


Carver Center Programming					Fall 2017 (September 1-November 30)		more info? Call: 571-258-3400	
Special Events for 55 & up								
F 9/8	1:00P-3:00P	Barn Dance	Country Style Dance with D J Sky Dantine.	130645-01	\$5.00			
W 9/27	1:00P-2:00P	Food Nutrition Seminar	Join Natalie Kannan, RD (Registered Dietitian), as we identify which foods to limit, and which foods to increase, to naturally reduce inflammation in the body.	130659-01				
Th 10/12	10:00A-12:00P	Flu Shots	Inova HealthSource nurses will administer. Payment is due at time of shot. If using Medicare please bring Medicare Part B card with you.	130668-01				Standard/\$33
F 10/27	1:00P-3:00P	Halloween Dance	Wild and crazy costumed event with D J Sky Dantine. Please register one full week in advance of start date.	130602-01				
M 11/13	11:00A-11:30A	Veteran's Day	Engage with our many veterans and hear Carolyn Bledsoe share about her experience and perform her own, moving song.	130656-01				
Th 11/16	12:00P-1:45P	Thanksgiving and Volunteer Recognition	Turkey dinner with all the trimmings served in a warm and welcoming atmosphere. Entertainment provided by Dominion Four. Please bring a canned good for the food bank collection. Lunch is by donation for those 60+ and \$4 for 55-59.	130613-01				
Programs for 55 & up								
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.	130650-01				
Mon 9/11-11/20	9:00A-10:00A	Public Speaking	Overcome your fears and become an engaging public speaker.	130608-01				
M,Tu,Th,F	9:00A-12:00P	Cards	Canasta in the Library--beginners welcome!	130647-01				
Mon/Tues	9:00A-10:30A	Ping Pong	New players always welcome!	130623-01				
Wed	9:00A-10:00A			130623-02				
Thurs	10:00A-11:00A			130623-03				
Fri	11:30A-12:00P			130623-04				
Mon/Wed	10:00A-11:00A	Volleyball (Beachball)	Games not scored--all ability levels welcome.	130630-01				
Mon-Fri	10:00A-11:30A	Wii Sports	Wii using large screen TV. Ask for staff assistance to set up.	130628-01				
Mon	10:45A-12:00P	Chair Yoga	Yoga tailored for seniors while seated in a chair.	130632-01				
Mon	11:15A-11:30A	Share	Bring something interesting to share.	130625-01				
1st/3rd Mon	12:30P-5:00P	Services For Seniors	Confidential assistance to senior services and supports.	130655-01				
Mon	12:45P-2:00P	Farkle, Dominoes, Games	Chat and laugh over a classic pastime.	130626-01				
3rd Mon	12:45P-1:45P	Thrift Store	Bus to Blue Ridge Hospice Thrift Store.	130615-01				
Mon	1:00P-2:00P	Beginner Line Dance	Provides exercise and camaraderie.	130624-01				
Mon	1:00P-2:00P	Qigong	Mindful breathing and slow, standing movements.	130638-02				
Wed/Fri	10:30A-11:30A			130638-01				
Tu	9:00A-10:00A	Tai Chi Seniors	Slow motion routines practiced in a group.	130646-01				
Tu	10:30A-12:00P	Beginner Bridge	A gentle introduction to bridge basics.	130652-01				
1st Tu	10:30A-12:00P	Advisory Board Meeting	Monthly meetings which focus on fundraising/feedback.	130731-01				
Tu/Th	11:00A-11:30A	Balance and Stability	Physical Therapist designed sequence of excercises.	130631-01				
Tu	12:30P-2:00P	Creative Writing	For anyone interested in exploring the writing process.	130617-01				
Tu	12:45P-2:15P	Intermediate Bridge	For those who know the basics.	130653-01				
Tu	12:45P-1:45P	Bingo	\$0.50 per card; product prizes.	130629-01				
Fri	10:45A-11:45A			130629-02				

