



# Carver Senior Programs

SPRING 2017

**THE SENIOR CENTER AT CARVER**

***9:00-2:00 Monday through Friday***

***Age 55 & up, with exceptions as noted below.***

***SENIOR CENTER MEMBERSHIP (Age 55 & up)***

***Senior Center participants may purchase yearly memberships or attend on a drop-in basis. The cost of most activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing.***

***Loudoun County residents           \$26/year***

***Non-residents                           \$39/year***

***January 1-June 30                   Half-price***

***DROP-IN FEES***

***(for those without memberships)***

***Ages 55 & up                           \$2.00***

## **FITNESS CENTER**

Carver Senior members may use our state-of-the-art fitness center for free any time the center is open. Non-seniors may use the fitness center Monday & Wednesday from 2:00 p.m.-7:00 p.m.; Tuesday & Thursday from 2:00 p.m. - 8:00 p.m.; Friday from 2:00 p.m. – 5:00 p.m. and Saturday from 9:00 a.m. - 12:00 p.m.

Non-member Drop-In Fee (Ages 16 & up)

Ages 16-54                 \$3.00

Ages 55 & up             \$2.00

## **COMPUTER LAB**

Call ahead for availability. Free for Senior Center 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

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## **Regular Programming on MONDAYS**

### **CARDS**

(Ages 55 & up) Come play Canasta in the Carver Library. Beginners welcome!

#### **330650-01**

M              ongoing     9:00A-12:00P

### **VOLLEYBALL**

(Ages 55 & up) Games are not scored, but enthusiasm runs high! All ability levels are welcome, with seated participants encouraged to join in for fun and upper body exercise.

#### **330625-01**

M              ongoing     10:00A-11:00P

### **CHAIR YOGA**

(Ages 55 & up) Chair Yoga is tailored for seniors while seated in a chair, and/or using a chair for support. Mindful awareness, breathing practices, joint movement, gentle stretching, modified yoga poses, balance, core work, brain teasers, and restorative relaxation make up this unique class with a sequential format that is fun, humorous and effective. Chair Yoga increases mobility, body awareness, proper alignment, and balance that aids in preventing falls and the issues that follow, fostering independence. No prior experience is necessary. Wear comfortable clothing that you can move around in. Bare feet or socks are encouraged.

Led by Lee Terryberry.

#### **330627-01**

M              ongoing     11:00A-12:00A

### **SHARE**

(Ages 55 & up) Do you have a cherished object with an interesting story behind it or a photograph of something or someone dear to you? Do you make things? Bring something interesting to share.

#### **330619-01**

M ongoing 11:15A-11:30A

### **FARKLE, DOMINOES, BOARD GAMES**

(Ages 55 & up) Farkle is a game of chance, played with six dice. Play it once and you'll be hooked. Dominoes, Scrabble and other board games are just as irresistible. What are you waiting for!

#### **330620-01**

M ongoing 12:45P- 2:00P

### **BEGINNER LINE DANCE**

(Ages 55 & up) Leader Carolyn Bledsoe keeps things light and aims for group enjoyment. This activity provides exercise as well as camaraderie.

#### **330618-01**

M ongoing 1:00P- 2:00P

### **QIGONG**

(Ages 55 & up) Qigong (pronounced chi-gong) is a gentle practice of aligning breath, movement, and awareness during the practice of a series of standing movements.

#### **330634-02**

M ongoing 1:00P- 2:00P

### **KEN'S EXCURSIONS**

(Ages 55 & up) Visit unique locations in western Loudoun with Ken's Excursions. Those requiring lunch will eat at 11:15 a.m. in order to leave at 12 p.m.

#### **330612-01**

4th M 5/22 12:00P- 2:30P

### **THRIFT STORE**

(Ages 55 & up) Monthly trip to Blue Ridge Hospice Thrift Store.

#### **330638-01**

M 3/20 12:45P- 1:45P

#### **330638-02**

M 4/17 12:45P- 1:45P

#### **330638-03**

M 5/15 12:45P- 1:45P

### **Regular Programming on TUESDAYS**

### **PING PONG**

(Ages 55 & up) Carver has a devoted collection of ping pong players. New players always welcome!

#### **330623-01**

March 31, 2017

Tu ongoing 9:00A-10:30A

### **CARDS**

(Ages 55 & up) Come play Canasta in the Carver Library. Beginners welcome!

