


Carver Center Programming		Summer 2017		more info? Call: 571-258-3400
Special Events for 55 & up				
F 6/16	1:00P-3:00P	Father's Day Dance	DJ dance to celebrate all fathers everywhere.	430608-01 \$5
F 6/23	1:00P-2:00P	National Sporting Library Presentation	Presentation by John Connolly, the George L. Ohrstrom, Jr. Librarian at NSLM, on a unique historical collection.	430618-01
F 6/30	12:00P-1:30P	Independence Day	Good ol' Picnic Lunch followed by Rip Roaring Entertainment!	430624-01
W 7/12	12:45P-2:00P	Introduction to the Dulcimer	A Mountain Dulcimer Journey. This special lap-held instrument is part of the story of the Southern Appalachian Mountains and our Shenandoah Valley. Explore the dulcimer with us! We have 12 loaner dulcimers so you can learn some tunes and even sing along with it. Join Madeline MacNeil for an introduction. This people-friendly instrument's heritage can now include you!	430609-01
F 7/14	1:00P-2:00P	Prescription Drug Abuse Presentation	Stephen Hood, Health Educator from the Loudoun County Health Department, will give a presentation and show a portion of a video from the Virginia Attorney General's Office about prescription drug abuse and how it is leading to addiction to heroin and other very dangerous drugs.	430654-01
Th 7/20	12:30P-2:30P	Debutante Ball	The National League of Junior Cotillions will be hosting YOU for their annual Senior Debutante Ball. Indulge in an afternoon of tasty treats, dancing, games and special treatment! Wear your Sunday best for this delightful event!	430661-01
Tu 7/25	9:30A-12:30P	County Fair Senior Day	Join us for Senior Citizen Day at the County Fair. The bus will take you to the Fair where you can play bingo, look at the various animals and of course, enjoy the many fairground food offerings! Regular bus riders who register to attend this event will be picked up one hour early. Registration deadline is by close of business Friday 7/21.	430617-01
F 8/25	1:00P-2:00P	Fall Prevention Presentation	Lisa Braun, Public Education Manager with Loudoun County Department of Fire and Rescue will provide tips on Fall Prevention and when to contact 911 with a medical emergency.	430663-01
Programs for 55 & up				
Mon-Fri	12:00P-12:30P	Congregate Lunch	Sign up or call 571-258-3407 24 hours in advance.	\$4 or donation
M,Tu,Th,F	9:00A-12:00P	Cards	Canasta in the Library--beginners welcome!	430655-01, 02
M-F	9:00A-10:00A	Adult Coloring	All materials provided.	430664-01
Mon/Wed	10:00A-11:00A	Volleyball (beachball)	Games not scored--all ability levels welcome.	430636-01
Mon	10:45A-12:00P	Chair Yoga	Yoga tailored for seniors while seated in a chair.	430634-01
Mon	1:00P-2:00P	Line Dance	Provides exercise and camaraderie.	430630-01
Mon Wed/Fri	1:00P-2:00P 10:30A-11:30A	Qigong	Mindful breathing and slow, standing movements.	430645-01
3rd Mon	12:45P-1:45P	Thrift Store	Bus to Blue Ridge Hospice Thrift Store.	430628-01-03
Programs for 55 & up				

Mon/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!	430629-01-04
1st/3rd Mon	12:30P-5:00P	Services For Seniors	Confidential assistance to senior services and supports.	430615-01
4th Mon	12:45P-1:45P	Summer Treats	Visiting local ice cream parlors.	430662-01-03
Tu	9:00A-10:00A	Tai Chi Seniors	Slow motion routines practiced in a group.	430652-01
Tu	10:30A-12:00P	Beginner Bridge	A gentle introduction to bridge basics.	430643-01
Tu	12:45P-2:15P	Intermediate Bridge	For those who know the basics.	430656-01
1st Tu	10:30A-12:00P	Advisory Board Meeting	Monthly meetings which focus on fundraising/feedback.	430702-01
Tu/Th	11:00A-11:30A	Balance and Stability	Physical Therapist designed sequence of exercises.	430637-01
Tu	12:30P-2:00P	Creative Writing	For anyone interested in exploring the writing process.	430607-01
Tu Fri	12:45P-1:45P 10:45A-11:45A	Bingo	\$0.50 per card; product prizes.	430635-01, 02
Wed	10:30A-11:30A	Sing Along with Wiley	Old-fashioned favorites in a relaxed setting.	430614-01
	10:30A-11:30A	Blue Ridge Speech & Hearing (18 & up)	Cleaning/testing/resources. Preregister: 571-258-3400	430616-01
1st Wed	10:30A-12:00P	Monthly Haircuts	No haircuts until further notice.	430647-01
4th Wed	10:30A-12:00P	Book Club	Monthly book discussions. Books provided.	430610-01
2nd Wed	11:30A-12:00P	Library Outreach Visit	Loudoun County Library brings books/videos/periodicals.	430650-01
4th Wed	12:00P-12:30P	Birthday Party	Sign up and celebrate with your Carver friends!	430621-01
Wed	12:45P-1:45P	Basic Ukulele	Basic instruction. Some loaner ukes available.	430644-01
1st Wed even months	12:45P-2:00P	Afternoon Tea	Free registration begins 2 weeks before event.	430649-01, 02
Wed Fri	12:30P-2:00P 2:00P-5:00P	Scrabble/Board Games	Classic word game.	430632-01, 430706-01
Wed	12:45P-2:00P	Grocery Shopping	Transportation to local grocery establishments. Skips the 2nd Wednesday.	430626-01-10
2nd Wed	12:45P-3:00P	Leesburg Shopping	Bus to Leesburg to shop.	430627-01-03
Thurs	10:00A-11:30A	e-Comment	Record comments for Board of Supervisors meetings.	430640-01
4th Th	10:00A-12:00P	Blood Pressure checks	Inova Loudoun Healthcare--no appt. needed.	430605-01
Thurs	10:45A-11:45A	Bible Study	Non-denominational group.	430641-01
Thurs	12:45P-2:00P	Brain Games	Picture and word games in a group setting.	430639-01
Thurs	1:00P-4:00P	Thursday Card Group	Canasta and Euchre in the Library.	430653-01
Thurs	1:00P-4:00P	Bridge Group	Intermediate party bridge for experienced players.	430642-01
1st Fri	12:00P-2:00P	Monthly Movie	Lunch & movie in Club Room.	430602-01-03
Fri	12:30P-2:00P	Stitching Group	Bring own handwork.	430646-01
W 7/12-7/26	10:00A-11:30A	Decluttering Clothing	No new sign-ups after week 1.	430612-01
W 8/23-8/30	10:00A-11:30A	Decluttering Revisited	A refresher class for previous students.	430625-01
Fee-Based Programs for 55 & up				
Tu 6/13-6/27	1:00P-2:00P	Inkle Loom Weaving	\$3 materials fee due at 1st class. (CANCELED)	430657-02 \$3

