

CARVER SENIOR CENTER SPRING 2023 PROGRAMMING

200 Willie Palmer Way, Purcellville, VA 20132

571-258-3400

loudoun.gov/carver

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

Saturday 8:00am-12:00pm.

Closed Monday, May 29th

facebook.com/CarverSeniorCenter

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 basic of watercolor techniques and composition. All materials provided. \$70 for members \$80 for non-members.

Must sign up before March 31st!

330603-01 \$70/\$80 F 4/7-4/28 10:00 am-11:30 am

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 April 28th!

330613-01 \$70/\$80 F 5/5-5/26 10:00 am-11:30 am

ADVANCED WATERCOLOR

Hone your watercolor skills through group critiques and individual instruction. Must have previous watercolor experience or instructor permission to register. Paper provided. \$45 for members, \$55 for non-members. Must sign up no later than the Wednesday before each session starts!

330610-01 \$45/\$55 W 3/1-3/22 1:15 pm-2:45 pm

330610-02 \$45/\$55 W 4/5-4/26 1:15 pm-2:45 pm

330610-03 \$45/\$55 W 5/3-5/24 1:15 pm-2:45 pm

ART DABBLERS

Give art a try in a fun and relaxed environment! Try your hand at colored pencils with easy to follow, guided art based on classical artists. Instruction by Alice Power. All materials provided. Open to all ability levels! \$8 for members, \$12 for non-members. No day of event registration!

330650-01 \$8/\$12 F 3/3 10:00 am-11:30 am

RELAXED ACRYLIC PAINTING

Guided acrylic painting in a fun and relaxed atmosphere. Open to all ability levels, materials provided. \$12 for members, \$20 for non-members. No day of class sign ups!

330627-01 \$12/\$20 Sa 3/4-3/4 10:00 am-11:30 am

330627-03 \$12/\$20 Sa 4/15-4/15 10:00 am-11:30 am

330627-04 \$12/\$20 Sa 5/20-5/20 10:00 am-11:30 am

CLAY CLASSES

First session: build a garden gnome or mug from clay. Return on the second session to paint your piece. Pieces will be fired off-site and available for pick up the following week. All materials provided, open to all ability levels. No day of event registration!

330630-01 \$12/\$20 M 4/3, 4/24 10:00 am-11:30 am

330630-02 \$12/\$20 M 5/1, 5/15 10:00 am-11:30 am

MUSIC CLUB

Learn musical notes, cords, trivia, and history in a fun and interactive environment.

330608-01 Tu 3/7-5/30 10:00 am-11:00 am

UKULELE JAM SESSION

Laid back group play, other instruments and vocalists welcome!

330691-01 F 3/3-5/26 1:00 pm-3:00 pm

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!

330649-01 Tu 3/28, 4/25, 5/30 12:00 pm-1:00 pm

FITNESS & HEALTH

BALANCE & STABILITY

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

330626-01 M,W,F 3/1-5/31 10:30 am-11:15 am

330626-02 M 4/3-5/31 3:15 pm-4:00 pm

330626-03 W 4/5-5/31 1:00 pm-1:45 pm

QIGONG

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

330634-01 M,W,F 3/1-5/31 10:00 am-11:00 am

TAI CHI

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

330647-01 Tu 3/7-5/30 9:00 am-10:00 am

SLOW & EASY LINE DANCE

Relaxed line dancing for those with mobility limitations

330686-01 Th 3/2-5/25 11:15 am-11:45 am

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 relaxed and welcoming environment.

330615-01 Th 3/2-5/25 1:00 pm-2:00 pm

BEGINNER LINE DANCE

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

330618-01 M 3/6-5/22 1:00 pm-2:00 pm

INTERMEDIATE LINE DANCE

Must have previous line dancing experience

330689-01 M,Th 3/2-5/25 2:00 pm-3:00 pm

BLOOD PRESSURE

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

330633-01 Th 3/23, 4/27, 5/25 10:00 am-11:30 am

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!

330612-01 F 3/24 1:00pm-3:00pm

330612-02 F 5/26 1:00pm-3:00pm

SPRING SKIN CARE TIPS

Sue Rowand gives tips and tricks to help you keep your skin healthy and beautiful. No day of event registrations, active senior center membership required!

330664-01 W 4/5 11:15 am-11:45 am

VISION CHANGES INFO SESSION

The Virginia Department for the Blind and Visually Impaired shares information on age related vision changes, assistance programs, and the services provided by VDBVI. This event is free and open to the public aged 55+ with pre-registration.

330638-01 Tu 4/18 10:30 am-11:30 am

FALL PREVENTION

Loudoun County Fire and Rescue gives tips to help avoid falls and reduce trip hazards in your home.

330656-01 Tu 4/11 1:00 pm-2:00 pm

HEARING HELP

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

330662-01 M 3/27 10:00 am-1:00 pm

330662-02 M 4/24 10:00 am-1:00 pm

330662-03 M 5/22 10:00 am-1:00 pm

SPORTS & GAMES

BEGINNER BRIDGE

Learn to play bridge, experienced players always welcome!

330648-01 Tu 3/7-5/30 1:00 pm-3:00 pm

PARTY BRIDGE

For more experienced players

330631-01 Th 3/2-5/25 1:00 pm-4:00 pm

BRAIN GAMES

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

330628-01 Th 3/2-5/25 9:45 am-10:45 am

BINGO

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

330640-01	\$1	W	3/15-3/15	1:00 pm-2:00 pm
330640-02	\$1	W	4/12-4/12	1:00 pm-2:00 pm
330640-03	\$1	W	5/10-5/10	1:00 pm-2:00 pm

CORN HOLE

Indoor cornhole, new players always welcome!

