COMMUNITY











FY15 BY THE NUMBERS

90/0

Members who attribute a more positive outlook on life to participation with the Center

51,600

Hours of volunteer service Center members contributed to community organizations in FY15

5000+

Number of events in FY15



Number of hours of community meeting space donated or discounted

109 Scholarships for Membership

Nonprofits supported by Center volunteers

\$110,000

value of space donated to community groups

Members who say their minds are

stimulated by SC programs

330

Donors who have been contributing for ten years or more

DIFFERENT PROGRAMS TO CHOOSE FROM

plan to renew their membership

of members are between 65 and 85



opportunities to connect, challenge & contribute

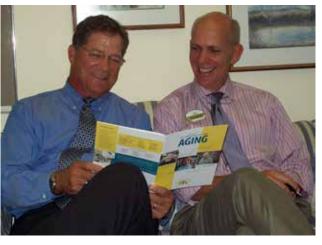
Physical • Intellectual • Social • Emotional • Environmental • Spiritual • Vocational

The Senior Center engages thousands of individuals annually in more than 100 programs across every dimension of wellness. Many recurring and special events are open to the community, as are all of our day trips, getaways, and cruises.

Chasing Life Series Sponsored by UVa Health System • All Things Digital • Apple/Mac Users Group • Book Discussion Group • Cooking Demonstrations • Gentle Yoga • Current Affairs Group • Financial Series • Great Decisions • Virginia Festival of the Book with Charles Marsh • Investment Visions • Investors Forum • Le Cercle Français • Old Dominion Lecture & Day Trip Series • Nutrition Workshops • Religion, Science & Spirituality • Senior Statesmen* • Social Issues in Medicine • Retirement: Now What? • Travel Lectures • MS Windows Workshops • Wine Club • Writing for Pleasure • Writing for Healing & Growth • Legal Issues for Seniors • Aerobic Dance* (YMCA) • Drawing with Mike Uris • Arthritis Exercise • Ballroom Dance • Bowling • Gallery Talks • Dance Fit • Fashion Square Walking • Feldenkrais for Seniors • Full Life Fitness • Golf • Hiking • International Folk Dance • Jazzercise Lite* (Jazzercise) • Ivy Creek Walking Group • Senior Crime Prevention Academy • Line Dancing • Meditation Cultivation • Northside Walking • Parkinson's Yoga • Primetime Fitness • Racquetball • Rice-Silver Exercise • Architecture in Virginia: Pre-Georgian & Georgian Architecture with Prof. K. Edward Lay • Softball* (C'ville Parks & Rec) • Tai Chi • Tennis • Water Workout* (ACAC) • Gentle Yoga • Zumba - Let's Dance • Halloween Dance • Albemarle Wood Carvers • Writing a Legacy Journal • Barbershop Belles & Beaux • OLLI • Ceramics • Crafty Ladies • Encore Players • First Thursday Poetry Club • Quilting Class • First-Wind Band • The Flashbacks • Friday Art Group • Knitwits • Piedmont Pastelists* • Second-Wind Band • Sew & Sews • 150th Anniversary of the 1865 Surrender of Charlottesville and the University of Virginia with Rick Britton • Silver Steppers (tap dance) • Tap Lessons • Sing-Along • Still Sharp Singers • Alcoholics Anonymous • Bereavement Support Group* (Hospice of the Piedmont) • Essential Tremor Support Group* • Low Vision Support Group* (UVa) • Parkinson's Caregiver Support Group • Sleep Apnea Support Group* (UVa) • TOPS • Bingo* (C'ville Parks & Rec) • Bridge • Bridge Lessons • Bunko • Canasta • Charlottesville Chicks • 11th Annual Active Aging Fair • Chess • Duplicate Bridge • Dominos • Kingfishers • Luncheons • Mah-Jongg • Men's Poker • Member Social • Member Dinner Social • Pinochle • Scrabble • Singles Schmooze • Socrates Café • Sunday Movies • Travel Buddies • Volunteering • Wii

Dear Friends:

Charlottesville is rich with communities. Geographic communities, online communities, scientific communities, ethnic communities, artistic communities, retirement communities, and the list goes on ...