2nd Fri	11:00A-2:00P	Carver Lunch Bunch	7/21 Cheesecake Factory, Dulles Towne Center(03,04) 8/18 John's Family Restaurant, Rippon, WV (05, 06)	430601-03-06 \$4
F 6/9-7/14	12:30P-2:30P	Beginner Watercolor	All materials provided. Instruction ends at 2:00P.	430638-01 \$20
F 8/11-8/25	12:30P-2:30P	Beginner Watercolor	All materials provided. Instruction ends at 2:00P.	430638-02 \$10
W 6/7-7/12	12:30P-2:30P	Adv. Beg. Watercolor	All materials provided. Instruction ends at 2:00P.	430659-01 \$20
W 8/16-8/30	12:30P-2:30P	Adv. Beg. Watercolor	All materials provided. Instruction ends at 2:00P.	430659-02 \$10
M 6/5-7/17	12:30P-2:30P	Int. Watercolor	Must have own materials. Instruction ends at 2:00P.	430658-01 \$30
M 8/14-8/28	12:30P-2:30P	Int. Watercolor	Must have own materials. Instruction ends at 2:00P.	430658-02 \$15
Tu 5/23-6/27	9:00A-10:30A	Email And Internet	Focus on email and the internet. (CANCELED)	430603-01 \$48
Tu 5/23-6/27	10:30A-12:00P	Miscrosoft Office	Word, Excel and PowerPoint (CANCELED)	430651-01 \$48
Multiage Programs				
Mon	2 :00P-3:00P	Contemporary Line Dance (Ages 18 & up)	Focusing on dancing to contemporary songs.	430708-01
1st Tu	10:30A-12:00P	Advisory Board Meeting (Ages 18 & up)	Monthly meetings which focus on fundraising/feedback.	430702-01
4th Th	3:00P-4:00P	Alzheimer's Support Group (Ages 18 & up)	Provides emotional, educational and social support for caregivers.	430710-01
42949	10:30A-11:30A	Blue Ridge Speech & Hearing (Ages 18 & up)	Cleaning/testing/resources. Preregister: 571-258-3400	430616-01
1st Tu	6:30P-8:00P	Lyme Support Group (Ages 18 & up)	For anyone struggling with or caring for someone with Lyme Disease.	430724-01
Tu	6:00P-8:00P	Handwork (Ages 18 & up)	Bring your own handwork.	430728-01
Mon & Wed Tu & Th Fri Sat	2:00P-7:00P 2:00P-8:00P 2:00P-5:00P 9:00A-12:00P	Computer Lab	Call ahead for availability. 571-258-3400 Free for senior center members.	\$2.00 Pay at door (Ages 55 & up) \$3.00 Pay at door (Ages 18 & up)
		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 left.	
		Pool Anyone? (Ages 18 & up)	Enjoy honing your pool shooting skills. Free to senior center members.	
Tu-Th	2:00P-4:00P	Pickleball (Ages 18 & up)	2,3 or 4 player racquet sport. Tu-casual play, Wed-mixed level, Th-scored	\$2 non-member drop in fee
Wed 8/2-8/16	3:00P-4:30P	Watercolor Painting-Paint Food Fun (Ages 5-10)	Learn composition, color theory, drawing and painting techniques for watercolors. Instructor: Alice Power.	430722-01 \$48
M, W 7/17-8/2	5:15P-6:00P	Body Sculpting (Ages 15 & up)	Using resistance bands, Pilates balls and weights. Bring a mat. Instructor: Jill Perla	430703-02 \$50
M, W 8/7-8/30	5:15P-6:00P	Body Sculpting (Ages 15 & up)	Using resistance bands, Pilates balls and weights. Bring a mat. Instructor: Jill Perla	430703-03 \$67

Multiage Programs

Tu,Th, F 7/18-7/28	8:15A-8:45A	Core and More (Ages 16 & up)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	430704-02 \$40
Tu,Th, F 8/8-9/1	8:15A-8:45A	Core and More (Ages 16 & up)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	430704-03 \$80
2nd Thur	4:00P-8:00P	Summer Supper Club (Ages 18 & up)	7/13 The Anvil, Harpers Ferry, WV 8/10 Alexander's, Buckeystown, MD	430701-03-06 \$6
Tu 6/6-8/1	6:00P-8:00P	Tai Chi: Beginner/Int. (Ages 16 & up)	BOTH CLASSES CANCELED UNTIL FURTHER NOTICE	430713/14-01 \$87
	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.			