#### **330650-02**

Tu ongoing 9:00A-12:00P

### **TAI CHI SENIORS**

(Ages 55 & up) Slow-motion routines practiced in a group to promote strength, balance and flexibility. New students welcome. Instructor: Trudy Weaver.

#### **330647-01**

Tu ongoing 9:30A-10:30A

### **BEGINNER BRIDGE**

(Ages 55 & up) Wouldn't you like to learn how to play this classic game? Jane Olah provides a gentle introduction in this ongoing group activity.

#### **330648-01**

Tu ongoing 10:30A-12:00P

### **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**

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

#### **330703-02**

4<sup>th</sup> Tu ongoing 10:30A-12:00P

### **BALANCE AND STABILITY**

(Ages 55 & up) Glenn Eason leads this upbeat, twice weekly activity, developed by a physical therapist to address balance issues through exercises that improve strength and mobility. The music alone will improve your day!

#### **330626-01**

Tu ongoing 11:00A-11:30A

### **CREATIVE WRITING**

(Ages 55 & up) A weekly group for anyone interested in exploring the writing process in a supportive and friendly environment. Group leader: published author Bobbi Carducci.

#### **330609-01**

Tu ongoing 12:30P- 2:00P

### **BINGO**

(Ages 55 & up) At just \$0.50 per card, there is little to lose and much to gain by joining us for Bingo.

#### **330624-01**

Tu ongoing 12:45P- 1:45P

March 31, 2017

### **INKLE LOOM WEAVING I & II**

(Ages 55 & up) Inkle looms are centuries old, but relatively new to the US. "Inkle" means ribbon or tape. You will be working on a pre-warped inkle loom and learn to weave bands of one-three inches to make bracelets, belts, dog collars or leashes, etc. The materials fee is due at the first class. Inkle Loom II includes designing the inkle band, warping the loom, and experimenting with some new techniques. Instructor: Ibbey Dickson.

**330636-01** \$3/materials

Tu 3/7-3/21 1:00P- 2:00P **CANCELLED**

**330636-02** \$3/materials

Tu 4/4-4/18 1:00P- 2:00P

### **INTERMEDIATE BRIDGE**

(Ages 55 & up) A class for those who know the basics but are not yet ready to join Carver's Thursday afternoon Bridge Group. Leader: Jane Olah.

**330657-01**

Tu ongoing 12:45P- 2:15P

### **Regular Programming on WEDNESDAYS**

#### **PING PONG**

(Ages 55 & up) Carver has a devoted collection of ping pong players. New players always welcome!

**330623-02**

W ongoing 9:00A-10:00A

#### **VOLLEYBALL**

(Ages 55 & up) Games are not scored, but enthusiasm runs high! All ability levels are welcome, with seated participants encouraged to join in for fun and upper body exercise.

**330625-01**

W ongoing 10:00A-11:00P

#### **DECLUTTERING FOR SENIORS**

(Ages 55 & up) This four-week course will help seniors decide how to declutter their homes and their lives, a process which will increase time for the more important things in life such as family, friends and fun activities. The class will include decluttering the kitchen, closets, and other miscellaneous areas. **No new signups after week one.** Leader: Carolyn Bledsoe.

**330604-01**

W 3/1-3/22 10:00A-11:30A

#### **DECLUTTERING CLOTHING**

(Ages 55 & up) It is time to think about switching your wardrobe to spring and summer clothes. If you have too many clothes and do not know how to streamline them into what you really need, then this class will teach you to determine what remains in your closet and what leaves.

**No new signups after the first week.** Leader: Carolyn Bledsoe.

**330607-01**

W 3/29-4/5 10:00A-11:30A

### **DECLUTTERING PAPERWORK**

(Ages 55 & up) This three-week course will focus on decluttering paperwork ranging from magazines and newspapers to how long you should keep bills and other documents. Leader: Carolyn Bledsoe.

**330653-01**

W 4/12-4/26 10:00A-11:30A

### **DECLUTTERING REVISITED**

(Ages 55 & up) This two-week course is for those who have attended any of the Decluttering Classes over the past two years. It reviews progress made by students and offers new insights and encouragement to those continuing the process. Leader: Carolyn Bledsoe.

**330649-01**

W 5/3-5/10 10:00A-11:30A

### **QIGONG**

(Ages 55 & up) Qigong (pronounced chi-gong) is a gentle practice of aligning breath, movement, and awareness during the practice of a series of standing movements.

**330634-01**

W ongoing 10:30A-11:30A

### **SING ALONG WITH WILEY**

(Ages 55 & up) Carver Center member Bill Wiley will lead you in a weekly, good ol' sing along. Join Bill and his guitar for this fun, upbeat activity!