The Senior Center community makes connections and fosters fellowship. It's what motivates and benefits people of different generations, backgrounds, and interests as they embrace healthy aging here. It is also reflected in the ways these relationships travel outward. Our doors are open—welcoming scores of others groups—and our reach is wide,

as members and volunteers give back in service to the greater Charlottesville region.

From a newcomer being welcomed into the hiking group to a Center member being connected with the Red Cross as a volunteer to Virginia National Bank's Grand Gala sponsorship, you'll read how Charlottesville's many communities rely on each other. And you'll see why, in order for greater Charlottesville to be an age-friendly community, we must support and celebrate the opportunities our Senior Center provides every day.

Thank you,

Michael Guthrie President Peter M. Thompson Executive Director

choose your opportunity

A journey of a thousand miles begins with a single step. But when Linda Scandore decided to walk the Camino de Santiago—a thousand-mile pilgrimage in Spain—some training for that first step seemed wise. A friend mentioned the walking and hiking groups at the Senior Center and suggested she give it a try. She did, and found "a really dependable framework in which to prepare."



Photo courtesy of Andrew Zapanta

Linda discovered much to commend the hiking group beyond physical activity and a reliable schedule. The safety of being among fellow hikers rather than out in the woods alone. Opportunities to lead. And room for each person's style and pace. Some may not hike as energetically as they once did, she says, but "they know the mountains intimately. Everybody has a great moment, no matter what they bring to the table."

While the Center has many long-term members, Linda appreciates how it serves newcomers to our community. Recent arrivals—often those retiring here or relocating to be near family—use the Center as an introduction. Some get their footing and move on; others come and stay on. Either way, people find what they need to ease into Charlottesville.

"You can weave your way in and out, find different things. I love the computer class that Clay Sisk and Tom Cross teach," Linda smiles. They are so approachable and accommodate all levels—I always come away with a valuable nugget."

At just 64 and having recently completed her sixth Boston Marathon, Linda is far from what might be considered a typical senior. "This is my bridge to a later stage," she says, thinking decades ahead to life in her 80s or 90s. "But I'm far less fearful because I've seen how accomplished these very engaging, very kind people are."

Linda's next adventure? The Way of St. Francis pilgrimage in Italy. If you'd care to join her, she can recommend a great group to get you started.

The Opportunity of Community

What is community? It's not a building or an organization or a neighborhood. It's relationships. People. People with a sense of trust, belonging, and mutual care—a feeling that comes from shared experiences and meeting common needs.

Members, philanthropists, volunteers, partners, and guests make up the Senior Center community. Together, they make possible the opportunities that empower seniors by supporting both individual independence and community involvement.

These opportunities include physical activity, creative pursuits, volunteering, and lifelong learning. All contribute to healthy aging, which in turn keeps older adults engaged in multiple communities—communities nested within each other, from single families to entire populations.

Exchange is at the heart of all this community engagement. It's the give and take that builds and deepens relationships vital to community. You see it every day in the Center. During band prac-

tice. In a computer class. Among friends in the Garden Café. People sharing and interacting.

That same two-way street connects our many communities. It travels outward as Center members volunteer with the Emergency Food Bank or teach children to fish at Mint Springs. It returns with high school students who come here to volunteer or philanthropists who support our programs.

Different communities, all providing opportunities to meet needs in ways that none of us could do alone.

Compared with their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.

—National Council on Aging

community health

Healthy aging is what we're here to help people pursue at the Center. We offer programs across every dimension of wellness in an effort to close the gap between life expectancy and healthy life expectancy and, in the process, improve life in our community for all ages.

The benefits of health programs in senior centers are well established. Older adults who participate in these programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.¹

Along with improving quality of life, health promotion strategies are key to reducing health care costs and long-term care needs. That helps individuals, families, and society.

AVERAGE LIFE EXPECTANCY

78

AVERAGE HEALTHY LIFE EXPECTANCY

68

Two-thirds of older adults in the U.S. have multiple chronic conditions. (78% have at least one.)

Chronic diseases account for 75% of U.S. health care spending.

1 Centers for Disease Control and Prevention. The State of Aging and Health in America 2013. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2013.