Programs for 55 & up				
W 9/13-11/29	10:00A-11:30A	Decluttering For Seniors	No new sign-ups after week 1.	130658-01
Wed	10:30A-11:30A	Sing Along with Wiley	Old-fashioned favorites in a relaxed setting.	130639-01
W 11/1	10:30A-11:30A	Blue Ridge Speech & Hearing (Ages 18 & up)	Cleaning/testing/resources. Preregister: 571-258-3400	130649-01
4th Wed	10:30A-12:00P	Book Club	Monthly book discussions. Books provided.	130610-01
2nd Wed	11:30A-12:00P	Library Outreach Visit	Loudoun County Library brings books/videos/periodicals.	130644-01
4th Wed	12:00P-12:30P	Monthly Birthdays	Sign up and celebrate with your Carver friends!	130643-01
Wed	12:45P-1:45P	Basic Ukulele	Basic instruction. Some loaner ukes available.	130654-01
W 10/4	12:45P-2:00P	Afternoon Tea	Free registration begins 2 weeks before event.	130642-01
Wed Fri	12:45P-2:00P 2:00P-5:00P	Scrabble/Board Games	Classic board games.	130627-01 130703-01
Wed	12:45P-2:00P	Grocery Shopping	Transportation to local grocery establishments. Skips the 2nd Wednesday.	130620-01
2nd Wed	12:45P-3:00P	Leesburg Shopping	Bus to Leesburg to shop.	130621-01
Thurs	10:00A-11:30A	e-Comment	Video recorded comments for Board of Supervisors. Staff assistance available.	130634-01
4th Th	10:00A-12:00P	Blood Pressure checks	Inova Loudoun Healthcare--no appt. needed.	130618-01
Thurs	10:45A-11:45A	Bible Study	Non-denominational group.	130635-01
Thurs	12:45P-2:00P	Brain Games	Picture and word games in a group setting.	130633-01
Thurs	1:00P-4:00P	Thursday Card Group	Canasta and Euchre.	130651-01
Thurs	1:00P-4:00P	Bridge Group	Intermediate party bridge for experienced players.	130636-01
1st Fri	12:00P-2:00P	Monthly Movie	Lunch & movie in Club Room.	130616-01
Fri	12:30P-2:00P	Stitching Group	Bring own handwork.	130612-01
Fee-Based Programs for 55 & up				
M 9/11-10/23 M 11/6-12/11	12:30P-2:30P	Drawing Class	All materials provided. Instruction ends at 2:00P.	130622-01 \$30 130622-02 \$30
Tu 10/31-12/5	9:00A-10:30A	Computers For Absolute Beginners	Basics, plus email and internet.	130606-01 \$48
Tu 10/31-12/5	10:30A-12:00P	Email and Internet	For those with basic computer knowledge.	130604-01 \$48
Tu 10/31-11/14 Tu 11/21-12/5	1:00P-2:00P	Inkle Loom Weaving	\$3 materials fee due at 1st class.	130670-01 \$3 130670-02 \$3
W 9/13-10/18 W 11/8-12/20	12:30P-2:30P	Advanced Beg. Watercolor	All materials provided. Instruction ends at 2:00P.	130661-01 \$30 130661-02 \$30
Fri 9/15 Fri 10/20	11:00A-2:00P	Carver Lunch Bunch	9/15 Cider Press Deli & Grill, Inwood, WV (01 02) 10/20 Market Table Bistro, Lovettsville, VA (03,04)	130601-01, 02 \$4 130601-03, 04 \$4
F 9/15-10/20 F 11/3, 12/1, 12/8	12:30P-2:30P	Beginner Watercolor	All materials provided. Instruction ends at 2:00P.	130611-01 \$30 130611-02 \$15

Multiage Programs				
Mon	2:00P-3:00P	Contemporary Line Dance (Ages 18 & up)	Focusing on dancing to contemporary songs.	130702-01
1st Tu	10:30A-12:00P	Advisory Board Meeting (Ages 18 & up)	Monthly meetings which focus on fundraising/feedback.	130731-01
Tu-Th	2:00P-4:00P	Pickleball (Ages 18 & up)	Tennis-like game played with 2, 3 or 4 players.	130721-01 \$2 drop in for non-senior center members.
Tu	6:00P-8:00P	Handwork (Ages 18 & up)	Bring your own handwork.	130728-01
1st Tu	6:30P-8:00P	Lyme Disease Support (Ages 18 & up)	For anyone struggling with or caring for someone with Lyme Disease.	130733-01
2nd/4th Tu	6:30P-8:00P	Jerry's Jukebox (Ages 14 & up)	Basic Ballroom Dance instruction.	130729-01 \$2/Non-senior center member drop in.
Tu 10/31-12/5	6:30P-8:00P	Microsoft Office (Ages 18 & up)	Working with Word, Excel and PowerPoint. Instructor: Iby Dickson	130708-01 \$48
W 11/1	10:30A-11:30A	Blue Ridge Speech & Hearing (Ages 18 & up)	Cleaning/testing/resources. Preregister: 571-258-3400	130649-01
4th Th	3:00P-4:00P	Alzheimer's Support Group (Ages 18 & up)	Provides emotional, educational and social support for caregivers.	130707-01
Sa	9:00A-12:00P	Cards (Saturdays) (Ages 18 & up)	Canasta and Euchre in the Library.	130714-01 \$2/Non-senior center member drop in.
Fee Based Multiage Programs				
Mon & Wed Tu & Th Fri Sat	2:00P-7:00P 2:00P-8:00P 2:00P-5:00P 9:00A-12:00P	Computer Lab	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)
		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.	
		Pool Anyone? (Ages 18 & up)	Enjoy honing your pool shooting skills. Free to senior center members.	
M, W 9/6-10/25 M, W 10/30-11/29	5:15P-6:00P	Body Sculpting (Ages 15 & up)	Using resistance bands, Pilates balls and weights. Bring a mat. Instructor: Jill Perla	130710-01 \$100
M, W 10/30-11/29	5:15P-6:00P	Body Sculpting (Ages 15 & up)	Using resistance bands, Pilates balls and weights. Bring a mat. Instructor: Jill Perla	130710-02 \$75
Tu, Th, F 9/5 - 9/29	8:15A-8:45A	Core and More (Ages 16 & up)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	130715-01 \$80
Tu, Th, F 10/3-10/27	8:15A-8:45A	Core and More (Ages 16 & up)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	130715-02 \$67
Tu, Th, F 10/31-11/30	8:15A-8:45A	Core and More (Ages 16 & up)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	130715-03 \$67
	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.			