WE ARE HOPING TO BRIDGE THAT GAP ... 
AND REMIND YOU THAT AGING IS NOT A PROBLEM THAT NEEDS TO BE FIXED.

But it is something we—as a society—need to redefine.

Doing so means:

• Changing perceptions about aging and our responses to it.
• Replacing myths about what it means to grow old with realities based on science.
• Abandoning old models of care and creating new ones of active participation.
• And empowering seniors to live independently for as long as possible.

I imagined the Senior Center as a tranquil place where people sit around and talk and I thought it would be a restful break in my busy day. But the sheer energy of all these seniors amazed me. I’ve been surprised how much I’ve been challenged, and at the energy, vibrancy, and sense of fun.

—Melanie Schaffer, UVa Medical Student and Social Issues in Medicine participant

WE’RE CHANGING THE WAY PEOPLE AGE

WHAT’S IN IT FOR YOU AND YOUR FAMILY AND FRIENDS?


Take a stroll around the Center and you’ll hear laughter and lively conversation in the midst of band rehearsals, tai chi classes, and computer tutoring. You’ll understand why we’ve received both state and national awards. Above all, you’ll see how we create opportunities indispensable to supporting seniors and community.

Our fundamental role as a community center extends well beyond our members. Activities at the Center now attract an additional 6,000 guests annually, for public events, OLLI classes, support groups, meetings, and more.
Longer Lifespans

When average life expectancy in the U.S. is 78, but only 68 of those years are spent in good health, it’s clear we need to improve the health of older adults.

How can you close the gap between life expectancy and healthy life expectancy?

Age actively. Active aging addresses every dimension of wellness—physical, mental, emotional, intellectual, financial, social, and spiritual. It’s a proven model for supporting physical and mental health and maintaining independence. The potential rewards—individuals who continue to contribute to their families and communities, fewer demands on scarce social service resources, lower health care costs, and an improved quality of life for people of all ages—are enormous.

The Senior Center provides the programs and environment that support active aging. (Just take a look at the list of programs in the yellow column at left.) People come here to pursue lifelong learning, maintain physical wellness, explore creativity, stay socially connected through travel and recreation, and remain purposefully engaged through volunteering—everything science says we need to age well.

The outcomes from everyday activities at the Center have meaningful results for our community.

The Center is a resource for everyone—not just seniors. Partnering with Charlottesville Parks & Rec, UVA’s Adult Neurology Department, and other organizations, we make more programs accessible to more people. We provide space for groups like UVA Sleep Disorders Support Group and the Virginia Consort. And Center members annually donate nearly 50,000 hours of service to nonprofits such as the Emergency Food Bank and MACAA, positively impacting people of every age.
I grew up on the edge of London during WWII so never had a home, as we got bombed out early in the war. Home and family was never anything safe or predictable for me. And today I have no family at all.

In a very real sense, the Senior Center has become not just a second home to me, but the only home I have ever known. The atmosphere of involvement and being able to do anything we set our minds to encourages everybody to be the best that they can be.

I sometimes ponder what my later years would have been like if I had not joined the Center in 1999. And I shudder when I contemplate it.

—Dawn Schultz
Award-winning volunteer, program leader, Chamber of Commerce aging in place rep

I wish everyone knew...

Getting connected with the Senior Center has kept me engaged and helped me deal with the loss of my wife. I support the Center because so many people have needs and the Senior Center meets them. All you have to do is come in here any day and see people doing things they’re interested in, socializing ... I wish everyone knew about the incredible variety of programs we have.

—Clay Sisk
Apple/Mac Users Group volunteer program leader, computer tutor

“Come. Just come.”

“I’ve come to see the Senior Center like the college quad or student center. Once you stop working, you may or may not have a plan, a spouse, grandchildren—and then what do you do? The Senior Center is the answer. There are things to do all over the place. It’s a wonderful time to be an older person ... there’s an art to it. The Center has opened doors and also has shown me doors. That’s why it’s a resource. It’s huge that it’s here.”

—Martha Roberts
Travel office volunteer, UVa Hospital adjunct chaplain

...only home I’ve ever known.

Go to seniorcenterinc.org to learn more about programs, public events, the benefits of membership, travel, volunteering, ways to support the Center, and more! Subscribe to our weekly email update and read our newsletter online.
WHY NOT JOIN US?

• Are you 50 or better? We’ve got everything you need for active aging, with options for full-time residents, part-time residents, long-term visitors, or short-term guests.

• Annual membership is less than $11 per month, and we have no-hassle scholarships available.

• Call, stop by, or visit our website to learn about member benefits that include discounts on travel and programs with fees, special deals at area businesses, and access to free services like financial, legal, and health care consultations.

• Visitors are always welcome! Take a tour, try programs, or just hang out in the library or Garden Café.

NOT A SENIOR? DON’T LET THAT STOP YOU. You can ...

Check us out online: www.seniorcenterinc.org.

Subscribe to our weekly email. (check the footer at the bottom of our web pages)

Visit us at 1180 Pepsi Place. (try a program or poke around)

Call us at 434.974.7756.

Like us on Facebook: facebook.com/seniorcenterinc

Listen in on WCHV (8:35 am Mondays) and WINA (8:55 am Wednesdays); watch NBC29 News (12:35 pm Thursdays).

YOUR SUPPORT MAKES IT POSSIBLE!

The Center receives no government support. Charitable donations from community partners and individuals like you provide over 60% of the funds needed to ensure the Senior Center continues to provide life-changing, research-based programming for the Charlottesville area.

You can help ensure that the Center continues to be a positive resource for those aged 50 and better in our community. Donate online at seniorcenterinc.org/donate or by mail to 1180 Pepsi Place, Charlottesville, VA 22902. You can also see a friendly volunteer at the Senior Center’s front desk. Thank you!

Stay in touch or get involved!

Healthy Aging is a Community Endeavor

By 2025, the number of adults over 50 in the Charlottesville area will more than double, increasing the need for programming and facilities. Planning and funding for our future home is underway.

Classrooms and technology will strengthen collaborative programming.

A gymnasium with elevated walking track will promote activity for all ages.

A volunteer center will bolster civic involvement and community nonprofits.

Performance and rehearsal space will enhance arts participation, a proven health promotion strategy.

Inside and out, spaces at the Center at Belvedere will foster essential social interaction.

Please visit thecenteratbelvedere.org to learn more about our vision and how you support it.