

**Carver Center Programming**

**Summer 2018 (June 1-August 31)**

**more info? Call: 571-258-3400**

**Special Events for 55 & up**

Fri 6/15	10:30A-1:30P	Father's Day Celebration	Join us for a memorable Father's Day Fishing Trip to Franklin Park! Rods, bait and instruction provided. Enjoy a boxed lunch in the Hillsboro Pavilion.	430608-01 \$2 bus transport 430608-02 self-drive
Fri 7/6	12:00P-1:30P	Independence Day	Celebrate Independence Day at Carver with a good ol' picnic lunch, followed by a unique Wildlife Ambassador program.	430624-01 \$5
Fri 7/13	9:30A-12:00P	Quilting Event	Joshua's Hands makes hundreds of quilts for our wounded warriors. Be a part of this community service by volunteering your time for this event and make a difference! No experience necessary!	430628-01 bus transport 430628-02 self drive

**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.	
Mon,Tu,Th,Fri	9:00A-12:00P	Card Players AM	Canasta. Beginners welcome!	
Tues Wed Thurs Fri	9:00A-10:30A 9:00A-10:00A 10:00A-11:00A 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	9:00A-11:30A	Corn Hole	Enjoy this fun outdoor game inside!	
Mon	10:45A-12:00P	Chair Yoga	Encourage better circulation, flexibility and immune function.	
Mon	1:00P-2:00P	Farkle, Dominoes, Board Games	Chat and laugh over a classic pastime.	
Mon	12:45P-1:45P	Local Excursions	Thrift Store (2nd/4th/5th),various locations other Mondays.	
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	9:30A-10:30A	Tai Chi-Seniors	Slow motion routines practiced in a group.	

## Programs for 55 & up

Tues	10:30A-12:00P	Beginner Bridge	A gentle introduction to bridge basics.	
2nd Tues	10:30A-12:00P	Advisory Board Meeting	Monthly meetings which focus on fundraising/feedback.	
Tues/Thur	11:00A-11:30A	Balance and Stability	Physical Therapist designed sequence of excercises.	
Tues	12:30P-2:00P	Creative Writing	For anyone interested in exploring the writing process.	
Tues	1:00P-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; product prizes.	
Wed	10:00A-11:30A	Decluttering For Seniors	Begins 6/13. No new sign-ups after week 1.	430623-01
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 8/1	10:30A-11:30A	Hearing Help	Cleaning/testing/resources. Blue Ridge Speech & Hearing Preregister: 571-258-3400	
4th Wed	10:30A-12:00P	Book Club	Monthly book discussions. Books provided.	
4th Wed	12:30P-1:30P	Hearing Help With NVRC	Northern Virginia Resource Center for Deaf and Hard of Hearing Persons provide information about hearing loss and resources to the community.	
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 your birthday with your Carver friends!	
Wed	1:00P-1:30P	Name That Tune	Guess the well-known tune before your opponents do!	
Wed	1:00P-2:00P	Basic/Int Ukulele	Basic and Intermediate instruction. Some loaner ukes available.	
Wed 6/6 Wed 8/1	1:00P-2:00P	Afternoon Tea	Free registration begins 2 weeks before event.	430649-01 430649-02
Wed Mon-Fri	1:00P-2:00P 2:15P-5:00P	Board Games Scrabble/Board Games	Classic board games and banter.	\$2 drop in for non-members
Wed	12:45P-2:00P	Grocery Shopping	Transportation to local grocery establishments. Skips the 2nd Wednesday.	
2nd Wed	12:45P-3:30P	Shopping Leesburg	Bus to Leesburg to shop.	
Thurs	10:00A-11:30A	e-Comment	Video-record comments for the Board of Supervisors. Staff assistance available.	
4th Thurs	10:00A-12:00P	Blood Pressure checks	Inova Loudoun Healthcare staff. No appointment needed.	
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.	

