

HIGHLIGHTS

25th Annual Golf Classic Wednesday, May 15, 2024

Registration begins January 8
See page 3 for more details.



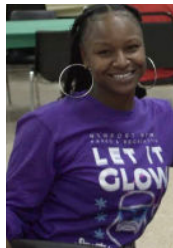
Mardi Gras Celebration February 13, 2024

Courthouse Way Community Center
See page 3 for more details.



Spotlight on the Many Hats of Chona

"I've been at Denbigh Community Center with the Active Lifestyles Program since 2018. I oversee the daily programming at DCC which includes: exercise, pickleball, card games, corn hole, dominoes and various informational presentations from organizations that partner with Active Lifestyles. Another one of my duties is to manage the rentals at our North Newport News Community Center and Hilton Senior Center. I really enjoy helping our Seniors. Come and see me at the Centers!"



New Winter & Spring Classes

Sound Healing (Page 4)
Art Classes at BMCC (Page 6)
Friday Night Paint Parties (Page 6)
Movement for Parkinson's (Page 8)
Pottery Class (Page 6)
Acting Workshop (Page 8)

Visit our Facebook Page



Visit our YouTube Channel



Daily Exercise Programs
Now on NNTV!

Classes are featured daily on Newport News TV; allowing you to exercise at home when you are unable to attend class at an Active Lifestyles Center.

NNTV Cox 48 / Verizon 19
NNTV2 Cox 46 / Verizon 18

Active Lifestyles



Visit our website



Active Lifestyles ongoing program sponsors



Providing Opportunities for Active Living



Active Lifestyles Program's Mission
To Provide Opportunities for Active Living.
Our Vision: Adding Life to Your Years.

ACTIVE LIFESTYLES PROGRAM ADMINISTRATION

- Catharine Yusuf** - Active Lifestyles Program Supervisor
757-926-1446 yusufcg@nnva.gov
- Angelia Edwards** - Active Lifestyles Coordinator
757-591-4853 edwardsam@nnva.gov
- Jacqueline Shapiro** - Active Lifestyles Coordinator
757-926-1465 shapirojl@nnva.gov
- Alexis Williams** - Marketing Coordinator
757-926-1445 williamsaa@nnva.gov
- E-mail:** activelifestyles@nnva.gov
- Website:** www.nnparksandrec.org

Active Lifestyles Center's Location Guide

BMCC - Brittingham-Midtown Community Center
570 McLawhorne Drive, Newport News, VA 23601 Ph. (757) 591-4853
Angelia Edwards-Coordinator ~ edwardsam@nnva.gov
Candice Veney- Program Facilitator ~ veneycm@nnva.gov
Eric Blackshear - Program Facilitator ~ blackshearec@nnva.gov

CWCC - Courthouse Way Community Center
14302 Old Courthouse Way, Newport News, VA 23602 Ph. (757) 886-7929
Steve Landers - Recreation Specialist ~ landerssw@nngov.com

D-GCAC - Downing-Gross Cultural Arts Center
2410 Wickham Avenue, Newport News, VA 23607 Ph. (757) 247-8950
Hastie A. Jordan - Recreation Specialist ~ jordanha@nnva.gov
Donzella Knight - Program Facilitator ~ knightda@nnva.gov

DCC - Denbigh Community Center
15198 Warwick Blvd., Newport News, VA 23608 Ph. (757) 812-7900
Chona Thomas - Recreation Specialist ~ thomascl@nnva.gov

HSC - Hilton Senior Center
605 Hilton Blvd., Newport News, VA 23605 (757) 247-2451 or (757) 247-2453
Lucy Vann - Center Supervisor ~ vannls@nnva.gov

NNN - North Newport News Community Center
605 South Avenue, Newport News, VA 23601 Ph. (757) 591-4850
Hastie "Ann" Jordan - Recreation Specialist ~ jordanha@nnva.gov
Eric Blackshear - Program Facilitator ~ blackshearec@nnva.gov

NEWPORT NEWS PARKS & RECREATION
Michael D. Poplawski - Director
Tammy Jordan - Assistant Director - Recreation
William Roche - Assistant Director - Parks
Meghan Reed - Superintendent - Recreation Programs

Parks & Recreation Administration
Fountain Plaza Two, 700 Town Center Dr., Suite 320
Newport News, VA 23606 (757) 926-1400 / Fax (757) 926-1460
For Telecommunication Assistance use: VA Relay 7-1-1
for instructions go to www.varelay.org/tty.htm

Classes, events and trips are subject to change.
Please call to confirm.
For Center hours please call (757) 926-1400 or
visit the website, www.nnparkandrec.org

