


Carver Center Programming		Winter 2017-2018 (December 1-February 28)		more info? Call: 571-258-3400
Special Events for 55 & up				
Th 12/21	10:30A-1:00P	Holiday Party	Entertainment by the Carver Theater Group performing their hilarious Holiday Play, followed by a delicious holiday luncheon.	230651-01
W 1/10	1:00P-2:00P	Hearing Loss Outreach Presentation	Debbie Jones of NVRC will present on Technology Assistance Program and other devices for those with hearing loss.	230621-01
F 1/12	1:00P-2:00P	Martin Luther King Jr. Celebration	(Ages 55 & up) Honor Dr. King Jr. by sharing and reflecting on events in your life where you were inspired by his legacy of non-violent protest; fighting prejudice; pursuing social justice or service to others.	230638-01
F 2/9	1:00P-3:00P	Valentine's Day Dance	LOVE to dance! Enjoy dancing at Carver's spacious Joseph and Lena Cook Grand Hall and share the LOVE at our annual Valentine's Day Dance.	230650-01 \$5
F 2/23	1:00P-2:00P	Black History Month Presentation	"Our Civil Rights Landscape" Presentation. Mosby Heritage Area Association Executive Director Richard Gillespie, speaker.	230653-01
Programs for 55 & up				
Mon-Fri	12:00P-12:30P	Congregate Lunch	Sign up in person or call 571-258-3407 24 hours in advance.	\$4 or donation
Mon-Fri	9:00A-10:00A	Adult Coloring	All materials provided.	230612-01
M 12/4 -1/22	9:30A-10:30A	Seniors Tell Their Stories	Share your experiences, and enhance your story-telling skills.	230629-01
M,Tu,Th,F	9:00A-12:00P	Cards	Canasta in the Library--beginners welcome!	230635-01
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!	230640-01 230640-02 230640-03 230640-04
Mon/Wed	10:00A-11:00A	Volleyball (Beachball)	Games not scored--all ability levels welcome.	230643-01
Mon	10:45A-12:00P	Chair Yoga	Encourage better circulation, flexibility and immune function.	230615-01
1st/3rd Mon	1:00P-5:00P	Services For Seniors	Confidential assistance linking seniors to services.	230623-01
Mon	1:00P-2:00P	Farkle/Board Games	Chat and laugh over a classic pastime.	230634-01
Mon 12/18	12:45P-1:45P	Thrift Store	Bus to Blue Ridge Hospice Thrift Store.	230610-01
Mon	1:00P-2:00P	Beginner Line Dance	Provides exercise and camaraderie.	230609-01
Mon Wed/Fri	1:00P-2:00P 10:30A-11:30A	Qigong	Mindful breathing and slow, standing movements.	230618-02 230618-01

Programs for 55 & up

Tu	9:30A-10:30A	Tai Chi Seniors	Slow motion routines practiced in a group.	230627-01
Tu	10:30A-12:00P	Open Bridge	A gentle introduction to bridge basics.	230619-01
2nd Tu	10:30A-12:00P	Advisory Board	Monthly meetings which focus on fundraising/feedback.	230701-01
Tu/Th	11:00A-11:30A	Balance and Stability	Physical Therapist designed sequence of excercises.	230617-01
Tu	12:30P-2:00P	Creative Writing	For anyone interested in exploring the writing process.	230606-01
Tu	12:45P-2:15P	Intermediate Bridge	For those who know the basics.	230620-01
Tu Fri	12:45P-1:45P 10:45A-11:45A	Bingo	\$0.50 per card; product prizes.	230630-01 230630-02
W 12/13-2/28	10:00A-11:30A	Decluttering For Seniors	No new sign-ups after week 1. CANCELLED	230611-01
Wed	10:30A-11:30A	Sing Along with Wiley	Old-fashioned favorites in a relaxed setting.	230626-01
W 2/7	10:30A-11:30A	Blue Ridge Speech & Hearing (Ages 18 & up)	Cleaning/testing/resources. Preregister: 571-258-3400	230624-01
4th Wed	10:30A-12:00P	Book Club	Monthly book discussions. Books provided.	230649-01
4th Wed Starting 1/24	12:30P-1:30P	VA Res. Deaf/Hard of Hearing (Ages 18 & up)	Information about hearing loss and resources to the community.	230622-01
2nd Wed	11:30A-12:00P	Library Outreach Visit	Loudoun County Library brings books/videos/periodicals.	230628-01
4th Wed	12:00P-12:30P	Monthly Birthdays	Sign up and celebrate with your Carver friends!	230639-01
Wed	1:00P-2:00P	Basic Ukulele	Basic instruction. Some loaner ukes available.	230648-01
W 12/6 W 2/7	1:00P-2:00P	Afternoon Tea	Free registration begins 2 weeks before event.	230607-01 230607-02
Wed M-F	1:00P-2:00P 2:15P-5:00P	Scrabble/Board Games	Classic board games.	230641-01 230706-01
Wed	12:45P-2:00P	Grocery Shopping	Transportation to local grocery establishments. Skips the 2nd Wednesday.	230608-01
2nd Wed	12:45P-3:30P	Leesburg Shopping	Bus to Leesburg to shop.	230604-01

