

Special Events for 55 & up

Mon 12/3	9:00A-5:00P	AARP Driver Safety Class	Refresh your driving skills to be a safer, more confident driver. Plus, you could earn a multiyear discount on your auto insurance when you complete it! Check payment will be collected on arrival by instructor. Please make checks out to AARP.	130620-01
Weds 12/12	12:00P-12:30P	Ukulele Holiday Performance	Come hear the Ukulele Group serenade you over lunch with uplifting Holiday Songs. Sing along and enjoy this festive performance!	
Weds 12/12	10:00A-11:00A	Diabetes and Food Presentation	Diabetes and a healthy diet go hand in hand and it's important to understand what foods are good and what foods can cause your blood sugar to spike. This class will go over these different types of foods and some healthy alternatives to some of our favorite snack foods.	
Weds 12/12	1:00P-2:00P	Clear Captions Presentation	Information on a phone and captioning service provided at no cost through a federally-funded program. Presenter: Kati Ray	
Fri 12/21	1:00P-2:30P	Holiday Party	Come and enjoy the festive feel with holiday games, a visit by Santa and Mrs. Claus and fantastic musical entertainment by Dominion 4.	230651-01
Fri 1/11	1:00P-2:00P	Martin Luther King Jr. Celebration	Honor Martin Luther King Jr. by reflecting on the early 1960s... particularly focusing on the food you ate then, the games you played then, the music you listened to then. Bring in your favorite dessert of that era to share with other seniors while you remember and celebrate the life and times of Martin Luther King.	230638-01
Weds 1/23	1:00P-2:00P	Home Improvement Presentation	Presentation on Loudoun County home improvement and repair programs to preserve and rehabilitate existing affordable housing. Presenter: Robert McCarthy, Department of Family Services.	
Weds 1/23	10:00A-11:00A	Hearing Loss Presentation	Debbie Jones of Northern Virginia Resource Center for Deaf and Hard of Hearing Persons (NVRC) will present on the Technology Assistance Program (TAP), which helps deaf and hard of hearing residents get telephone and signaling equipment at a lower cost.	
Fri 2/15	1:00P-3:00P	Valentine's Day Dance	LOVE to dance! Enjoy dancing at Carver's spacious Joseph and Lena Cook Grand Hall and share the LOVE at our annual Valentine's Day Dance.	230650-01 \$3
Fri 2/8	1:00P-2:00P	Raptor Presentation	The Raptor Conservancy will bring bring a variety of raptors (hawk, owl, and falcon) and discuss natural history of the birds and the importance of conservation. All the birds are "on the glove" and under control at all times.	

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Mon-Fri	12:00P-12:30P	Congregate Lunch	Sign up in person or call 571-258-3407 24 hours in advance.	\$4 or donation
Mon-Fri	9:00A-10:00A	Adult Coloring	All materials provided.	
M,Tu,Th,F	9:00A-12:00P	Cards	Canasta in the Library--beginners welcome!	
1st/3rd Mon	9:00A-12:00P	Services for Seniors	Confidential assistance linking seniors to services.	
Mon/Tues Wed Fri	9:00A-10:30A 9:00A-10:00A 11:30A-12:00P	Ping Pong	New players always welcome!	
Mon/Wed	10:00A-11:00A	Volleyball (Beachball)	Games not scored--all ability levels welcome.	
Mon	10:30A-12:00P	Corn Hole	Enjoy this fun outdoor game inside!	
Mon	10:45A-12:00P	Chair Yoga	Encourage better circulation, flexibility and immune function.	
Mon	12:30P-1:00P	Slow, Slow Line Dance	For seniors who have difficulty dancing fast or complicated steps.	
Mon/Thur/Fri	12:45P-1:15P	Walk With Ease	"Easy" walking, indoors or outside. Meet in the Fitness Room.	
Mon	12:45P-1:45P	Local Excursions	Thrift Store every 2nd/4th Monday. Selected locations every other Monday.	\$1.00 transportation.
Mon	1:00P-2:00P	Farkle/Dominoes/Games	Chat and laugh over a classic pastime.	
Mon	1:00P-2:00P	Beginner Line Dance	Provides exercise and camaraderie.	
Mon Wed/Fri	1:00P-2:00P 10:30A-11:30A	Qigong	Mindful breathing and slow, standing movements.	
Tues	9:00A-10:00A	Tai Chi Seniors	Slow motion routines practiced in a group.	
Tues	9:30A-10:00A	Carver Music	Learn basic music terms, scales and chords...and enjoy the health benefits of singing!	
Tues	10:30A-12:00P	Beginner Bridge	A gentle introduction to bridge basics.	
2nd Tues	10:30A-12:00P	Advisory Board	Monthly meetings which focus on fundraising/feedback.	
3rd Tues	10:30A-12:00P	Haircuts	Six appointments by lottery, with six waitlist. Sign up one week ahead.	
Tues/Thurs	11:00A-11:30A	Balance and Stability	Physical Therapist designed sequence of exercises.	
Tues	11:00A-12:00P	Tech Tuesdays	Individualized computer help from Loudoun County Library volunteer.	
Tues	12:30P-2:00P	Creative Writing	For anyone interested in exploring the writing process.	

