



# Carver Center Multiage Programs Fall 2016

## **CENTER HOURS**

M-F            9:00A-2:00P (Ages 55 & up only)  
                   2:00P-9:00P  
 Sa             9:00A-6:00P

## **COMPUTER LAB** (Free with senior membership)

Call ahead for availability  
 Pay at door         \$3.00

## **FITNESS CENTER MEMBERSHIPS**

Full use of the fitness center and state-of-the-art equipment. Get in shape, stay healthy!

|         |              |                        |
|---------|--------------|------------------------|
| Drop-in | Ages 55 & Up | \$2.00                 |
| Drop-in | Ages 16-54   | \$3.00                 |
| 6-Mos   | Ages 16-54   | \$52.00                |
| 12-Mos  | Ages 16-54   | \$104.00               |
| M-F     | 9:00A-2:00P  | Ages 55 + members free |
| M-F     | 2:00P-9:00P  | Ages 16 & up           |
| Sa      | 9:00A-6:00P  | Ages 16 & up           |

**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](mailto: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**

**CONTEMPORARY LINE DANCE**

(Ages 10 & up) Dick Sherman will offer a line dance class focusing on some of the latest dances to contemporary songs. \$2 drop in for non-senior members.

**130702-01**

M on-going 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.

**130729-01**

2<sup>nd</sup>, 4<sup>th</sup> Tu on-going 7:15P- 8:30P

**EDUCATION & INFORMATION**

**ADVISORY BOARD**

(Ages 18 & up) Monthly meetings which focus on fundraising efforts to support programming and facility projects, while providing a forum for feedback and suggestions. All participants and members welcome. Executive Board Meetings – 4th Tuesdays

**130731-01**

1<sup>st</sup> Tu on-going 10:30A-12:00P

**130731-02**

4<sup>th</sup> Tu on-going 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.

**430710-01**

4<sup>th</sup> Th on-going 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.

#### **130649-01**

W 11/2 10:30A-11:30A

### **GET MORE OUT OF WORD**

(Ages 18 & up). Not an advanced course by any means, but a course for those who already know how to use Word as a typewriter, but don't know how to use the formatting capabilities (tabs, graphics, headings, etc). Instructor: Ibby Dickson.

#### **130704-01 \$48.00**

Tu 9/20-10/25 6:30P- 8:00P

### **LYME DISEASE SUPPORT GROUP**

(Ages 18 & up) The Western Loudoun Lyme Disease Support Group meets the first Tuesday of every month at 7:00 pm at the 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](mailto:charphealy@yahoo.com).

#### **130733-01**

1<sup>st</sup> Tu ongoing 7:00P- 8:30P

### **TEACHING LITERACY**

(Ages 18 & up) Do you know a senior who would like to learn to read? Perhaps he/she never had the opportunity to learn and would like that chance. It's never too late. Carver Center is offering such seniors reading instruction given by an experienced reading teacher who has taught thousands to read during her career. Seniors will meet with the teacher in very small groups (2-3) or individually depending on need. Hours can be adjusted to meet students' schedules. Please contact the center for more information.

#### **130709-01**

M,W,F 9/7-11/30 6:00P- 7:00P

## **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!

#### **130728-01**

Tu ongoing 7:00P- 9:00P

## 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.

**130710-01** \$100.00

M,W 9/7-10/19 5:15P- 6:00P

**130710-02** \$100.00

M,W 10/31-12/12 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.

**130715-01** \$120.00

Tu,Th,F 9/6-10/14 8:15A- 8:45A

**130715-02** \$120.00

Tu,Th,F 10/25-12/9 8:15A- 8:45A

### KICKBOXING

(Ages 12 & up) A terrific workout that combines drills with no-contact sparring. Purchase a punch card for 12 classes. Cards remain valid for six months. Drop in fee \$9.00. Instructor: Mahesh Pathirana. No class 9/17, 11/05 & 11/26.

**130703-01** \$100.00

Sa ongoing 10:30A-11:30A

### NEW! MINDFULNESS

(Ages 16 & up) Learn how to do your own Mindfulness practice. Discussion, tips, tricks and personal guidance. Safe and confidential environment, no risk, no pressure. Weekly practice.

**130708-01** \$60.00

Th 9/8-10/13 7:00P- 7:45P

### PICKLEBALL

(Ages 18 & up) Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. Two, three, or four players can play this game. Join us for this fun game for all levels. Tuesdays are beginner level, Wednesdays are mixed levels and Thursdays focus on scored games.

**130721-01**

Tu,W,Th ongoing 2:00P- 4:00P

**TAI CHI-BEGINNERS**

(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. Please register one full week in advance of start date. No class 10/10.

**130705-01 \$87.00**

M 9/12-11/7 7:00P- 8:00P

**TAI CHI-INTERMEDIATE**

(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 48 position form. Instructor: Trudy Weaver. Please register one full week in advance of start date. No class 10/10.

**130706-01 \$87.00**

M 9/12-11/7 6:00P- 7:00P

**SOCIALIZING & ENTERTAINMENT**

**CARDS (SATURDAYS)**

(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.

**130714-01**

Sa ongoing 10:00A- 4:00P

**COMPUTER LAB**

Call ahead for availability. Free for senior members.

**Pay at door \$2.00** Ages 55 & up

M-F on-going 9:00A-2:00P

**Pay at door \$3.00** Ages 18 & up

M-F on-going 2:00P-9:00P

Sa on-going 9:00A-6:00P

**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-F on-going 2:00P-9:00P

Sa on-going 9:00A-6:00P



*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 accommodations 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.*