"This year's [United States of Aging] survey points to the impact of health on an individual's ability to age successfully. But maintaining good health as we age requires being proactive ... We must seize opportunities across local communities to empower seniors with the skills they need to stay healthy." —Richard Birkel, Ph.D.



Community Planning

The Senior Center and JABA, with support from ACAC Fitness and Wellness Centers, invited local business, government, and community leaders to a thought-provoking event in September 2014. With "The BIG Think: Is Charlottesville Ready for the Age Shift?" acclaimed author, educator, and Boomer consumer authority Matt Thornhill shed light on emerging demographic, societal, and cultural trends that will impact communities for better or worse.

Will our region thrive when these trends hit home in 2020? Effectively applying generational dynamics in the workplace and marketplace is key, according to Matt. He encouraged local planners to hold a placemaking summit, foster entrepreneurship, and

make everyone part of the plan.

Top: Matt Thornhill looks at communities through a generational lens. Right: The audience at the Jefferson School City Center considers the importance of building a sense of place and community—part of a new model of economic development that attracts Boomers and Millennials.



"The BIG Think" elevated the discussion around the quickly changing age demographics and the importance of thoughtfully working toward building an intergenerational community that values the contributions of all citizens. As a grantmaker, we appreciated being involved and look forward to working with partners on strategies to further develop an age-friendly community."

community

FY15 Highlights

Second-Wind Band Celebrates 20 Years

Fred Streckfuss started the Second-Wind Band in fall 1994, with help from James Simmons. Inspiration came from Roy Ernst, a professor at Rochester's Eastman School of Music, who in 1991 founded the New Horizons Band Project as a way to engage seniors in the intellectually stimulating and social atmosphere music offers. The band presented a free concert in December 2014, joined



by The Flashbacks—the Center's touring swing band—and the First-Wind Band, a group for beginning musicians. Four guest conductors (including Jim and Roy) joined us for the celebration.



Grassroots Outreach

Reaching out to people where they already gather is a great way to connect with folks who might never set foot in the Center. We started setting up at community festivals, the City market, and other places to share the message of healthy aging. Not only does getting out of the building give us a different frame of reference, it's important for reinforcing the Center as an integral part of the community, raising awareness of need, and spreading the word about the resources and the opportunities available for older adults.

Subaru "Share the Love" Event

During its annual "Share the Love" event from November 20, 2014, to January 2, 2015, Subaru of America donated \$250 for every new Subaru vehicle sold or leased to each customer's choice of four national charities. In addition to the national organizations, Subaru retailers had the opportunity to include a local charity. We were honored that Brown Subaru of Charlottesville selected the Senior Center as its hometown charity. Thanks to Brown and its customers, the Senior Center received over \$6000 in support of healthy aging programs.



events & support



2014 Keswick Horse Show

The Keswick Horse Show is one of the area's most revered signs of spring. Along with beautiful and well-schooled horses, the event features the Eastminster Dog Show, a down-home fish fry, and plenty of socializing over several days in May. All the fun also supports local nonprofits. We were extremely grateful to the Keswick Hunter Jumper Foundation for naming us beneficiary of the 110th edition of this classic.

Mary P. Reese Scholarship Fund

Longtime educator and activist Mary Reese joined the Center in 1996 and shared her many gifts from the start. She served on the Board of Directors from 2000–2006 and again from 2008 until weeks before her death in 2014. Mary was passionate about the Center's value to our community, so it was with great joy that we renamed our scholarship fund in her honor. The fund underwrites the costs of membership and program fees, ensuring affordable access to the Center's services for everyone.





Grand Gala 2015: Viva Italia!

The snow lay on the ground but skies were clear and paths were plowed on February 28, 2015, for our inaugural Grand Gala. Thanks to community volunteers, guests, and big-hearted donors and sponsors—especially presenting sponsor Virginia National Bank—*Viva Italia!* raised more than \$140,000 to support quality of life for older adults. This annual fundraiser will have a different destination theme each year,

making for a great party and a perfect tie-in with our travel program.

5th Annual Thanksgiving Potluck

A few dozen people gathered for our first feast; by year five, it was over 150. Home Instead Senior Care has donated turkeys each year, and everyone brings a side dish. It makes Thanksgiving easy and fun for lots of people, including couples who don't want to cook a huge meal; students who can't make it home



for the holiday, and folks without family in town. Less time in the kitchen, more time to focus on the things for which we are thankful!