**330641-01**

W ongoing 10:30A-11:50A

### **BLUE RIDGE SPEECH AND 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 10:30A-11:30A

### **MONTHLY HAIR CUTS**

(Ages 55 & up) Free haircuts are offered once a month by a local hairstylist. Six appointments are available, with up to six waitlist slots.

**330614-01**

W 3/1 10:30A-12:00P

**330614-02**

W 4/5 10:30A-12:00P

**330614-03**

W 5/3 10:30A-12:00P

### **BOOK CLUB**

(Ages 55 & up) Monthly book discussions. Books provided. Come join this lively group. Led by Purcellville Library Librarians.

**330617-01**

4<sup>th</sup> W ongoing 10:30A-12:00P

March 31, 2017

### **LIBRARY OUTREACH VISIT**

(Ages 55 & up) Every second Wednesday, Loudoun County library staff delivers and displays carts full of interesting books and periodicals. Seniors are encouraged to sign up as Library Outreach patrons in order to remove fine penalties for overdue books. Library staff are happy to deliver requested items, to return dropped off books and to download e-books onto e-readers.

#### **330644-01**

2nd W      ongoing    11:30A-12:00P

### **MONTHLY BIRTHDAY PARTY**

(Ages 55 & up) Sign up to celebrate your birthday with your Carver friends! We will set a special table, serve cake and festive drinks along with lunch for all who sign up as having birthdays in the current month. Birthday folks are entered in a drawing for a \$5 gift from Carver Advisory Board.

#### **330611-01**

4<sup>th</sup> W      ongoing    12:00P-12:30P

### **SCRABBLE/BOARD GAMES**

(Ages 55 & up) Keep your vocabulary strong and your mind sharp with a round of this classic word game, or choose from other available options like checkers, chess or cribbage.

#### **330616-01**

W            ongoing    12:30P- 2:00P

### **BASIC/INTERMEDIATE UKULELE**

(Ages 55 & up) The Basic class will teach eight basic chords, transitions between chords, timing rhythm, and several strumming patterns. The Intermediate class will develop those skills. Those who have successfully learned these things will be encouraged to join the *Ukulele Fun* session. You don't even have to own a ukulele - the first six participants without an instrument may use Carver ukuleles during class time. Led by Carolyn Bledsoe and Guy Masters.

#### **330603-01**

W            ongoing    12:45P- 1:45P

### **UKULELE FUN!**

(Ages 55 & up) Why not join this relaxed group of interested players who want to play the ukulele and have fun? Some members of the group perform at Carver Center special occasions, but this is not a requirement.

#### **330655-01**

W            ongoing    12:45P- 1:45P

### **AFTERNOON TEA**

(Ages 55 & up) Our hostess, Carol Weckerly, will seat you in the cozy Carver Library for an hour of sweets, tea, games and conversation. Limited to 14. Free registration begins two weeks before the event.

#### **330643-01**

W            4/5            12:45P- 2:00P

**GROCERY SHOPPING**

(Ages 55 & up) Transportation to local grocery establishments. Does not run on second Wednesday.

**330637-01-11**

W ongoing 12:45P- 2:00P

**SHOPPING - LEESBURG**

(Ages 55 & up) Necessity Shopping- Transportation to Leesburg for light variety shopping.

**330652-01**

W 3/8 12:45P- 2:30P

**330652-02**

W 4/12 12:45P- 2:30P

**330652-03**

W 5/10 12:45P- 2:30P

**Regular Programming on THURSDAYS****CARDS**

(Ages 55 & up) Come play Canasta in the Carver Library. Beginners welcome!

**330650-01**

Th ongoing 9:00A-12:00P

**PING PONG**

(Ages 55 & up) Carver has a devoted collection of ping pong players. New players always welcome!

**330623-03**

Th ongoing 10:00A-11:00A

**E-COMMENT**

(Ages 55 & up) Use Carver's computer interface to leave video-recorded comments for the Board of Supervisors, in advance of their monthly meetings. Staff assistance available.

**330629-01**

Th ongoing 10:00A-11:30A

**BLOOD PRESSURE CHECKS**

(Ages 18 & up) Have your blood pressure taken professionally by Inova Loudoun Healthcare staff. No appointment needed. \$2.00 drop-in fee for non-members.