330616-01	Tu	3/7-5/30	10:00 am-11:30 am
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FAMILY FEUD

Crazy trivia and fun banter! No drop-ins.

330658-01	W	3/22	1:00 pm-2:00 pm
330658-02	W	4/19	1:00 pm-2:00 pm
330658-03	W	5/31	1:00 pm-2:00 pm

PICKLEBALL

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

330625-01	Tu,Th,	3/7-5/30	2:00 pm-4:45 pm
330625-02	Sa	3/4-5/27	8:00 am-11:45 am
330625-03	W	3/22-5/31	2:15pm-4:45pm

POKENO

Monthly Pokeno \$1.00 for members

330637-01	\$1	Tu	3/7	1:00 pm-2:00 pm
330637-02	\$1	Tu	4/11	1:00 pm-2:00 pm
330637-03	\$1	Tu	5/2	1:00 pm-2:00 pm

PING PONG

New players welcome!

330623-01	W	3/1-5/31	9:00 am-11:00 am
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SCRABBLE/BOARD GAMES

Scrabble, Dominoes, Uno, and more!

330702-01	M-F	3/1-5/31	1:00 pm-5:00 pm
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PUZZLES & ADULT COLORING

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

330653-01	M-F	3/1-5/31	9:00 am-10:00 am
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EDUCATIONAL**SCAM AWARENESS**

Learn about common scams and ways to keep yourself safe from the Purcellville Police.

330652-01	W	3/8	1:00 pm-2:00 pm
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HOSPICE INFORMATION SESSION

Did you know that hospice offers a wide variety of services for patients and their family members? Blue Ridge Hospice visits to share information and answer your questions.

330710-01	W	3/29	1:00 pm-2:00 pm
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AARP DRIVER SAFETY

\$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! *

330651-01 M 3/13-3/13 9:00 am-5:00 pm

SPRING DECLUTTERING

Carolyn Masters brings us a spring cleaning version of her decluttering class. This is an 8 week class that breaks the daunting task of decluttering into easy to manage steps. Current Senior Center membership required. No new sign ups after April 1st!

330604-01 Sa 4/1-5/20 10:00 am-11:00 am

BOOK CLUB

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

330617-01 Tu 3/14, 4/11, 5/9 11:00 am-11:45 am

GENEALOGY BASICS

Get help researching your family tree and finding resources from the Purcellville Library.

330643-01 Tu 3/21 11:00 am-11:45 am

LIBRARY OUTREACH

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

330644-01 W 3/8, 4/12, 5/10 11:00 am-11:30 pm

SOCRATES CAFE

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

330605-02 F 3/24, 5/26 11:00 am-11:45 am

TECH TUESDAY

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

330668-01 Tu 3/7, 4/4, 5/2 11:00 am-11:45 am

SOCIAL & SPECIAL EVENTS

CONGREGATE MEALS

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

330646-01 M-F 3/1-5/31 12:00 pm-12:45 pm

MORNING SOCIAL

Enjoy coffee, tea, and conversation

330620-01 M-F 3/1-5/31 9:00 am-10:00 am

ADVISORY BOARD

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

330703-01 Tu 3/14, 4/11, 5/9 10:00 am-11:00 am

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.

330614-01 M 3/6, 4/3, 5/1 9:00 am-12:00 pm

LUNCH & MOVIE

Monthly movie matinee. \$1.00 No drop-ins or day-of event sign ups! You must also sign up for lunch with Maria!

330654-01 \$1 F 3/31 12:00 pm-2:00 pm

330654-02 \$1 F 4/28 12:00 pm-2:00 pm

330654-03 \$1 W 5/24 12:00 pm-2:00 pm

ST. PATRICK'S DAY

Celebrate St. Patrick's Day with live music from The Winchester Pipes and Drums group. \$5.00 for members, \$8 for non-members. You must register in advance!

330667-02 \$5/\$8 F 3/17 10:30 am-11:30 am

EASTER BONNET LUNCH

Show off your favorite Easter bonnets and spring themed hats. From classic to fun and whimsical, we'll have prizes for every hat!!

330619-01 F 4/7 9:00 am-10:00 am

BLANDY FARM PICNIC

Enjoy the beautiful views and walking paths of Blandy Farm in Boyce VA! Boxed lunch will be provided. This trip requires extensive walking on unpaved paths. Bus leaves the center at 10:15 and returns by 2:00 pm. \$15 for center members. Must register before April 14th!

330638-02 \$15 F 4/21 10:15 am-2:00 pm

SENIOR PROM

Come dressed in your formal best and get ready to dance the afternoon away! Entertainment by DJ Dion. \$5 for members, \$8 for non-members. You must register in advance!

330659-03 \$5/\$8 W 5/17 1:00 pm-2:30 pm

MOTHER'S DAY PICNIC

Join us for ladies day in the park. Enjoy a boxed picnic lunch and walk the sculpture garden at Franklin Park. You must register in advance for this event! *Sculpture garden requires extensive walking on unpaved paths. *

330729-01 \$14 F 5/12 10:45am-1:30pm

MEMORIAL DAY

Join us in honoring and remembering our fallen heroes.

330797-01 F 5/26 10:30 am-11:30 am

LOCAL EXCURSIONS

Enjoy local sights and shopping! Bus Fee varies based on location. Bus leaves the center at 10:00 am. March – Unique Creations in Berryville. May – Nall’s Farm Market in Berryville. *Trips require extensive walking on paved and unpaved surfaces*

330638-01 \$4 Tu 3/14 10:00 am-11:45 am

330638-03 \$4 Tu 5/23 10:00 am-11:45 am