

Carver Center Programming

Spring 2018 (March 1-May 31)

more info? Call: 571-258-3400

Special Events for 55 & up

F 4/13	12:30P-4:00P	Health Fair	Mac Brownell Adult Day Center is hosting a Health Fair in conjunction with nurses from George Washington University School of Nursing.	330607-01
F 4/20	1:00P-2:00P	Earth Day Celebration	Loudoun County Master Gardeners presentation on Invasive/Alien Plants with Native Alternatives. Learn how to protect and encourage our natural environment.	330608-01 \$2 drop in for non-members
W 5/2	1:00P-2:00P	Native Plant Presentation	Julie Borneman of Watermark Woods Native Plant Nursery in Hamilton, VA will present about favorite native plants and their uses and which plants perform best based on their habitats and value to wildlife.	330649-01
F 5/4	1:00P-2:00P	Senior Play	Carver Senior Theater Group will again WOW you with their spring play.	330613-01
W 5/9	10:00A-12:00P	Fall Prevention Program	Inova Loudoun Hospital nurses and physical therapists is providing a fall risk assessment program for seniors. The program includes education on the risk for falls, importance in taking measure to prevent falls, a fall risk questionnaire, and several quick tests to determine an individual's risk for falls. Each participant will receive a packet with educational information and a calculated risk score that they can take to their primary physician.	330656-01
F 5/11	1:00P-3:00P	Mother's Day Tea Dance	Enjoy afternoon tea and scones while you fill your dance card and glide across the Grand Hall on the arm of a handsome suitor! DJ Sky Dantine.	330639-01 \$5


Programs for 55 & up

		Services For Seniors	Confidential assistance linking seniors to services. Please call 703-777-0257.	
Mon-Fri	12:00P-12:30P	Congregate Lunch	Sign up in person or call 571-258-3407 24 hours in advance.	Ages 55-59 \$4 Ages 60 + donation
Mon-Fri	9:00A-10:00A	Adult Coloring	All materials provided.	330653-01
M,Tu,Th,F	9:00A-12:00P	Card Players AM	Canasta. Beginners welcome!	330650-01
Tues	9:00A-10:30A	Ping Pong	New players always welcome!	330623-01
Wed	9:00A-10:00A			330623-02
Thurs	10:00A-11:00A			330623-03
Fri	11:30A-12:00P			330623-04
Mon/Wed	10:00A-11:00A	Volleyball (Beachball)	Games not scored--all ability levels welcome.	330625-01
Mon	9:00A-11:30A	Corn Hole	Enjoy this fun outdoor game inside!	

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Mon	10:45A-12:00P	Chair Yoga	Encourage better circulation, flexibility and immune function.	330627-01
Mon	1:00P-2:00P	Farkle/Board Games	Chat and laugh over a classic pastime.	330620-01
Mon	12:45P-1:45P	Local Excursions	Thrift Store (2nd/4th/5th), various locations other Mondays.	330638-01
Mon	1:00P-2:00P	Beginner Line Dance	Provides exercise and camaraderie.	330618-01
Mon Wed/Fri	1:00P-2:00P 10:30A-11:30A	Qigong	Mindful breathing and slow, standing movements.	330634-02 330634-01
Tu	9:30A-10:30A	Tai Chi Seniors	Slow motion routines practiced in a group.	330647-01
Tu	10:30A-12:00P	Beginner Bridge	A gentle introduction to bridge basics.	330648-01
2nd Tu	10:30A-12:00P	Advisory Board Meeting	Monthly meetings which focus on fundraising/feedback.	330703-01
Tu/Th	11:00A-11:30A	Balance and Stability	Physical Therapist designed sequence of excercises.	330626-01
Tu	12:30P-2:00P	Creative Writing	For anyone interested in exploring the writing process.	330609-01
Tu	12:45P-2:15P	Intermediate Bridge	For those who know the basics.	330657-01
Tu Fri	12:45P-1:45P 10:45A-11:45A	Bingo	\$0.50 per card; product prizes.	330624-01 330624-02
W 3/14-5/30	10:00A-11:30A	Decluttering For Seniors	No new sign-ups after week 1.	330604-01
Wed	10:30A-11:00A	Fitness Equipment 101	Use of gym equipment to maximize workout and avoid injury.	330655-01
Wed	10:30A-11:30A	Sing Along with Wiley	Old-fashioned favorites in a relaxed setting.	330641-01
W 5/2	10:30A-11:30A	Hearing Help (Ages 18 +)	Cleaning/testing/resources. Blue Ridge Speech & Hearing Preregister: 571-258-3400	330615-01
4th Wed	10:30A-12:00P	Book Club	Monthly book discussions. Books provided.	330617-01
4th Wed	12:30P-1:30P	Hearing Help With NVRC (Ages 18 +)	Northern Virginia Resource Center for Deaf and Hard of Hearing Persons provide information about hearing loss and resources to the community.	330664-01
2nd Wed	11:30A-12:00P	Library Outreach Visit	Loudoun County Library brings books/videos/periodicals.	330644-01
4th Wed	12:00P-12:30P	Monthly Birthdays	Sign up and celebrate your birthday with your Carver friends!	330611-01
Wed	1:00P-2:00P	Basic/Int Ukulele	Basic and Intermediate instruction. Some loaner ukes available.	330603-01, 02
W 4/4	1:00P-2:00P	Afternoon Tea	Free registration begins 2 weeks before event.	330643-01
Wed M-F	1:00P-2:00P 2:15P-5:00P	Scrabble/Board Games Games/Chess	Classic board games and banter.	330616-01 330702-01

