

**Carver Center Programming**

**Spring 2019 (March 1-May 31)**

**more info? Call: 571-258-3400**

**Special Events for 55 & up**

|            |               |                                                          |                                                                                                                                                                                                                                                                                                                                                         |                           |
|------------|---------------|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|
| Fri 3/15   | 1:00P-2:30P   | St. Patrick's Day Celebration                            | Celebrate all things Irish. Expect a big crowd with much merrymaking, silly costumes, wacky games and a warm and welcoming atmosphere. Fun entertainment by Tom Delaney. Carver is <i>the</i> place to be on St. Paddy's day. Don't miss it, and get your tickets EARLY, as we always sell out!                                                         | 330605-01<br>\$3.00       |
| Mon 3/18   | 12:30P-12:45P | Carver's 12th Birthday!                                  | Celebrate Carver's 12th Birthday!                                                                                                                                                                                                                                                                                                                       |                           |
| Wed 3/6    | 11:00A-12:00P | White House Modern History of Entertainment Presentation | Former White House butler, Alan DeValerio, will give you a behind-the-scenes look at all the preparations that go into the making of Presidential functions. He will relate his personal experiences and those of other butlers, such as Eugene Allen, the subject of the movie "The Butler".                                                           |                           |
| Thurs 3/14 | 9:30A-10:30A  | Bullet Journaling                                        | Do you need to get organized? Do you forget to do things? Do you like to write by hand? Then Bullet Journaling is for YOU! Mari Campbell will share her passion for this useful system and demonstrate its value.                                                                                                                                       |                           |
| Mon 3/25   | 10:30A-11:30A | Hearing Loss Presentation                                | Debbie Jones, (NVRC) will present on the Technology Assistance Program (TAP), which helps deaf and hard of hearing residents get telephone and signaling equipment at a lower cost.                                                                                                                                                                     |                           |
| Fri 3/29   | 9:00A-5:00P   | AARP Driver Safety Class                                 | (Ages 50 & up) This class is an easy, convenient way to refresh your driving skills, so you'll be a safer, more confident driver. Plus, you could earn a multiyear discount on your auto insurance when you complete it! Check payment (\$15 AARP Members/\$20 Non-Members) will be collected on arrival by instructor. Please make checks out to AARP. | 330613-01                 |
| Fri 4/12   | 1:00P-4:00P   | Health Fair                                              | Mac Brownell Adult Day Center is convening a Health Fair at Carver Center in conjunction with nurses from George Washington University School of Nursing. Information Tables to include: Blood Pressure, Hand Hygiene, Body Mass Index, Medication Training, Pain Management, Vision, Sleep, Healthy Eating, Fall Risk. Open to public.                 |                           |
| Mon 4/22   | 10:30A-1:00P  | Earth Day                                                | Celebrate Earth Day by visiting Banshee Reeks to learn about the importance of pollinators for our planet. Enjoy an educational program, a boxed lunch and a ride in a hay wagon to marvel at the natural resources at this unique park.                                                                                                                | \$2.00 transportation fee |
| Fri 5/10   | 10:00A-12:00P | Mother's Day                                             | Remembering Mothers. Enjoy a Carver Spa Morning as we celebrate all mothers.                                                                                                                                                                                                                                                                            |                           |
| Weds 5/15  | 1:00P-2:30P   | Senior Spring Play                                       | Carver's Drama Group will perform their latest play and hilarious skits. Be prepared for a fun afternoon!                                                                                                                                                                                                                                               |                           |
| Fri 5/24   | 10:00A-12:00P | Memorial Day Celebration                                 | Take a guided tour of Boulder Crest in Bluemont. Learn about the 37 acre Retreat and all it has to offer combat Veterans and their families. Bus leaves at 9:15am. \$1.00 transportation fee.                                                                                                                                                           | 330609-01                 |