Policies & Helpful Information

Inside this Issue

- 2. Center's Location Guide // Policies & Helpful Information
- 3. Upcoming Events
- 4. Health, Fitness & Dance
- 5. Pickleball, Walking & Hiking, Women Who Hike, Women/Men Who Bike
- 6. Art & Tidewater Arts Outreach
- 7. Crochet, Knitting, Games & Food Programs
- 8. Theater, Smart Driving, History & Culture, Miscellaneous, Clubs
- 9. Active Lifestyles Trips
- 10. Special Dates at the Centers
- 11. Special Dates at the Centers Continued
- Back: Highlights

Active Lifestyles Centers & Admin Office Closings

January 1 - New Years Day (All centers closed)
January 15 - Martin Luther King Jr. Day (Some centers will be open, call to confirm)
February 19 - Presidents' Day (Some centers will be open, call to confirm)

Space for Rent

North Newport News Community Center and
Hilton Senior Center are available for rentals.
To schedule an appointment or to discuss your rental
needs, call Chona at (757) 812-7905.

Inclement Weather Policy:

All Active Lifestyles programs, classes and centers will be closed when
City Offices are closed or delayed. In addition, the Active Lifestyles
Program will be closed when all Parks & Recreation programs are closed.
Please call (757) 926-1400 for program specific closings and updates.

Photo Policy: During Active Lifestyles' classes, trips,
daily programs and special events, you may be filmed or
photographed on behalf of the Active Lifestyles Program.
Your participation serves as permission for use of your
image by the Active Lifestyles Program.

ACTIVE LIFESTYLES ~ CITIZEN ADVISORY COMMITTEE

Created in 1992 to address major issues, enhance public awareness,
assist staff with program planning and improvement projects, and to
promote a positive image of aging and disabilities through education.

The committee members are:

- Iris Allen-Brunson (BMCC)
- Bessie Burke (D-GCAC)
- Laverne Campbell
- Eva Forhand (BMCC)
- Delores Griffith (BMCC)
- Marie Hill (HSC)
- Donald Livingston (DCC)
- Mary Mills (DCC)
- Shelia Willis - Chair (BMCC)

Participation Disclaimer: It is recommended for participants
to seek medical advice prior to participation. The content in this
newsletter is for educational purposes only, and does not substitute
professional medical advice with healthcare professionals.

Special Dates at the Centers

Pre-registration Required

Hilton Senior Center (HSC)

JANUARY

| | | | |
|----------------|---------------|------------------------------------|-----|
| 3 - Wed | 10:30a-11:30a | Power Hour (Weekly) | |
| 4 - Thu | 9a-10a | QiGong (Weekly) | Fee |
| 4 - Thu | 10a-11a | Tai Chi 101 (Weekly) | Fee |
| 4 - Thu | 2p-3p | Tai Chi 201 (Weekly) | Fee |
| 5 - Fri | 11a-2p | Game Day | |
| 22 - Mon | 1p-3p | JenCare Penny Auction | |
| 29 - Mon | 1p-3p | Corn Hole Social | |
| Mon, Wed & Fri | 11a-4p | Billiards/Spades/Pinochle (Weekly) | |

FEBRUARY

| | | | |
|----------------|---------------|------------------------------------|-----|
| 1 - Thu | 9a-10a | QiGong (Weekly) | Fee |
| 1 - Thu | 10a-11a | Tai Chi 101 (Weekly) | Fee |
| 1 - Thu | 2p-3p | Tai Chi 201 (Weekly) | Fee |
| 5 - Mon | 1p-3p | JenCare Musical Bingo | |
| 7 - Wed | 10:30a-11:30a | Power Hour (Weekly) | |
| 7 - Wed | 12:30p-2:30p | Game Day (Wear your team color) | |
| 16 - Fri | 1p-3p | Happy Hearts Dance | Fee |
| 26 - Mon | 1p-3p | Corn Hole Social | |
| Mon, Wed & Fri | 11a-4p | Billiards/Spades/Pinochle (Weekly) | |

MARCH

| | | | |
|----------------|---------------|------------------------------------|-----|
| 6 - Wed | 10:30a-11:30a | Power Hour (Weekly) | |
| 7 - Thu | 9a-10a | QiGong (Weekly) | Fee |
| 7 - Thu | 10a-11a | Tai Chi 101 (Weekly) | Fee |
| 7 - Thu | 2p-3p | Tai Chi 201 (Weekly) | Fee |
| 11 - Mon | 1p-3p | JenCare Arts & Crafts | |
| 25 - Mon | 1p-3p | Corn Hole Social | |
| Mon, Wed & Fri | 11a-4p | Billiards/Spades/Pinochle (Weekly) | |

APRIL

| | | | |
|---------------|---------------|------------------------------------|-----|
| 3 - Wed | 10:30a-11:30a | Power Hour (Weekly) | |
| 4 - Thu | 9a-10a | QiGong (Weekly) | Fee |
| 4 - Thu | 10a-11a | Tai Chi 101 (Weekly) | Fee |
| 4 - Thu | 2p-3p | Tai Chi 201 (Weekly) | Fee |
| 15 - Mon | 1p-3p | JenCare Spring Painting & Potting | |
| 19 - Fri | 11a | Arts & Crafts Program | |
| 22 - Mon | 1p-3p | Corn Hole Social | |
| Mon, Wed, Fri | 11a-4p | Billiards/Spades/Pinochle (Weekly) | |