51,600 HOURS OF VOLUNTEER SERVICE \$1.2 VALUED AT MILLION SUPPORTING THE AREA NONPROFITS ANNUALLY positively impacting people of every age

The Shenandoah Chapter of the American Red Cross counts the Senior Center as one of our great community partners—always ready to lend a hand. When the Service to Armed Forces team was looking for items to send to our troops overseas and the Disaster Team needed small toys for children's comfort kits, the Center was quick to put out a collection box. Within a few days, the box was full. The Center donated several bins of items that brightened the lives of service men and women, veterans, and children whose families had suffered a fire.

The Center encourages its members to volunteer in the community. They advertise Red Cross volunteer job opportunities and referred member Bill Mitchell to me last year. He has been one of my best caseworkers for follow-up with families who have sent emergency messages to service members. He won our Outstanding Service to Armed Forces award this spring. The partnership between the Senior Center and the Red Cross is a positive one, benefitting both organizations."

Patti Wilson

Red Cross Service to Armed Forces Manager

Research demonstrates that volunteering leads to better health and that older volunteers are the most likely to receive physical and mental health benefits from their volunteer activities.

sharing opportunity

Hiker, volunteer, OLLI student, music maker, traveler ... Rene Bond makes the case for healthy aging without having to say a word. Just look at her smile.

What does she believe the Senior Center contributes to our community? "That's easy. The Center is a community in itself, with abundant opportunity for growth, connection, and just plain fun!"

Elaborating, Rene shares a few of the challenges and opportunities she's found at the Center—like winter hiking in the mountains, with its wonderful, clarifying physical exertion. "And more importantly," she cracks, "learning the benefits of YakTrax!"



Rene is self-deprecating about her artistic pursuits, describing herself as "a non-musical, self-taught flute player" who, through the Second-Wind Band, has learned "when to play and when to hide!" With both the First-Wind Band and the Center's Still Sharp Singers, she admits to bouts of laughing so hard she can't blow or sing a note.

A clinical social worker for most of her career, Rene shares her compassion and experience as a bereavement counselor with Hospice of the Piedmont. The weekly bereavement group she leads at the Center is a partner program she developed. Witnessing the amazing resilience of human beings fills her with hope—and is another manifestation of the growth and connection people find here.

With volunteering, Rene maintains, "You gain more than you give. Helping others makes you feel good." Along with giving generously of her time, she's a member of The 1180 Society, a circle of philanthropic leaders whose annual donations are a driving force behind our programs. "Philanthropy is one way of giving back to that which has given so much to me and to so many others."



Ultimately, amidst the learning and the fun and the volunteering, Rene has found something else. "Real friends who have finally made Charlottesville feel like home."

THANK YOU for your commitment to prom

\$25,000+

Mr. Willis F. Abbey

Memorial Trust

Woodson Charitable Trust

Thank you! The Senior Center gratefully acknowledges our Fiscal Year 2015 donors—individuals, foundations, corporations, and organizations—who made philanthropic gifts over the period April 1, 2014, to March 31, 2015. These contributions supported the Center's Annual Fund, programs, scholarships, events, and facility. They included gifts of cash, sponsorships, grants, and contributed services and property.

THE 1180 SOCIETY recognizes individual philanthropic leaders who make a significant impact on the Center by giving \$1,180 or more annually in unrestricted funds.

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Ms. Lorraine Wallenborn Ms. Susan E. Watts Mr. & Mrs. Robert E. Westbrook Mr. Jon Beverly Whitlock Dr. & Mrs. Morton C. Wilhelm Ms. Jean L. Zoumbaris

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by: Mrs. Alice Brady Ms. Caryl A. Mueser Mr. & Mrs. Robert E. Westbrook

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Ms. Martha Sikes

by: Mrs. Lynne Brewer Mrs. Kirstin Fritz Mrs. Margaret Haugen Ms. Caryl A. Mueser Mr. Peter M. Thompson

Betty Seibert by: Ms. Patricia Allinson

Senior Center Golf Group members John J. Vlasis, Gerald Schreeck, Edith L. Grinde, Arthur J. Cohen, William G. "Bill" Eley, Gerry Danis, Calvin E. "Cal" Loving & Nancy K. Vayvada by: Senior Center Golf Group

Gregory E. Seay by: Mrs. Betsy Bean

David L. Silburn by: Mr. Albert N. Falcone

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Nancy K. Vayvada by: Mrs. Margaret J. Boggs

Anne R. Waldner by: Ms. Wendy Waldner Flynn

Mary Burke Wagner by: Mrs. Beverly B. Ogilvie

* Deceased

Thank you!