## 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.                                                                      | Ages 60+ donation<br>Ages 55-59 \$4               |
| Mon-Fri                       | 9:00A-10:00A                                  | Adult Coloring         | All materials provided.                                                                                                          |                                                   |
| M,Tu,Th,F                     | 9:00A-12:00P                                  | Cards                  | Canasta in the Library--beginners welcome!                                                                                       |                                                   |
| 1st/3rd Mon                   | 9:00A-12:00P                                  | Services for Seniors   | Confidential assistance linking seniors to services.                                                                             |                                                   |
| Mon/Tues<br>Wed<br>Fri        | 9:00A-10:30A<br>9:00A-10:00A<br>11:30A-12:00P | Ping Pong              | New players always welcome!                                                                                                      |                                                   |
| Mon                           | 9:30A-10:45A                                  | Chair Yoga             | Encourage better circulation, flexibility and immune function.                                                                   |                                                   |
| Mon/Wed                       | 10:00A-11:00A                                 | Volleyball (Beachball) | Games not scored--all ability levels welcome.                                                                                    |                                                   |
| Mon<br>3/11-3/25<br>4/29-5/13 | 10:30A-11:30A                                 | Inkle Loom             | Inkle Loom I - Work on pre-warped looms to create bands<br>Inkle Loom II - Design the band, warp the loom and use new techniques | 330612-01<br>330612-02<br>\$3 due at first class. |
| Mon                           | 10:30A-12:00P                                 | Corn Hole              | Enjoy this fun game inside!                                                                                                      |                                                   |
| Mon/Thur/Fri                  | 11:30A-12:00P                                 | Walk With Ease         | "Easy" walking, indoors or outside. Meet in the Fitness Room.                                                                    |                                                   |
| Mon                           | 12:30P-1:00P                                  | Slow, Slow Line Dance  | For seniors who have difficulty dancing fast or complicated steps.                                                               |                                                   |
| Mon                           | 12:45P-1:45P                                  | Local Excursions       | Selected locations in western Loudoun.                                                                                           | \$1.00 transportation.                            |
| Mon                           | 1:00P-2:00P                                   | Farkle/Dominoes/Games  | Chat and laugh over a classic pastime.                                                                                           |                                                   |
| Mon                           | 1:00P-2:00P                                   | Beginner Line Dance    | Provides exercise and camaraderie.                                                                                               |                                                   |
| Mon<br>Wed/Fri                | 1:00P-2:00P<br>10:30A-11:30A                  | Qigong                 | Mindful breathing and slow, standing movements.                                                                                  |                                                   |
| Tues                          | 9:00A-10:00A                                  | Tai Chi Seniors        | Slow motion routines practiced in a group.                                                                                       |                                                   |
| Tues                          | 9:30A-10:00A                                  | Carver Music           | Learn basic music terms, scales and chords...and enjoy the health benefits of singing!                                           |                                                   |
| Tues                          | 10:30A-12:00P                                 | Beginner Bridge        | A gentle introduction to bridge basics.                                                                                          |                                                   |
| 2nd Tues                      | 10:30A-12:00P                                 | Advisory Board         | Monthly meetings which focus on fundraising/feedback.                                                                            |                                                   |
| 3rd Tues                      | 10:30A-12:00P                                 | Haircuts               | Six appointments by lottery, with six waitlist. Sign up one week ahead.                                                          |                                                   |
| Tues/Thurs                    | 11:00A-11:30A                                 | Balance and Stability  | Physical Therapist designed sequence of excercises.                                                                              |                                                   |

