

CARVER SENIOR CENTER SUMMER 2023 PROGRAMMING

200 Willie Palmer Way, Purcellville, VA 20132

571-258-3400 Loudoun.gov/carver

Monday-Friday 9:00am-5:00pm.

Saturday 8:00am-12:00pm.

Facebook.com/CarverSeniorCenter

Closed Monday, June 19th

Closed Tuesday, July 4th

SENIOR MEMBERSHIP (Ages 55 & up)

Senior participants may purchase twelve-month memberships or attend on a drop-in basis. The cost of many activities is included in the membership or drop-in fee. Any additional fees will be noted in the activity listing. Memberships are processed Monday through Friday between 9:00 and 2:00 pm.

DROP-IN FEE \$3.00 Please note some activities are not open for drop-ins.

ARTS & MUSIC

BASIC WATERCOLOR

Learn the basics of watercolor techniques and composition. All materials provided. \$70 for members \$80 for non-members. Must sign up before June 29th!

430604-01 \$70/\$80 F 7/7-7/28 10:00am-11:30am

INTERMEDIATE WATERCOLOR

Continuation of the Beginner Watercolor class. All materials provided, must have taken a watercolor class previously or have permission from the instructor. \$70 for members \$80 for non-members. Must sign up before July 26th!

430607-01 \$70/\$80 F 8/4-8/25 10:00am-11:30am

ADVANCED WATERCOLOR

Hone your watercolor skills through group critiques and individual instruction. Must have previous watercolor experience or instructor permission to register. No materials provided. \$40 for members, \$50 for non-members. Must sign up no later than the Wednesday before each session starts!

430659-01 \$40/\$50 W 6/7-6/28 1:15pm-2:45pm

430659-02 \$40/\$50 W 7/5-7/26 1:15pm-2:45pm

~~**430659-03** \$40/\$50 W 8/9-8/30 1:00pm-2:45pm~~

ACRYLIC PAINTING

Guided acrylic painting in a fun and relaxed atmosphere. Open to all ability levels, dementia friendly*, materials provided. \$10 for members, \$20 for non-members. No day of class sign ups!

Participants with early to mid-stage cognitive decline are welcome to attend with their caregivers present, see staff for details

430631-01 \$10/\$20 M 6/12 10:00am-11:30am

430631-02 \$10/\$20 Th 7/27 10:00am-11:30am

430631-03 \$10/\$20 Sa 8/19 10:00am-11:30am

CLAY CLASSES

Create your own ceramic pieces from clay! All Materials provided and open to all ability levels. First session: Hand build your piece from clay. Second Session: Return to paint your fired piece. All items will fired offsite and available for pick up the following week. June - Butter Dishes, July - Bird Houses, August - Flower Plates. \$15 for members, \$25 for non-members. No day of event registrations!

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|------------------|-----------|----|-------------|-----------------|
| 430665-01 | \$15/\$25 | F | 6/9 & 6/23 | 10:00am-11:30am |
| 430665-02 | \$15/\$25 | M | 7/3 & 7/31 | 10:00am-11:30am |
| 430665-03 | \$15/\$25 | Th | 8/17 & 8/31 | 10:00am-11:30am |

MUSIC CLUB

Practice your favorite instrument, enjoy musical trivia, and history in a fun and interactive environment. Singers welcome!

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| 430654-01 | Tu | 6/6-8/29 | 10:00am-11:00am |
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UKULELE JAM SESSION

Laid back group play, other instruments and vocalists welcome!

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| 430644-01 | F | 6/2-8/25 | 1:00pm-3:00pm |
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LUNCH & MUSIC

Enjoy lunch with live music from the One-Man Dan Band. You must sign up for lunch with Maria 24 hours in advance!

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| 430668-01 | Tu | 6/27 | 12:00pm-1:30pm |
| 430668-02 | Tu | 7/25 | 12:00pm-1:30pm |
| 430668-03 | Tu | 8/29 | 12:00pm-1:30pm |

PUZZLES & ADULT COLORING

Word puzzles, games, and coloring pages. Free for center members! Materials Provided

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| 430625-01 | M-F | 6/1-8/31 | 9:00am-10:00am |
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FITNESS & HEALTH

BALANCE & STABILITY

Improve your strength, flexibility, and balance with this upbeat exercise class suitable for all fitness and mobility levels.

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| 430637-01 | M,W,F | 6/2-8/30 | 10:30am-11:15am |
| 430637-02 | W | 6/7-8/30 | 1:00pm-1:45pm |
| 430637-03 | M | 6/5-8/28 | 3:15pm-4:00pm |

QIGONG

The gentle practice of aligning breath, movement, and awareness during a series of standing movements. Video instruction Mondays.