FRANCES JEAN ROBEY LEGACY

SOCIETY recognizes individuals who have included the Senior Center in their estate plans with a bequest or deferred gift, such as a charitable remainder trust, or designation of the Center as the beneficiary of a retirement plan or life insurance policy. The Senior Center gratefully acknowledges the following donors' commitment to ensuring that the Center can offer our community opportunities for healthy aging well into the future. (As of August 1, 2015)

Anonymous Friends Willis F. Abbey Elizabeth A. "Liz" Allan Kimberlee & David Barrett-Johnson Patricia C. Cook Carol & Bruce* Copeland Violet & Peter Crawford Raymond E. East Vicky & Lawrence Eicher Joe H. Gieck Betty Gore Hansie Haier Inge & Carl* Hull Phyllis D. Jackson Brúce Keith Jane M. Lynch Ronald A. Mohr Joanne M. Phillips Randy Rinehart Mary Anna* & Edwin* Rushia Dawn Schultz Peter M. Thompson Charles E. Walker, Jr. Jon Beverly Whitlock Jane M. Whitworth Thomas F. Wingfield

If you have made a planned gift to benefit the Senior Center, we hope you will share that with us so we may include you in the Robey Society. We are happy to provide information about planned giving options. Please contact Peter Thompson at 434.974.7756 or peter@seniorcenterinc.org.

CAPITAL CAMPAIGN FOR THE CENTER AT BELVEDERE includes gifts and pledges in support of our vision for the future of healthy aging in the Charlottesville region.

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If your name has been omitted in error, please contact Development Director Kirstin Fritz at kirstin@seniorcenterinc. org or 434.974.7756 so that we can make the correction.

Financial Data for Fiscal Year 2015

April 1, 2014-March 31, 2015 | Operating and Capital Campaign

The Senior Center receives no funding from local, state, or federal governments. The Center is sustained financially through diverse revenue streams from both philanthropy and earned income. Program services to create opportunities for healthy aging in our community account for 77% of the Center's expenses.

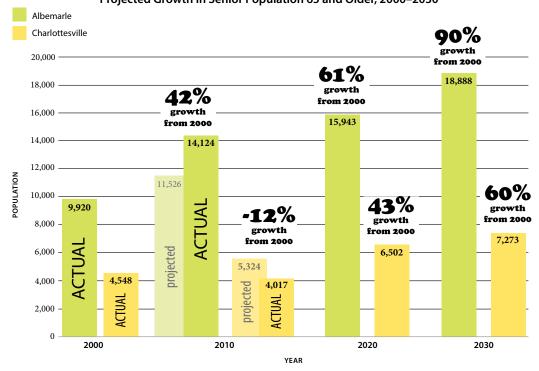




19

future opportunity

ALBEMARLE COUNTY & CITY OF CHARLOTTESVILLE Projected Growth in Senior Population 65 and Older, 2000–2030



By 2030, the number of adults over 65 in the Charlottesville area will double, increasing the need for programming and facilities. Planning and funding for our future home is underway. Visit thecenteratbelyedere.org to learn more.





Check us out online: www.seniorcenterinc.org

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WCHV (8:35 am Mondays) WINA (8:55 am Wednesdays)

Watch:

NBC29 News at Noon (12:35 pm Thursdays)

the Mission

To positively impact our community by creating opportunities for healthy aging through social engagement, physical well-being, civic involvement, creativity, and lifelong learning.

Accredited by National Institute of Senior Centers



community outcomes

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

- Programs that support active aging
- Partnerships with area organizations
- Volunteers for other nonprofits
- Meeting space for community groups
- · Community and civic engagement
- Awareness of aging issues

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