## Programs for 55 & up

|                |                               |                            |                                                                                                              |                        |
|----------------|-------------------------------|----------------------------|--------------------------------------------------------------------------------------------------------------|------------------------|
| Tues           | 11:00A-12:00P                 | Tech Tuesdays              | Individualized computer help from Loudoun County Library staff.                                              |                        |
| Tues           | 12:30P-2:00P                  | Creative Writing           | For anyone interested in exploring the writing process.                                                      |                        |
| Tues           | 12:45P-2:15P                  | Intermediate Bridge        | For those who know the basics.                                                                               |                        |
| Tues<br>Fri    | 12:45P-1:45P<br>10:45A-11:45A | Bingo                      | \$0.50 per card; various prizes.                                                                             |                        |
| 3rd Wed        | 9:30A-12:00P                  | Bowling                    | Payment of \$3.00 per person and \$4.25 for shoe rental is due at the Bowling Center on arrival.             | \$2.00 transportation. |
| Wed 3/6-5/22   | 10:00A-11:30A                 | Decluttering For Seniors   | Declutter your home and your life and make more room for the important things. No new sign-ups after week 1. | 330604-01              |
| Wed            | 10:30A-11:00A                 | Fitness Equipment 101      | Learn how to use the fitness equipment safely.                                                               |                        |
| Wed            | 10:30A-11:30A                 | Sing Along with Wiley      | Old-fashioned favorites in a relaxed setting.                                                                |                        |
| Wed 5/1        | 10:30A-11:30A                 | Hearing Help               | Cleaning/testing/resources. Blue Ridge Speech and Hearing. Pre-register 571-258-3400.                        |                        |
| 4th Wed        | 10:30A-12:00P                 | Book Club                  | Monthly book discussions. Books provided.                                                                    |                        |
| 2nd Wed        | 11:30A-12:00P                 | Library Outreach Visit     | Loudoun County Library brings books/videos/periodicals.                                                      |                        |
| 4th Wed        | 12:00P-12:30P                 | Monthly Birthdays          | Sign up and celebrate with your Carver friends!                                                              |                        |
| Wed            | 12:45P-1:15P                  | Name That Tune             | Guess the well-known tune before your opponents do!                                                          |                        |
| Wed            | 1:00P-2:00P                   | Basic/Intermediate Ukulele | Basic instruction. Some loaner ukes available.                                                               |                        |
| Wed 4/3        | 1:00P-2:00P                   | Afternoon Tea              | Free registration begins 2 weeks before event.                                                               | 330602-01              |
| Wed<br>Mon-Fri | 1:00P-2:00P<br>2:15P-5:00P    | Scrabble/Board Games       | Classic board games.                                                                                         |                        |
| Wed            | 12:30P-2:00P                  | Grocery Shopping           | Transportation to local grocery establishments. Skips the 2nd Wednesday.                                     | \$1 bus transportation |
| 2nd Wed        | 12:30P-3:15P                  | Leesburg Shopping          | Bus to Leesburg to shop.                                                                                     | \$2 bus transportation |
| 2nd/4th Thurs  | 9:30A-10:30A                  | Harmony Singing Group      | Folk songs and rounds to piano accompaniment. All levels welcome!                                            |                        |
| Thurs          | 10:00A-11:30A                 | e-Comment                  | Record comments for Board of Supervisors meetings.                                                           |                        |
| 4th Th         | 10:00A-12:00P                 | Blood Pressure checks      | Inova Loudoun Healthcare--no appt. necessary. No drop in fee.                                                |                        |

| Programs for 55 & up |               |                     |                                                                          |                                             |
|----------------------|---------------|---------------------|--------------------------------------------------------------------------|---------------------------------------------|
| Thurs                | 10:45A-11:45A | Bible Study         | Non-denominational group.                                                |                                             |
| Thurs                | 12:45P-2:00P  | Brain Games         | Picture and word games in a group setting.                               |                                             |
| Thurs                | 1:00P-5:00P   | Thursday Card Group | Canasta and Euchre.                                                      |                                             |
| Thurs                | 1:00P-5:00P   | Bridge Group        | Intermediate party bridge for experienced players.                       |                                             |
| 1st Fri              | 11:30A-12:00P | Carver's Got Talent | Your chance to share your special talent by performing for your friends! |                                             |
| 1st Fri              | 12:00P-2:00P  | Monthly Movie       | Lunch & movie in Club Room. Order lunch by noon the day before.          | Lunch - Ages 60+ donation<br>Ages 55-59 \$4 |
| Fri                  | 12:30P-2:00P  | Stitching Group     | Bring own handwork.                                                      |                                             |


