

Carver Center Programming

Spring 2019 (March 1-May 31)

more info? Call: 571-258-3400

Senior Membership (Ages 55 & up)

Senior participants may purchase twelve-month memberships - \$28 for Loudoun residents, \$42 for non-residents - or attend on a drop-in basis - \$2.
The cost of many activities is included in the membership or drop-in fee. Any additional fees are noted in the activity listing.

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 \$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".	
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-11:30A	Earth Day	Celebrate Earth Day by visiting Banshee Reeks Nature Preserve. Marvel at the natural resources at this unique park as you ride in a hay wagon!	330608-01 \$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 5/17	4:00P-5:30P	Senior Prom	Harmony Middle School in Hamilton is hosting a senior prom! Come and relive your high school years dancing the night away. Food will be served. Dress up like your Prom years! Bus leaves Carver at 3:30 p.m. \$1.00 transportation fee.	330614-01
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 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!	
Mon-Fri	10:00A-11:30A	Wii	Wii using large screen TV. Ask for staff assistance to set up.	
1st/3rd Mon	9:00A-12:00P	Services for Seniors	Confidential assistance linking seniors to services.	
Mon Tues/Weds Fri	9:00A-10:30A 9:00A-10:00A 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 3/11-3/25 4/29-5/13	10:30A-11:30A	Inkle Loom CANCELLED	Inkle Loom I - Work on pre-warped looms to create bands Inkle Loom II - Design the band, warp the loom and use new techniques	330612-01 330612-02 \$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	Visit unique locations in western Loudoun.	\$1 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 Wed/Fri	1:00P-2:00P 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-10:30A	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 Fri	12:45P-1:45P 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 Mon-Fri	1:00P-2:00P 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
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 Ages 55-59 \$4


Fee-Based Programs for 55 & up

Mon 4/8-5/6 Mon 5/20-6/17	12:30P-2:30P	Drawing Class	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	330606-01 \$50/\$58 330606-02 \$50/\$58
Wed 3/27-4/17 Wed 5/1-5/22	12:30P-2:30P	Advanced Beginner Watercolor	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	330610-01 \$40/\$48 330610-02 \$40/\$48
Fri 3/29-4/19 Fri 5/10-5/31	12:30P-2:30P	Basic Watercolor	All materials provided. Instruction ends at 2:00P. Instructor: Alice Power	330603-01 \$50/\$58 330603-02 \$50/\$58
Fri 3/22 Fri 4/26 Fri 5/17	11:00A-2:00P	Carver Lunch Bunch	I J Cannes, Winchester Anvil Restaurant, Harper's Ferry, WV Sweetwater Tavern, Sterling	330601-01 \$4 330601-03 \$4 330601-05 \$4

Multiage Programs

Mon Tue	2 :00P-3:00P 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 Tu & Th Fri Sat	2:00P-7:00P 2:00P-8:00P 2:00P-5:00P 9:00A-12:00P	Computer Use	Call ahead for availability. 571-258-3400 Free for senior center members.	Ages 18 & up \$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 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 \$85 330707-02 \$94
Tu/Th/F 3/12-4/12 Tu/Th/F 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 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.			