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| 430645-01 | M,W,F | 6/2-8/30 | 10:00am-11:00am |
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TAI CHI

Slow motion routines practiced in a group to promote strength, balance, and flexibility. New students welcome!

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| 430652-01 | Tu | 6/6-8/29 | 9:00am-10:00am |
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INTERMEDIATE TAI CHI

Must have previous Tai Chi experience. New students should start with the Tuesday Tai Chi Calss. .

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| 430652-01 | F | 6/2-8/25 | 3:00pm-4:00pm |
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SLOW & EASY LINE DANCE

Relaxed line dancing for those with mobility limitations

430647-01 Th 6/1-8/31 11:15am-11:45am

NEW STUDENT LINE DANCE

Have you ever wanted to give line dancing a try? This class is perfect for those with no dancing experience who want to give it a try in a relaxed and welcoming environment.

430640-01 Th 6/1-8/31 1:00pm-2:00pm

BEGINNER LINE DANCE

Learn the basic steps of line dancing in a fun and supportive environment.

430630-01 M 6/5-8/28 1:00pm-2:00pm

INTERMEDIATE LINE DANCE

Must have previous line dancing experience.

430651-01 M,Th 6/1-8/31 2:00pm-3:00pm

HEARING HELP

Northern Virginia Resource Center for Deaf and Hard of Hearing Persons offers free hearing tests and advice. You must register in advance!

430602-01 T 6/20 10:00 am-2:00 pm

RELAX WITH CAROLE

Former massage therapist Carole White offers free 15-minute relaxation sessions for Carver members! You must register in advance as spots are limited!

430610-01 F 6/23 1:00pm-3:00pm

430610-02 F 7/28 1:00pm-3:00pm

430610-03 F 8/25 1:00pm-3:00pm

BLOOD PRESSURE CHECKS

Free blood pressure checks and advice from an Inova Health representative. 4th Thursday of the month.

430666-01 Th 6/22 10:00am-11:30am

430666-02 Th 7/27 10:00am-11:30am

430666-03 Th 8/24 10:00am-11:30am

SPORTS & GAMES

BEGINNER BRIDGE

Learn to play bridge, experienced players always welcome!

430643-01 Tu 6/6-8/29 1:00pm-4:00pm

PARTY BRIDGE

For more experienced players

430642-01 Th 6/1-8/31 1:00pm-4:00pm

BINGO

Monthly bingo, \$1.00 per card. Must have an active senior center membership.

430635-01 \$1 W 6/21 1:00pm-2:00pm

430635-02 \$1 W 7/19 1:00pm-2:00pm

430635-03 \$1 W 8/23 1:00pm-2:00pm

POKENO

Monthly Pokeno \$1.00, active senior center membership required to register.

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| 430621-01 | \$1 | Tu | 6/13 | 1:00pm-2:00pm |
| 430621-02 | \$1 | Tu | 7/11 | 1:00pm-2:00pm |
| 430621-03 | \$1 | Tu | 8/15 | 1:00pm-2:00pm |

BRAIN GAMES

Attendees are challenged with visual puzzles and a series of group solved word games. Expect wisecracks and banter!

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| 430639-01 | Th | 6/1-8/31 | 10:00am-11:00am |
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CORN HOLE

Indoor cornhole, new players always welcome!

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| 430667-01 | Tu | 6/6-8/29 | 10:00am-11:30am |
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PING PONG

New players welcome, paddles available to borrow.

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| 430629-01 | W | 6/7-8/30 | 9:00am-11:00am |
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PICKLEBALL

Indoor pickleball played round robin style on a single court. Space is limited, must have a current senior center membership to play!

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| 430670-01 | Tu,Th | 6/1-8/31 | 2:00pm-4:45pm |
| 430670-02 | W | 6/7-8/30 | 2:15pm-4:45pm |
| 430670-03 | Sa | 6/3-8/26 | 8:00am-11:45am |

FAMILY FEUD

Crazy trivia and fun banter! No drop-ins.

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| 430611-01 | F | 6/30 | 1:00pm-2:00pm |
| 430611-02 | W | 7/26 | 1:00pm-2:00pm |
| 430611-03 | F | 8/30 | 1:00pm-2:00pm |

SCRABBLE & BOARD GAMES

Scrabble, Dominoes, Uno, and more!