**Fee-Based Programs for 55 & up**

|                                  |              |                              |                                                                                               |                                                 |
|----------------------------------|--------------|------------------------------|-----------------------------------------------------------------------------------------------|-------------------------------------------------|
| Mon 4/8-5/6                      | 12:30P-2:30P | Drawing Class                | All materials provided. Instruction ends at 2:00P. Instructor: Alice Power                    | 330606-01 \$50/\$58                             |
| Wed 3/27-4/17                    | 12:30P-2:30P | Advanced Beginner Watercolor | All materials provided. Instruction ends at 2:00P. Instructor: Alice Power                    | 330610-01 \$50/\$58                             |
| Fri 3/29-4/19                    | 12:30P-2:30P | Basic Watercolor             | All materials provided. Instruction ends at 2:00P. Instructor: Alice Power                    | 330603-01 \$50/\$58                             |
| Fri 3/22<br>Fri 4/26<br>Fri 5/17 | 11:00A-2:00P | Carver Lunch Bunch           | I J Cannes, Winchester<br>Anvil Restaurant, Harper's Ferry, WV<br>Sweetwater Tavern, Sterling | 330601-01 \$4<br>330601-03 \$4<br>330601-05 \$4 |

**Multiage Programs**

|            |                             |                            |                                                                         |                         |
|------------|-----------------------------|----------------------------|-------------------------------------------------------------------------|-------------------------|
| Mon<br>Tue | 2 :00P-3:00P<br>4:30P-5:30P | Line Dance (Ages 18 +)     | Focusing on dancing to contemporary songs. \$2 drop in for non-members. |                         |
| 2nd Tu     | 10:30A-12:00P               | Advisory Board (Ages 18 +) | Monthly meetings which focus on fundraising/feedback.                   |                         |
| Tu/Th      | 2:00P-4:00P                 | Pickleball (Ages 18 +)     | Tennis-like game played with 2, 3 or 4 players.                         | \$2 drop in non-members |
| Tu         | 6:00P-8:00P                 | Handwork (Ages 18 +)       | Bring your own handwork.                                                |                         |

### Fee Based Multiage Programs

|                                                                                     |                                                                                                                                                                                                                                                                                                |                               |                                                                                                                                                                       |                                            |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------|
| 1st Tues                                                                            | 6:30P-8:00P                                                                                                                                                                                                                                                                                    | Lyme Support Group (Ages 18+) | For anyone struggling with or caring for someone with Lyme Disease.                                                                                                   |                                            |
| 2nd/4th Tu                                                                          | 6:30P-8:00P                                                                                                                                                                                                                                                                                    | Jerry's Jukebox (Ages 14 +)   | Basic Ballroom Dance instruction.                                                                                                                                     | \$2 drop in non-members                    |
| 4th Th                                                                              | 3:00P-4:00P                                                                                                                                                                                                                                                                                    | Alzheimer's (Ages 18 +)       | Provides emotional, educational and social support for caregivers.                                                                                                    |                                            |
| Sa                                                                                  | 9:00A-12:00P                                                                                                                                                                                                                                                                                   | Cards (Ages 18+)              | Canasta and Euchre in the Library.                                                                                                                                    | \$2 drop in non-members                    |
| Mon & Wed<br>Tu & Th<br>Fri<br>Sat                                                  | 2:00P-7:00P<br>2:00P-8:00P<br>2:00P-5:00P<br>9:00A-12:00P                                                                                                                                                                                                                                      | Computer Use                  | Call ahead for availability. 571-258-3400 Free for senior center members.                                                                                             | Ages 18 & up<br>\$2.00 drop in non-members |
|                                                                                     |                                                                                                                                                                                                                                                                                                | 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 3/4-4/3<br>M/W 4/15-5/20                                                        | 5:15P-6:00P                                                                                                                                                                                                                                                                                    | Body Sculpting (Ages 16 +)    | Using resistance bands, Pilates balls and weights. Bring a mat. Jill Perla                                                                                            | 330707-01 \$94<br>330707-02 \$85           |
| Tu/Th/F<br>3/12-4/12<br>Tu/Th/F<br>4/23-5/24                                        | 8:15A-8:45A                                                                                                                                                                                                                                                                                    | Core and More (Ages 16 +)     | A blend of upper and lower body exercises. Bring a mat. Instructor: Jill Perla                                                                                        | 330705-01 \$100<br>330705-02 \$100         |
|  | 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. |                               |                                                                                                                                                                       |                                            |