

Carver Center Programming

Fall 2018 (September 1-November 30)

more info? Call: 571-258-3400

Special Events for 55 & up

Fri 9/7	11:00A - 12:00P	Pop Culture in DC	Brad Berger presentation on Pop Culture in DC (With pop, and popcorn!)	130615-01
Fri 9/21	1:00P-3:00P	Harvest Dance	Come shake it up with your Carver friends at this casual dance which combines Line Dance selections and partner dancing.	130616-01 \$5.00/\$7.00 on the day
Tu 10/2	11:00A-12:00P	Road Scholar Presentation	Ambassador Michael Fichetti will speak about the Road Scholar Program	
Wed 10/3	10:30A-11:30A	Pharmacy Presentation	Learn about insulin usage and needle selection from a licensed pharmacist.	
Thu 10/4	10:00A-12:00P	Voter Registration	Loudoun County Office of Elections visits Carver to check your status, verify your address is current, provide absentee ballots and much more!	
Wed 10/10	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.	Standard/\$33 High Dose-Age 65+/\$65
Fri 10/12	10:00A - 12:00P	Cheese-making Excursion	Hands-on cheese-making demonstration at George's Mill Farm, Lovettsville.	130617-01 \$2
Fri 10/26	10:00A-1:30P	Halloween Party	Enjoy a scavenger hunt, life-size Jenga, and karaoke at this wild and crazy costume party.	130602-01 \$3.00/\$5.00 on the day
Fri 11/2	12:30P - 1:30P	Winterize Your Car	Join Guy Masters for an informative presentation. Light refreshments	130614-01
Fri 11/9	1:00P-2:00P	Senior Play	Carver Theater Group will perform their hilarious play!	
Tu 11/13	10:15A-10:45A	Veteran's Day	Engage with our many veterans and hear Carolyn Bledsoe share about her experience and perform her own, moving song.	
Thu 11/15	11:30P-1:30P	Thanksgiving and Volunteer Appreciation	Turkey dinner with all the trimmings served in a warm and welcoming atmosphere, with a tribute to the many Carver volunteers who make our center possible. Entertainment provided by The Hamilton Trio. Please bring a canned good for the food bank collection. Lunch is by donation for those 60+ and \$4 for 55-59.	130613-01
Mon 11/19	12:00P-2:45P	Bowling at Village Lanes	Payment of \$3.00 per person and \$4.25 for shoe rental is due at the Bowling Center on arrival.	130621-01 \$1.00 transp.

Programs for 55 & up

Mon-Fri	12:00P-12:30P	Congregate Lunch	Sign up in person or call 571-258-3407 at least 24 hours in advance.	\$4 (55-59) or donation
Mon-Fri	9:00A-10:00A	Adult Coloring	All materials provided.	
M,Tu,Th,F	9:00A-12:00P	Cards	Canasta -- beginners welcome!	
Mon/Wed	10:00A-11:00A	Volleyball (Beachball)	Games not scored--all ability levels welcome.	
Mon/Wed	1:00P-2:00P	Board Games	Chat and laugh over a classic pastime. Farkle, Dominoes, Scrabble, etc.	
Mon Wed/Fri	1:00P-2:00P 10:30A-11:30A	Qigong	Mindful breathing and slow, standing movements.	
Mon,Thu, Fri	See Ernice	Walk With Ease	Join Ernice Simms for "easy" walking. Meet in Fitness Room.	
Mon	9:00A-11:30A	Corn Hole	Enjoy this fun outdoor game... inside!	
Mon	10:45A-12:00P	Chair Yoga	Yoga tailored for seniors while seated in a chair.	