**330633-01**

4<sup>th</sup> Th ongoing 10:00A-12:00P

**BIBLE STUDY**

(Ages 55 & up) This is a non-denominational group that meets each week under the guidance of Chuck Haslet. Thoughtful, lively discussion is typical of this committed group of regular and new attendees. All welcome.

**330630-01**

Th ongoing 10:45A-11:55A



### **BALANCE AND STABILITY**

(Ages 55 & up) Glenn Eason leads this upbeat, twice weekly activity, developed by a physical therapist to address balance issues through exercises that improve strength and mobility. The music alone will improve your day!

**330626-01**

Th            ongoing    11:00A-11:30A

### **BRAIN GAMES**

(Ages 55 & up) This is one of Carver's most popular activities. Attendees are challenged with visual puzzle warm-ups, followed by a series of group-solved word games on the white board. Expect banter and wisecracks.

**330628-01**

Th            ongoing    12:45P- 2:00P

### **BRIDGE GROUP**

(Ages 55 & up) This group for intermediate party bridge enthusiasts welcomes experienced players.

**330631-01**

Th            ongoing    1:00P- 4:00P

### **THURSDAY CARD GROUP**

(Ages 55 & 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

**330654-01**

Th            ongoing    1:00P- 4:00P

### **Regular Programming on FRIDAYS**

#### **CARDS**

(Ages 55 & up) Come play Canasta in the Carver Library. Beginners welcome!

**330650-01**

F            ongoing    9:00A-12:00P

#### **QIGONG**

(Ages 55 & up) Qigong (pronounced chi-gong) is a gentle practice of aligning breath, movement, and awareness during the practice of a series of standing movements.

**330634-01** ongoing    10:30A-11:30A

#### **BINGO**

(Ages 55 & up) At just \$0.50 per card, there is little to lose and much to gain by joining us for Bingo.

**330624-02**

F            ongoing    10:45A-11:45A

#### **PING PONG**

(Ages 55 & up) Carver has a devoted collection of ping pong players. New players always welcome!

**330623-04**

F            ongoing    11:30A-12:00P

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### **MONTHLY MOVIE**

(Ages 55 & up) Enjoy your regular lunch with a movie in the Club Room! Lunch will be served at noon as you settle in to watch this month's movie offering. Please call 571-258-3400 for monthly selections.

#### **330645-01**

F 3/3 12:00P- 2:00P

#### **330645-02**

F 4/7 12:00P- 2:00P

#### **330645-03**

F 5/5 12:00P- 2:00P

### **STITCHING GROUP**

(Ages 55 & up) Do you enjoy knitting, crochet, cross-stitch, needlepoint, or any kind of stitching crafts? Bring your own supplies to work in a relaxed atmosphere enjoying the company of others while stitching those creative projects.

#### **330622-01**

F ongoing 12:30P- 2:00P

### **SCRABBLE/BOARD GAMES**

(Ages 55 & up) Keep your vocabulary strong and your mind sharp with a round of this classic word game, or choose from other available options like checkers, chess or cribbage.

#### **330702-01**

F ongoing 2:00P- 5:00P

## **SERVICES**

### **SERVICES FOR SENIORS**

(Ages 55 & up) Provides confidential, supportive assistance linking seniors to services and supports in the community.

#### **330613-01**

1<sup>st</sup>, 3<sup>rd</sup> M ongoing 12:30P- 5:00P

## **SOCIALIZING & ENTERTAINMENT**

### **DAILY CONGREGATE LUNCH**

(Ages 55 & up) Enjoy a full meal in a warm, friendly atmosphere! Please sign up in person or by calling 571-258-3407 at least 24 hours in advance.

\$4/Ages 55-59, Donation/Ages 60 & up

M-F ongoing 12:00P-12:30P

### **CARVER LUNCH BUNCH**

(Ages 55 & up) Lunch with friends at different restaurants. Transportation by bus available to and from the restaurant from the Carver Center for a modest fee. Cost of lunch and tip is extra. Those not requiring transportation must still register (no cost). Call Carver for monthly restaurant destinations.

**330605-01** \$4.00 Mimi's Café, Sterling

F 3/24 11:00A- 2:00P

**330605-02** Self-transport

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F 3/24 11:00A- 2:00P  
**330605-03** \$2.00 Leesburg Public House  
F 4/28 11:00A- 2:00P  
**330605-04** Self-transport  
F 4/28 11:00A- 2:00P  
**330605-05** \$4.00 Not Your Average Joe's, Lansdowne  
F 5/19 11:00A- 2:00P  
**330605-06** Self-transport  
F 5/19 11:00A- 2:00P

### FOR FEE CLASSES

#### **BEGINNER WATERCOLOR**

(Ages 55 & up) We will start from the very beginning – learning fundamental skills and their application to complete a painting. All supplies will be provided. Instruction by Alice Power. Instruction will end at 2:00 but students can stay until 2:30 to finish off any work.