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Wed	12:45P-2:00P	Grocery Shopping	Transportation to local grocery establishments. Skips the 2nd Wednesday.	330637-01
2nd Wed	12:45P-3:30P	Shopping Leesburg	Bus to Leesburg to shop.	330652-01
Thurs	10:00A-11:30A	e-Comment	Video-record comments for the Board of Supervisors.	330629-01
4th Th	10:00A-12:00P	Blood Pressure checks	Inova Loudoun Healthcare staff. No appointment needed.	330633-01
Thurs	10:45A-11:45A	Bible Study	Non-denominational group.	330630-01
Thurs	12:45P-2:00P	Brain Games	Picture and word games in a group setting.	330628-01
Thurs	1:00P-5:00P	Thursday Card Group	Canasta and Euchre.	330654-01
Thurs	1:00P-5:00P	Bridge Group	Intermediate party bridge for experienced players.	330631-01
1st Fri	12:00P-2:00P	Monthly Movie	Enjoy your regular lunch with a Movie in the Club Room!	330645-01
Fri	1:00P-2:00P	Stitching Group	Bring own handwork.	330622-01
Fee-Based Programs for 55 & up				
M 3/19-4/23 M 5/7-6/11	12:30P-2:30P	Drawing Class	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	330606-01 \$30 members/ \$42 non-members 330606-02 \$30 members/ \$42 non-members
W 3/14-4/18 W 5/16-6/20	12:30P-2:30P	Advanced Beg. Watercolor	Bring own supplies. Instruction ends at 2:00P. Instructor: Alice Power	330610-02 \$30 members/ \$42 non-members 330610-01 \$30 members/ \$42 non-members
F 3/23-4/27 F 5/25-6/29	12:30P-2:30P	Beginner Watercolor	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	330660-01 \$30 members/ \$42 non-members 330660-02 \$30 members/ \$42 non-members
Fri 3/23 Fri 4/27 Fri 5/18	11:00A-2:00P	Carver Lunch Bunch	3/23 Cracker Barrel, Winchester, VA 4/27 Firebirds Wood Fired Grill, Leesburg, VA 5/18 Paddy's Irish Pub, Charles Town, WV	330605-01, 02 \$4 330605-03, 04 \$4 330605-05, 06 \$4
Tu 3/20-4/24	9:00A-10:30A	Email & Internet	A focused look at email and the internet, for students with little background in using a computer. Two computers available for use for those without laptops.	330632-01 \$48/\$60 non-member Carver computer 330632-02 \$48/\$60 non-member Personal laptop
Tu 3/20-4/24	10:30A-11:30A	Inkle Loom Weaving	\$3 materials fee due at first class.	330636-01

Multiage Programs				
Mon Tu	2 :00P-3:00P 4:15P-5:15P	Line Dance (Ages 18 +)	Focusing on dancing to contemporary songs.	330713-01 \$2 drop-in 330713-02 \$2 drop-in
2nd Tu	10:30A-12:00P	Advisory Board (Ages 18 +)	Monthly meetings which focus on fundraising/feedback.	330703-01
Tu-Th	2:00P-5:00P	Pickleball (Ages 18 +)	Tennis-like game played with 2, 3 or 4 players.	330711-01 \$2 drop in
Tu	6:00P-8:00P	Handwork (Ages 18 +)	Bring your own handwork.	330728-01 \$2 drop-in
2nd/4th Tu	6:30P-8:00P	Jerry's Jukebox (Ages 14 +)	Basic Ballroom Dance instruction.	330706-01 \$2 drop in
W 5/2	10:30A-11:30A	Hearing Help (Ages 18 +)	Cleaning/testing/resources. Blue Ridge Speech & Hearing Preregister: 571-258-3400	330615-01
4th Wed	12:30P-1:30P	Hearing Help With NVRC (Ages 18+)	Northern Virginia Resource Center for Deaf and Hard of Hearing Persons provide information about hearing loss and resources to the community.	330664-01
4th Th	3:00P-4:00P	Alzheimer's Support Group (Ages 18 +)	Provides emotional, educational and social support for caregivers.	330704-01
Sa	9:00A-12:00P	Cards (Ages 18+)	Canasta and Euchre in the Library.	330712-01 \$2 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 Fitness Center Pool Anyone? (Ages 18 +)	Call ahead for availability. 571-258-3400 Free for senior center members. 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. Enjoy honing your pool shooting skills. Free to senior center members.	\$2.00 Pay at door (Ages 55 & up) \$3.00 Pay at door (Ages 18 & up)
M/W 3/12-3/28	5:15P-6:00P	Body Sculpting (Ages 16 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	330707-01 \$50
M/W 4/9-4/25	5:15P-6:00P	Body Sculpting (Ages 16 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	330707-02 \$50
M/W 5/7-5/23	5:15P-6:00P	Body Sculpting (Ages 16 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	330707-03 \$50
Tu/Th/F 3/6-3/30	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	330705-01 \$80
Tu/Th/F 4/10-4/27	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	330705-02 \$60
Tu/Th/F 5/8-5/25	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	330705-03 \$60
	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.			