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Tues	12:45P-2:15P	Intermediate Bridge	For those who know the basics.	
Tues Fri	12:45P-1:45P 10:45A-11:45A	Bingo	\$0.50 per card; various prizes.	
3rd Wed	9:30A-12:00P	Bowling	Payment of \$3.00 per person and \$4.25 for shoe rental is due at the Bowling Center on arrival.	\$1.00 transportation.
Wed 12/5-2/6	10:00A-11:30A	Decluttering For Seniors	Focusing on Holiday decluttering No new sign-ups after week 1.	230611-01
Wed	10:30A-11:00A	Fitness Equipment 101	Learn how to use the fitness equipment safely.	
Wed	10:30A-11:30A	Sing Along with Wiley	Old-fashioned favorites in a relaxed setting.	
Wed 2/6	10:30A-11:30A	Hearing Help	Cleaning/testing/resources. Blue Ridge Speech and Hearing. Pre-register 571-258-3400.	
4th Wed	10:30A-12:00P	Book Club	Monthly book discussions. Books provided.	
2nd Wed	11:30A-12:00P	Library Outreach Visit	Loudoun County Library brings books/videos/periodicals.	
4th Wed	12:00P-12:30P	Monthly Birthdays	Sign up and celebrate with your Carver friends!	
Wed	12:45P-1:15P	Name That Tune	Guess the well-known tune before your opponents do!	
Wed	1:00P-2:00P	Basic/Intermediate Ukulele	Basic instruction. Some loaner ukes available.	
Wed 12/5 Wed 2/6	1:00P-2:00P	Afternoon Tea	Free registration begins 2 weeks before event.	230607-03 230607-01
Wed Mon-Fri	1:00P-2:00P 2:15P-5:00P	Scrabble/Board Games	Classic board games.	
Wed	12:30P-2:00P	Grocery Shopping	Transportation to local grocery establishments. Skips the 2nd Wednesday.	
2nd Wed	12:30P-3:15P	Leesburg Shopping	Bus to Leesburg to shop.	
2nd/4th Thurs	9:30A-10:30A	Harmony Singing Group	Folk songs and rounds to piano accompaniment. All levels welcome!	
Thurs	10:00A-11:30A	e-Comment	Record comments for Board of Supervisors meetings.	
4th Th	10:00A-12:00P	Blood Pressure checks	Inova Loudoun Healthcare--no appt. necessary. No drop in fee.	
Thurs	10:45A-11:45A	Bible Study	Non-denominational group.	
Thurs	12:45P-2:00P	Brain Games	Picture and word games in a group setting.	

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Thurs	1:00P-5:00P	Thursday Card Group	Canasta and Euchre.	
Thurs	1:00P-5:00P	Bridge Group	Intermediate party bridge for .	
1st Fri	12:00P-2:00P	Monthly Movie	Lunch & movie in Club Room. Order lunch by noon the day before.	
Fri	12:30P-2:00P	Stitching Group	Bring own handwork.	

Fee-Based Programs for 55 & up

Mon 1/14-2/11 Mon 2/25-3/18	12:30P-2:30P	Drawing Class	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	230614-01 \$50/\$58 230614-02 \$50/\$58
Wed 1/9-1/30 Wed 2/20-3/13	12:30P-2:30P	Intermediate Watercolor	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	230647-01 \$50/\$58 230647-02 \$50/\$58
Fri 1/4-1/25 Fri 2/15-3/8	12:30P-2:30P	Basic Watercolor	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	230659-01 \$50/\$58 230659-02 \$50/\$58
Fri 1/18 Fri 2/22	11:00A-2:00P	Carver Lunch Bunch	Smokin' Willies, Purcellville Blue Ridge Grill, Leesburg	230601-01, 02 \$1 230601-03, 04 \$4

Multiage Programs

Mon Tue	2 :00P-3:00P 4:30P-5:30P	Line Dance (Ages 18 +)	Focusing on dancing to contemporary songs. \$2 drop in for non-members.	
2nd Tu	10:30A-12:00P	Advisory Board (Ages 18 +)	Monthly meetings which focus on fundraising/feedback.	
Tu/Th	2:00P-5:00P	Pickleball (Ages 18 +)	Tennis-like game played with 2, 3 or 4 players.	\$2 drop in non-members
Tu	6:00P-8:00P	Handwork (Ages 18 +)	Bring your own handwork.	
1st Tues	6:30P-8:00P	Lyme Support Group (Ages 18+)	For anyone struggling with or caring for someone with Lyme Disease.	
2nd/4th Tu	6:30P-8:00P	Jerry's Jukebox (Ages 14 +)	Basic Ballroom Dance instruction.	\$2 drop in non-members
4th Th	3:00P-4:00P	Alzheimer's (Ages 18 +)	Provides emotional, educational and social support for caregivers.	
Sa	9:00A-12:00P	Cards (Ages 18+)	Canasta and Euchre in the Library.	\$2 drop in non-members

Fee Based Multiage Programs

Mon & Wed Tu & Th Fri Sat	2:00P-7:00P	Computer Use	Call ahead for availability. 571-258-3400 Free for senior center members.	\$2.00 Pay at door (Ages 55 & up) \$3.00 Pay at door (Ages 18 & up)
	2:00P-8:00P	Fitness Center	Adults age 55 & up may use our Fitness Center during all operating hours. Free to senior center members. Non-seniors may use the Fitness Center hours listed on left.	
	2:00P-5:00P	Pool Anyone? (Ages 18 +)	Enjoy honing your pool shooting skills. Free to senior center members.	
9:00A-12:00P				
M/W 1/2-2/20	5:15P-6:00P	Body Sculpting (Ages 15 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	230708-01 \$109

Fee Based Multiage Programs

Tues 1/8-2/5	2:30P-4:30P	Middle School Watercolor (Ages 11-15)	Students will learn the skills of watercolor in a fun and supportive environment. All materials provided.	230710-01 \$70 230710-02 \$70
Tu/Th/F 1/3-1/25	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	230707-01 \$74
Tu/Th/ F 2/5-3/1	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	230707-02 \$80



Loudoun County Department of Parks, Recreation and Community Services is committed to complying with the Americans with Disabilities Act. If you need reasonable accommodations, please make the request to the appropriate program area at least two weeks prior to the program meeting date.