<b>Programs for 55 &amp; up</b>				
Thurs	1:00P-5:00P	Thursday Card Group	Canasta and Euchre.	
Thurs	1:00P-5:00P	Bridge Group	Intermediate party bridge for experienced players.	
1st Fri	12:00P-2:00P	Monthly Movie	Enjoy your regular lunch with a Movie in the Club Room!	
Fri	1:00P-2:00P	Stitching Group	Bring own handwork.	
<b>Fee-Based Programs for 55 &amp; up</b>				
Mon 6/25-7/30	12:30P-2:30P	Studio Drawing Class	Practice your drawing skills with clothed models and a still life set up each week. Critique and individual instruction as needed.	430609-01 \$30 members \$42 non-members
Wed 7/11-8/15	12:30P-2:30P	Advanced Beg. Watercolor	Bring own supplies. Instructor: Alice Power	430659-01 \$30 members/ \$42 non-members
Fri 7/6-8/10	12:30P-2:30P	Basic Watercolor	All materials provided. Instructor: Alice Power	430638-01 \$30 members/ \$42 non-members
Fri 6/22 Fri 7/20 Fri 8/17	11:00A-2:00P	Carver Lunch Bunch	Uncle Julio's, One Loudoun Roots 657, Lucketts John's Family Restaurant, Charles Town	430601-01, 02 \$4 430601-03, 04 \$4 430601-05, 06 \$4
<b>Multiage Programs</b>				
Mon	2 :00P-3:00P	Line Dance (Ages 18 +)	Focusing on dancing to contemporary songs.	\$2 drop in fee for non-members
1st Tues	6:30P-8:00P	Lyme Support Group (Ages 18+)	For anyone struggling with or caring for someone with Lyme Disease.	
2nd Tues	10:30A-12:00P	Advisory Board (Ages 18 +)	Monthly meetings which focus on fundraising/feedback.	
Tues-Thurs	2:00P-5:00P	Pickleball (Ages 18 +)	Tennis-like game played with 2, 3 or 4 players.	\$2 drop in fee for non-members
Tues	6:00P-8:00P	Handwork (Ages 18 +)	Bring your own handwork.	\$2 drop-in fee for non-members
4th Thurs	3:00P-4:00P	Alzheimer's Support Group (Ages 18 +)	Provides emotional, educational and social support for caregivers.	
Sat	9:00A-12:00P	Cards (Ages 18+)	Canasta and Euchre in the Library.	\$2 drop in fee for non-members

## Fee Based Multiage Programs

Mon & Wed Tues & Thurs Fri Sat	2:00P-7:00P	Computer Lab	Call ahead for availability. 571-258-3400 Free for senior center members.	Ages 55 & up (non-members) \$2 Ages 17 & under \$1.50 Ages 18-54 \$2
	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	
	2:00P-5:00P 9:00A-12:00P	Pool Anyone? (Ages 18 +)	Enjoy honing your pool shooting skills. Free to senior center members.	
M/W 6/4-6/27	5:15P-6:00P	Body Sculpting (Ages 16 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	430703-01 \$67
M/W 7/16-7/30	5:15P-6:00P	Body Sculpting (Ages 16 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	430703-02 \$42
M/W 8/6-8/29	5:15P-6:00P	Body Sculpting (Ages 16 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	430703-03 \$67
Tu/Th/Fri 6/5-6/29	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	430704-01 \$80
Tu/Th/Fri 7/17-7/27	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	430704-02 \$40
Tu/Th/Fri 8/7-8/31	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	430704-03 \$80
Thurs 6/7-6/28 Thurs 7/5-7/26 Thurs 8/2-8/23	4:30P-7:30P	Get Loose! (Ages 14 +)	Liven up watercolor paintings exploring new techniques to capture light and life. Instructor will help with challenges, teach techniques, and explore ideas with plenty of painting time. Individual instruction and critique. Basic equipment list will be suggested at registration. Instructor: Alice Power	430715-01 \$80 430715-02 \$80 430715-03 \$80
Wed 7/11-7/25	3:00P-4:30P	Watercolor Painting-Paint Your Adventure Story (Ages 5-10)	Bring adventure photographs and create a watercolor painting that tells your adventure story. Learn composition, color theory, drawing and painting techniques for watercolors. Instructor: Alice Power	430722-01 \$45 Material cost of \$10 is included in fee.
Wed 8/1-8/15	3:00P-4:30P	Watercolor Painting-Outer Space Watercolor Wonders (Ages 5-10)	Imagine other solar systems, planets and extra-terrestrial life-painting with watercolors. Collaborate, forming small circles or paint solo. Instructor: Alice Power	430718-01 \$45 Material cost of \$10 is included in fee.
Thurs 6/14 Thurs 7/12 Thurs 8/9	4:00P-8:00P	Summer Supper Club (Ages 18 +)	Violino Ristorante Italiano, Winchester Clyde's Willow Creek, Ashburn Old South Mountain Inn, Boonsboro, MD	430701-01,02 \$6 430701-03,04 \$6 430701-05,06 \$6
	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.			