**230659-02** \$20.00

F 2/24-4/7 12:30P-2:30P (no class 3/17)

#### **NEW! BEGINNER WATERCOLOR WORKSHOP**

(Ages 55 & up) Join Alice Power for an introduction to watercolor painting mini workshop. Participants will learn the basics of watercolor painting in a fun and supportive environment. All supplies will be provided. No class 5/12.

**330660-01** \$10

F 5/5-5/26 12:30pm- 2:30pm

#### **ADVANCED BEGINNER WATERCOLOR**

(Ages 55 & up) Join Alice Power for the next step in watercolor painting. Participants will learn the skills of watercolor painting in a fun and supportive environment. All supplies will be provided. Instruction will end at 2 p.m., but students can stay until 2:30 p.m. to finish off any work.

**330610-01** \$20

W 3/22-4/26 12:30P- 2:30P

#### **NEW! ADVANCED BEGINNER WATERCOLOR WORKSHOP**

(Ages 55 & up) Join Alice Power for a mini Advanced Beginner Watercolor Workshop. Participants will learn the skills of watercolor painting in a fun and supportive environment. All supplies will be provided. Instruction will end at 2:00 but students can stay until 2:30 to finish off any work.

**330610-02** \$10

W 5/10-5/24 12:30pm- 2:30pm

#### **INTERMEDIATE WATERCOLOR**

(Ages 55 & up) A class for students who are beyond an advanced beginner understanding of working with watercolors and are ready for additional challenges using their own materials. Instruction will end at 2 p.m., but students can stay until 2:30 p.m. to finish off any work. Instructor: Alice Power.

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**330668-01** \$30.00  
M 3/20-4/24 12:30P- 2:30P

**COMPUTERS FOR ABSOLUTE BEGINNERS**

(Ages 55 & up) A friendly introduction to using computers, including email and the internet. Designed for those with little or no background in using a computer. Fee includes \$12 cost of optional textbook. Instructor: Ibby Dickson. No class on April 11.

**330601-01** \$48.00  
Tu 3/21-5/2 9:00A-10:30A

**EMAIL AND INTERNET CANCELLED**

(Ages 55 & up) A focused look at email and the internet, for students with little background in using a computer. Instructor: Ibby Dickson.

**330632-01** \$48.00  
Tu 3/7-4/11 10:30A-12:00P

**SPECIAL EVENTS/PRESENTATIONS**

**ST. PATRICK'S DAY CELEBRATION**

(Ages 55 & up) Celebrate all things Irish AND Carver's 10th anniversary as a senior/community center with our signature event. You can look forward to Irish dancing by the Celtic Rhythm School of Dance, followed by a traditional Irish lunch. Expect a big crowd with much merrymaking, silly costumes and a warm and welcoming atmosphere. Carver is the place to be on St. Paddy's day. Get your tickets early, as we always sell out!

**330640-01** \$5.00 Carver members  
F 3/17 11:00A- 1:30P

**EARTH DAY CELEBRATION**

(Ages 55 & up) Join Naturalist Julie Paul for an educational visit to Banshee Reeks - Loudoun County's only Nature Preserve and designated a Virginia State Treasure by the Governor in 2016. Learn about the beautiful 725 acres and the importance of maintaining our natural habitat. Seniors will be provided with a bagged lunch. Normal lunch donation applies.

**330608-01**  
F 4/21 10:30A- 1:30P

**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 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

**MOTHERS' DAY FASHION SHOW**

(Ages 55 & up) Celebrate Mother's Day by joining your friends at Carver for a Spring Fashion Show! Marvel at the diverse outfits for men, women and children selected by Carver member, Josephine Brown.

**330639-01**

F            5/12            1:00P- 2:00P

\* Minimum participation required.

Please call 571-258-3400 to be sure the activity is running on the day you plan to attend.



The Loudoun County Department of Parks, Recreation and Community Services (PRCS) is committed to complying with the Americans with Disabilities Act (ADA). If you need accommodations in order to participate in PRCS activities, please contact the program/location manager (or PRCS administrative office at 703-777-0343/TTY 711) two weeks prior to the start of the activity.

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