are free and open to people of all ages—workshops, classes, support groups, and more. We offer scholarships and also partner with organizations like Parks & Rec, ACAC, and the Charlottesville Camera Club to put more people in touch with more programs.

Want to learn more about programs, events, travel, volunteering, and philanthropy? Call, visit, or go to seniorcenterinc.org.

Expect the Unexpected

Don't fall into the perception-reality gap. Think you know what a senior center is? We bet you'll be surprised. Check out 100+ programs—or come start one of your own.



94% HAVE A MORE POSITIVE OUTLOOK ON LIFE*



93% HAVE MADE NEW FRIENDS*

► CHOOSE YOUR OPPORTUNITY

"People find what they need. For me, volunteering has opened a whole new world."

—Center Volunteer

Did you know ...

- The brain can rewire and adapt itself as long as it's used! Lifelong learning opportunities are endless: classes, travel, lectures
- Physical activity boosts body and brain, promoting mobility, independence, and thinking.
- Social engagement reduces the risk of developing depression and dementia and helps with illness prevention and recovery.
- The benefits of arts participation include better overall physical health, fewer doctor visits, less medication use, fewer falls, better morale, and less loneliness.
- Seniors who volunteer are less likely to develop mild cognitive impairment.

LIFELONG LEARNING

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

RECREATION

- Bingo
- Bowling Club
- Bridge
- Bunko
- Canasta
- Chess
- Dominos
- Kingfishers Fishing Club
- Luncheons
- Mah-Jongg
- Member Social
- Monthly Luncheon
- Pinochle
- Poker
- Scrabble
- Singles Schmooze
- Socrates Café
- Sunday Movies
- Travel Buddies

* Partner programs

Volunteering at the Center and in the community

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

SeniorCenterInc.org