Programs for 55 & up

1st/3rd Mon	9:00A-12:00P	Services For Seniors	Confidential assistance linking seniors to services and support.	
Mon	12:45P-1:45P	Local Excursions	Thrift store every 2nd/4th Monday. Selected locations other Mondays.	\$1.00 transportation fee
Mon	12:30P-1:00P	Slow, Slow Line Dance	For Seniors who have difficulty dancing fast or complicated steps.	
Mon	1:00P-2:00P	Beginner Line Dance	Provides exercise and camaraderie.	
Mon	2:00P-3:00P	Contemporary Line Dance	Line Dance to Contemporary Music	Non-members \$2 drop-in
Tue Wed Thu Fri	9:00A-10:30A 9:00A-10:00A 10:00A-11:00A 11:30A-12:00P	Ping Pong	New players always welcome!	
Tu/Th	11:00A-11:30A	Balance and Stability	Physical Therapist designed sequence of exercises.	
Tu Fri	12:45P-1:45P 10:45A-11:45A	Bingo	50c/card; various prizes.	
Tu	9:00A-10:00A	Tai Chi Seniors	Slow motion routines practiced in a group.	
Tu	10:30A-12:00P	Beginner Bridge	A gentle introduction to bridge basics.	
2nd Tu	10:30A-12:00P	Advisory Board Meeting	Monthly meetings which focus on fundraising/feedback.	
2nd, 4th Tu	11:00A-12:00P	Harmony Singing Group	Folk songs and rounds to piano accompaniment. All levels welcome!	
Tu	11:00A-12:00P	Tech Tuesdays	Individualized computer help from Loudoun County Library techie.	
Tu	12:30P-2:00P	Creative Writing	For anyone interested in exploring the writing process.	
Tu	12:45P-2:15P	Intermediate Bridge	For those who know the basics.	
3rd Tu	10:30A-12:00P	Haircuts	6 appointments by lottery, with 6 waitlist spots. Sign up one week ahead.	
W 9/5-11/14	10:00A-11:00A	Decluttering For Seniors	First two classes run 30 minutes longer. No new signups after week 1.	130604-01
Wed	10:30A-11:30A	Sing Along with Wiley	Old-fashioned favorites in a relaxed setting.	
Wed	10:30A-11:00A	Fitness Equipment 101	Learn how to use the fitness equipment safely	
Wed	12:45P-1:15P	Name That Tune	Enjoy "beat"ing other seniors in recognizing the tune.	
Wed	1:00P-2:00P	Basic/Intermediate Ukulele	Basic instruction. Some loaner ukes available.	
2nd Wed	11:30A-12:00P	Library Outreach Visit	Loudoun County Library brings books/videos/periodicals.	
4th Wed	10:30A-12:00P	Book Club	Monthly book discussions. Books provided.	
4th Wed	12:00P-12:30P	Monthly Birthdays	Sign up and celebrate with your Carver friends!	

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Wed 10/3, 12/5	1:00P-2:00P	Afternoon Tea	Free registration begins 2 weeks before event. Limited to 14.	130607-02, 03
Wed 11/7	10:30A-11:30A	Hearing Help	Blue Ridge Speech & Hearing: Cleaning/testing/resources.	Preregister: 571-258-3400
Wed	12:45P-2:00P	Grocery Shopping	Transportation to local grocery establishments. Skips the 2nd Wednesday.	\$1.00 transportation fee
2nd Wed	12:45P-3:30P	Leesburg Shopping	Bus to Leesburg to shop.	\$2.00 transportation fee
Thurs	10:00A-11:30A	e-Comment	Video record comments for Board of Supervisors. Staff assistance available.	
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.	
Thurs	1:00P-5:00P	Bridge Group	Intermediate party bridge for experienced players.	
Thurs	1:00P-5:00P	Card Group	Canasta	
4th Thurs	10:00A-12:00P	Blood Pressure checks	Inova Loudoun Healthcare staff -- no appt. needed.	
Fri	12:30P-2:00P	Stitching Group	Bring own handwork.	
1st Fri	12:00P-2:00P	Monthly Movie	Lunch & movie in the Club Room.	