Programs for 55 & up				
Thurs	10:00A-11:30A	e-Comment	Record comments for Board of Supervisors meetings.	230636-01
4th Th	10:00A-12:00P	Blood Pressure checks	Inova Loudoun Healthcare--no appt. necessary. No drop in fee.	230631-01
Thurs	10:45A-11:45A	Bible Study	Non-denominational group.	230613-01
Thurs	12:45P-2:00P	Brain Games	Picture and word games in a group setting.	230625-01
Thurs	1:00P-4:00P	Thursday Card Group	Canasta and Euchre.	230637-01
Thurs	1:00P-4:00P	Bridge Group	Intermediate party bridge.	230632-01
1st Fri	12:00P-2:00P	Monthly Movie	Lunch & movie in Club Room. Order lunch by noon the day before.	230602-01
Fri	1:00P-2:00P	Stitching Group	Bring own handwork.	230644-01
Fee-Based Programs for 55 & up				
M 1/22-3/5	12:30P-2:30P	Drawing Class	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	230614-01 \$30
W 1/17-2/21	12:30P-2:30P	Advanced Beg. Watercolor	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	230647-01 \$30
F 1/19-3/2	12:30P-2:30P	Beginner Watercolor	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	230659-01 \$30
Fri 1/19 Fri 2/16	11:00A-2:00P	Carver Lunch Bunch	1/19 Magnolia's At the Mill, Purcellville (01, 02) 2/16 P F Changs, Dulles Towne Centre (03, 04)	230601-01, 02 \$1 230601-03, 04 \$4
Multiage Programs				
Mon Tue	2:00P-3:00P 4:15P-5:15P	Line Dance (Ages 18 +)	Focusing on dancing to contemporary songs. \$2 drop in for non-members.	230703-01, 02
2nd Tu	10:30A-12:00P	Advisory Board (Ages 18 +)	Monthly meetings which focus on fundraising/feedback.	230701-01
Tu-Th	2:00P-4:00P	Pickleball (Ages 18 +)	Tennis-like game played with 2, 3 or 4 players.	230702-01 \$2 drop in
Tu	6:00P-8:00P	Handwork (Ages 18 +)	Bring your own handwork.	230715-01
2nd/4th Tu	6:30P-8:00P	Jerry's Jukebox (Ages 14 +)	Basic Ballroom Dance instruction.	230714-01 \$2 drop in
W 2/7	10:30A-11:30A	Hearing Help (Ages 18 +)	Cleaning/testing/resources. Preregister: 571-258-3400	230624-01
4th Wed Starting 1/24	12:30P-1:30P	VA Res. Deaf/Hard of Hearing (Ages 18 & up)	Information about hearing loss and resources to the community.	230622-01
4th Th	3:00P-4:00P	Alzheimer's (Ages 18 +)	Provides emotional, educational and social support for caregivers.	230709-01
Sa	9:00A-12:00P	Cards (Ages 18+)	Canasta and Euchre in the Library.	230711-01 \$2 drop in

Fee Based Multiage Programs

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 +)	Enjoy honing your pool shooting skills. Free to senior center members.	
M/W 12/6-12/18	5:15P-6:00P	Body Sculpting (Ages 15 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	230708-01 \$34
M/W 1/8-1/29	5:15P-6:00P	Body Sculpting (Ages 15 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	230708-02 \$50
M/W 2/5-2/26	5:15P-6:00P	Body Sculpting (Ages 15 +)	Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla	230708-03 \$50
Tu/Th/F 12/7-12/19	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	230707-01 \$34
Tu/Th/ F 1/9-1/26	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	230707-02 \$60
Tu/Th/ F 2/6-2/23	8:15A-8:45A	Core and More (Ages 16 +)	A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla	230707-03 \$60
		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.		