



Carver Center Multiage Programs Spring 2017

CENTER HOURS

M-F	9:00A-2:00P (Ages 55 & up only)
M & W	2:00P-7:00P
Tu & Th	2:00P-8:00P
F	2:00P-5:00P
Sa	9:00A-12:00P

COMPUTER LAB (Free with senior membership)

Call ahead for availability

Pay at door \$3.00

FITNESS CENTER

Adults age 55 and up may use our Fitness Center during all operating hours.
Free to members.

Non-seniors may use the fitness center:

M, W	2:00P-7:00P
Tu, Th	2:00P-8:00P
F	2:00P-5:00P
Sa	9:00A-12:00P

Non-member Drop-in Fee

Ages 16-54	\$3.00
Ages 55 & up	\$2.00

RENTAL CLASSES: STUDENTS REGISTER WITH AND PAY INSTRUCTORS DIRECTLY

STRETCH AND ABS CLASS

If you want to work on your flexibility, flatten your belly and strengthen your upper body, then this is the class for you! Call instructor Peggy Carter to register: 540-338-5330, or e-mail her at pcarter@rstarmail.com

Th on-going 5:15P-6:00P

GENTLE YOGA (Marilyn Naylor)

(Ages 18 & up) All props provided by certified instructor Marilyn Naylor. To register for this class, please call instructor at 540-668-6755.

DANCE PROGRAMS

LINE DANCE

(Ages 14 & up) Contemporary Line Dancing. Dick Sherman will offer a line dance class focusing on some of the latest dances to contemporary songs. Under 14 may attend if accompanied by an adult.

330713-01

M ongoing 2:00P- 3:00P

JERRY'S JUKEBOX

(Ages 14 & up) Enjoy a beautiful, large dance floor, music, a relaxed atmosphere and a helping hand for people who are learning to dance. Leader: Jerry Smith. Non-members pay a \$2 drop-in fee. Under 14 may attend if accompanied by an adult.

330706-01

2nd, 4th Tu ongoing 6:30P- 8:00P

EDUCATION & INFORMATION

ADVISORY BOARD MEETING

(Ages 18 & up) Monthly meetings which focus on fundraising efforts to support programming and Senior Membership, while providing a forum for feedback and suggestions. All participants and members welcome. Meets on the first Tuesday of the month. Executive Board meets on the 4th Tuesday of the month.

330703-01

1st Tu ongoing 10:30A-12:00P

330703-02

4th Tu ongoing 10:30A-12:00P

ALZHEIMER'S SUPPORT GROUP

(Ages 18 & up) This group is designed to provide emotional, educational, and social support for caregivers in order to help participants develop coping methods and encourage caregivers to maintain their personal, physical and emotional health, as well as care for the person with dementia or other chronic illness. Serving teen to adult caregivers.

330704-01

4thTh ongoing 3:00P- 4:00P

BLUE RIDGE SPEECH & HEARING

(Ages 18 & up) An audiologist is available for cleaning and testing hearing aids, as well as providing resource information. Must preregister by calling 571-258-3400.

330615-01

W 5/3-5/3 10:30A-11:30A

LYME SUPPORT GROUP

(Ages 18 & up) The Western Loudoun Lyme Disease Support Group meets the first Tuesday of every month at 6:30 pm at Carver Center. This support group is open to the public for anyone struggling with Lyme disease and their caregivers. For more information, email

charphealy@yahoo.com.

330701-01

1st Tu ongoing 6:30P- 8:00P

COMPUTER LAB

Call ahead for availability. Free for senior members.

Pay at door \$2.00 Ages 55 & up

M-F ongoing 9:00A-2:00P

Pay at door \$3.00 Ages 18 & up

M, W ongoing 2:00P-7:00P

Tu, Th ongoing 2:00P-8:00P

F ongoing 2:00P-5:00P

Sa ongoing 9:00A-12:00P

FINE & APPLIED ARTS

HANDWORK

(Ages 18 & up) This weekly group meets to visit and relax in the Carver Library while working on knitting, crocheting, and any other kind of easily transported handwork. New participants always welcome!

330728-01

Tu ongoing 6:00P- 8:00P

HEALTH & FITNESS

BODY SCULPTING

(Ages 15 & up) Tighten and shape your muscles using resistance bands, Pilates balls and weights. Abdominal work and a cool-down stretch to improve flexibility are included. Bring a mat. Instructor: Jill Perla.

330707-01 \$100.00

M, W 3/1-4/10 5:15P- 6:00P

330707-02 \$100.00

M, W 4/19-5/31 5:15P- 6:00P

CORE & MORE

(Ages 16 & up) A blend of upper body and lower body exercises featuring Pilates movements and weight lifting. Enhance your posture, strength and muscle definition while improving your balance, muscle endurance and core strength. End the week with deep stretching to improve flexibility. Instructor: Jill Perla.

330705-01 \$80.00

Tu,Th,F 2/28-3/24 8:15A- 8:45A

330705-02 \$80.00

Tu,Th,F 3/28-4/28 8:15A- 8:45A

330705-03 \$80.00

Tu,Th,F 5/4-5/30 8:15A- 8:45A

PICKLEBALL

(Ages 18 & up) Pickleball is a racquet sport that combines elements of badminton, tennis, and ping pong. Two, three or four players can play this game. \$2.00 drop-in fee for non-members.

330711-01

Tu, W, Th on-going 2:00P-4:00P

TAI CHI BEGINNER

(Ages 16 & up) A martial art that teaches strength, balance, relaxation and flexibility through the learning and group repetition of a sequence of slow motion movements. This class covers the 24 position form. Instructor: Trudy Weaver.

330709-01 \$87.00

Tu 4/4-5/23 7:00P- 8:00P

TAI CHI INTERMEDIATE

(Ages 16 & up) See description for Beginners. This class covers the 48 position form. Instructor: Trudy Weaver.

330708-01 \$87.00

Tu 4/4-5/23 6:00P-7:00P

SOCIALIZING & ENTERTAINMENT

SATURDAY CARDS

(Ages 18 & up) Come in and experience a relaxing afternoon in Carver's cozy library playing old favorites like canasta and euchre. This casual group is happy to teach new players. Non-members pay a \$2.00 drop-in.

330712-01

Sa ongoing 9:00A- 12:00P

SPECIAL EVENTS

SPRING SENIOR PLAY

(Ages 2 & up) Carver Seniors will once again WOW you with their spring play. Be prepared to LAUGH!

330651-01

F 4/28-4/28 1:00P-2:00P

ABSENTEE BALLOT

(Ages 18 & up) Jennifer Beckley, Outreach Coordinator, Loudoun County Office of Elections will be at Carver to offer an absentee ballot for the Primary election and information about the Upcoming Elections for 2017.

330606-01

Th 5/4 10:00am-12:00pm

POOL ANYONE?

(Ages 18 & up) Enjoy honing your pool-shooting skills alone or with some friendly competition. Free to members.

Pay at door \$2.00

M & W 2:00P-7:00P

Tu & Th 2:00P-8:00P

F 2:00P-5:00P

Sa 9:00A-12:00P



The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you require a reasonable accommodation in order to participate in PRCS activities, please call Carver Center at 571-258-3400 (or PRCS Administration at 703-777-0343/TTY 711). One week advance notice is requested.