Fee-Based Programs for 55 & up

Mon 10/1-11/5 Mo 11/19-12/17	12:30P-2:30P	Drawing Class	All materials provided. Instruction ends at 2:00P. Instr: Alice Power [Note: No class on 10/8]	130609-01, 02 \$50/\$58 non-member
Mon 10/1-10/22; 10/29-11/19	10:30A-11:30A	Inkle Loom Weaving	\$3 materials fee due at 1st class. Instr: Iby Dickson [Note: No class on 10/8]	130612-01 \$3 130612-02 \$3
Mon 11/26-12/10	10:30A-11:30A	Inkle Loom Weaving II	\$3 materials fee due at 1st class. Instr: Iby Dickson	130619-01 \$3
Mon 12/3	9:00A-5:00P	AARP Driver Safety Course	Refresh your driving skills, so you'll be a safer, more confident driver. Plus, you could earn a multiyear discount on your auto insurance when you complete it! \$15 AARP Members/\$20 Non-Members. Check payment will be collected on arrival by instructor. Please make checks out to AARP.	130620-01
We 9/5-10/10; 10/17-11/14	12:30P-2:30P	Intermediate Watercolor	All materials provided. Instruction ends at 2:00P. Instr: Alice Power	130611-01, 02 \$40/\$48 non-member
We 11/28-12/12	12:30P-2:30P	Holiday Card Workshop	Apply your watercolor skills to holiday cards. Bring your own materials. Instruction ends at 2:00P. Instr: Alice Power	130618-01 \$30/\$36 non-member
Fri 9/28 Fri 10/19	11:00A-2:00P	Carver Lunch Bunch	Ford's Fish Shack, Landsdowne, VA Perkins Restaurant, Winchester, VA	130601-01 \$4 130601-02 \$4
Fr 8/31-9/28 Fr 10/5-11/2 Fr 11/9-12/14	12:30P-2:30P	Basic / Beginner Watercolor	All materials provided. Instruction ends at 2:00P. Instr: Alice Power [Note: No class on 11/23]	130610-01, 02, 03 \$50/\$58 non-member

Multiage Programs (All ages 18 & up, except Jerry's Jukebox)

Mon thru Fri	2:15P-5:00P	Scrabble/Board Games	Classic board games, including Scrabble, Dominoes, and Rummicube	\$2 drop-in
Mon Tu	2:00P-3:00P 4:30P-5:30P	Contemporary Line Dance	Focusing on dancing to contemporary songs.	\$2 drop-in
Tu	6:00P-8:00P	Handwork	Bring your own handwork.	\$2 drop-in
1st Tu	6:30P-8:00P	Lyme Disease Support	For anyone struggling with or caring for someone with Lyme Disease.	
2nd Tu	10:30A-12:00P	Advisory Board Meeting	Monthly meetings which focus on fundraising/feedback.	Ages 18 & up. No fee.
Tu Th	2:00P-4:00P 2:00P-5:00P	Pickleball	Tennis-like game played with 2, 3 or 4 players.	\$2 drop-in
2nd/4th Tu	6:30P-8:00P	Jerry's Jukebox (Ages 14 +)	Basic Ballroom Dance instruction.	\$2 drop-in
Wed	4:30P-5:30P	Line Dance	Line Dance to Contemporary music	\$2 drop-in
Wed 11/7	10:30A-11:30A	Hearing Help	Blue Ridge Speech & Hearing: Cleaning/testing/resources. No fee.	Preregister: 571-258-3400
4th Th	3:00P-4:00P	Alzheimer's Support Group	Provides emotional, educational and social support for caregivers.	
Sa	9:00A-12:00P	Cards	Canasta and Euchre in the Library.	\$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 use.	Call ahead for availability. 571-258-3400 Free for senior center members.	Available for ages 18 & up \$2 drop-in for non-members
		Fitness Center	Free to senior center members.	
		Pool (Billiards) Anyone?	Enjoy honing your pool shooting skills. Free to senior center members.	
M, W 9/10-10/29	5:15P-6:00P	Body Sculpting (Ages 16 & up)	Using resistance bands, Pilates balls and weights. Bring a mat. Instructor: Jill Perla [Note: No class 9/24 and 10/8]	130702-01 \$100
M, W 11/05-12/19	5:15P-6:00P	Body Sculpting (Ages 16 & up)	Using resistance bands, Pilates balls and weights. Bring a mat. Instructor: Jill Perla [Note: No class 11/12]	130702-02 \$100
Tu, Th, F 9/11 - 10/23	8:15A-8:45A	Core and More (Ages 16 & up)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla [Note: No class 9/25]	130701-01 \$120
Tu, Th, F 10/30-12/13	8:15A-8:45A	Core and More (Ages 16 & up)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla [Note: No class 11/22 & 11/23]	130701-02 \$120



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. TDD 703-771-5352