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| 430632-01 | M-F | 6/1-8/31 | 1:00pm-5:00pm |
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EDUCATIONAL**SERVICES FOR SENIORS**

Loudoun County's Area Agency on Aging Case Manager, Lori Stahl offers advice on area resources and services. First Monday of the month.

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| 430615-01 | M | 6/5, 7/3, 8/7 | 9:00am-12:00pm |
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LIBRARY OUTREACH

The Rust Library brings books and movies for easy check out and accepts returns. Second Wednesday of the Month

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| 430624-01 | W | 6/14, 7/12, 8/9 | 11:00am-11:30am |
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ID PROTECTION

The Purcellville Police brings us some sweet snacks and advice on how to protect your identity from scammers.

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| 430617-01 | W | 6/7 | 1:00pm-2:00pm |
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SCAMS & FRAUD PREVENTION

Loudoun County Sheriff's Office shares information on new scams and how to keep yourself safe. Free and open to the public aged 55+ with pre-registration.

430612-01 W 6/28 1:00pm-2:00pm

TECH TUESDAY

Get help with common phone and tablet issues from the Purcellville Library. Meets the 1st Tuesday of the Month.

430650-01 Tu 6/6, 7/11, 8/1 11:00am-11:45am

BOOK CLUB

Monthly book club with the Purcellville Library. Meets the 2nd Tuesday of the month.

430663-01 Tu 6/13, 7/18, 8/8 11:00am-11:45am

SOCRATES CAFE

Lively discussion and debate group lead by a representative from the Purcellville Library.

430646-01 F 6/16 11:00am-11:45am

AARP DRIVER SAFETY COURSE

\$20 for AARP Members \$25 For Non-AARP Members. Free for those with AARP United HealthCare Supplemental Insurance. Must bring a copy of your Driver's License and AARP membership card if applicable. Payable by Check or Cash to AARP. * Must be at least 55 years old. There is a \$3.00 additional drop-in fee payable to Loudoun County for non-senior center members! * Sign up by Monday, August 7th!

430662-01 M 8/14-8/14 9:00am-5:00pm

SOCIAL & SPECIAL EVENTS

MORNING SOCIAL

Enjoy coffee, tea, and conversation.

430618-01 M-F 6/1-8/31 9:00am-10:00am

CONGREGATE LUNCHES

Meals in a group setting. Age 55-59 \$4.00 Must purchase lunch ticket at front desk! Age 60+ by donation. Suggested amount of at least \$1.00 per meal. Must request lunch at least 24 hours in advance.

430622-01 M-F 6/1-8/31 12:00pm-12:45pm

FATHER'S DAY

Join us in celebrating Father's Day. Free for men, \$3.00 for women. You must register by Monday, June 12th!

430638-01 \$3 F 6/16 10:15am-11:45am

ANIMAL DAY

Meet with local farm animals, working K9s, and adoptable animal shelter animals. Open to friends and family of all ages with pre-registration.

430603-01 \$3/\$6 W 6/14 1:00pm-2:30pm

4TH OF JULY ICE CREAM SOCIAL

Celebrate the 4th of July with ice cream sundaes, a funny T-shirt contest, and cornhole. \$3 for members \$6 for non-members

430609-01 \$3/\$6 W 7/5 1:00pm-2:00pm

CARVER CARNIVAL

Enjoy carnival style games, prizes, and snacks! Open to friends and family of all ages with pre-registration. \$3.00 for members, \$6.00 for non-members.

430633-01 \$3/\$6 W 8/16 1:00pm-2:30pm

LUNCH & A MOVIE

Monthly movie matinee. \$1.00 No drop-ins or day-of event sign ups! You must also sign up for lunch with Maria by 12:00 PM the day before the event.

430669-01 \$1 F 6/9 12:00pm-2:00pm

430669-02 \$1 F 7/21 12:00pm-2:00pm

430669-03 \$1 F 8/18 12:00pm-2:00pm

ADVISORY BOARD

Meets the 2nd Tuesday of the month to discuss how to best support senior center programs.

430731-01 Tu 6/13-8/8 10:00am-11:00am

LOCAL TRIPS

Enjoy local sights and shopping! Purchases limited to small items, or two shopping bags. Some locations require walking on uneven surfaces, check with staff prior to registration if you have mobility limitations. June - Sweet Rose Bakery, July - Potomac Vegetable Garden, August - Tipped Cow Creamery. *No day of event registrations! *

430626-01 Th 6/22 10:15am-11:30am

430626-02 Tu 7/20 10:15am-11:30am

430626-03 Tu 8/8 1:00pm-1:45pm