2024 Lunch & Learn Series 12p - 1:30p

Tue: January 9 - Eat Smart Cooking Demo
Mon: February 12 - Move More
Tue: March 5 - Eat Smart Cooking Demo
Tue: April 9 - Move More
Presented by Sonja Mitchell, M.S.
VA Co-Op Extension Reservations required.
Hilton Senior Center
Call Lucy for more information (757) 247-2451

Brittingham-Midtown Community Center (BMCC)

JANUARY

| | | |
|----------|-----------|--|
| 5 - Fri | 10:30a-1p | Rubber Stamping Club |
| 11 - Thu | 10a-1p | The Joy of Watercolor Pencil Call 757-591-4853 for supply list. |
| 17 - Wed | 1p-2p | Surprise "Crafty" Make-n-Take with Jen Care |
| 19 - Fri | 10a-12p | Bingo Blast - Bring 3 \$1.25 prizes |
| 24 - Wed | 1p-2p | Meditation & Aromatherapy |

FEBRUARY

| | | |
|----------|-----------|--|
| 2 - Fri | 10:30a-1p | Rubber Stamping Club |
| 7 - Wed | 11a-12p | JenCare Doc Talk & Lunch "Tips on Safely Dating After 60" |
| 8 - Thu | 10a-1p | The Joy of Watercolor Pencil Call 757-591-4853 for supply list. |
| 13 - Tue | 9a-1p | Pickleball Valentine's Social, free, must pre-register |
| 21 - Wed | 1p-2p | Surprise "Crafty" Make-n-Take with Jen Care |
| 23 - Fri | 10a | Bingo Blast - Bring 3 \$1.25 prizes |
| 28 - Wed | 1p-2p | Meditation & Aromatherapy |

MARCH

| | | |
|----------|-----------|--|
| 1 - Fri | 10:30a-1p | Rubber Stamping Club |
| 7 - Thu | 10a-1p | The Joy of Watercolor Pencil Call 757-591-4853 for supply list. |
| 13 - Wed | 11a-12p | JenCare Doc Talk & Lunch "Stroke! Signs, Causes & Treatment" |
| 20 - Wed | 1p-2p | Surprise "Crafty" Make-n-Take with Jen Care |
| 22 - Fri | 10a | Bingo Blast - Bring 3 \$1.25 prizes |
| 27 - Wed | 1p-2p | Meditation & Aromatherapy |
| 29 - Fri | | Spring Break, No Programming |

APRIL

| | | |
|----------|-----------|--|
| 1st-8th | | Spring Break, No Programming |
| 11 - Thu | 10a-1p | The Joy of Watercolor Pencil Call 757-591-4853 for supply list. |
| 12 - Fri | 10:30a-1p | Rubber Stamping Club |
| 17 - Wed | 1p-2p | Surprise "Crafty" Make-n-Take with Jen Care |
| 24 - Wed | 1p-2p | Meditation & Aromatherapy |
| 26 - Fri | 10a | Bingo Blast - Bring 3 \$1.25 prizes |

Payment & Refund Policies

We accept cash, checks or money orders (payable to City of Newport News),
and charge cards for trips and activities. Identification required when making
payment in person with a personal check. **Trip Policy:** A trip will be canceled
if minimum reservations are not reached by deadline date. Refunds will only
be given with a written request prior to the trip's cancellation deadline date.
If your reservation helped us to reach the minimum number required, there
will be no refund unless you have a replacement or there is a waiting list.
If the maximum reservations have been reached, your name will be placed
on a waiting list. **Special Events Policy:** No refunds will be given unless the
event is canceled. **Instructional Class Policy:** No refunds issued after the
start of the class or deadline date

Special Dates at the Centers Continued

Pre-registration Required

Downing-Gross Cultural Arts Center (DGCAC)

JANUARY

| | | |
|----------|-----------|------------------------------|
| 11 - Thu | 10a-2:30p | People Discussion Day |
| 18 - Thu | 11a-1p | JenCare Chair Massage Day |
| 24 - Wed | 10a-2:30p | Arts-N-Crafts Day |
| 24 - Wed | 10a-1:30p | Bingo! Bring 3 \$1.25 prizes |

FEBRUARY

| | | |
|----------|-----------|----------------------------------|
| 1st-13th | 10a-2:30p | Arts & Crafts (Valentines Cards) |
| 28 - Wed | 10a-1:30p | Bingo! Bring 3 \$1.25 prizes |

MARCH

| | | |
|----------|-----------|--------------------------------|
| 4th-29th | 10a-2:30p | Arts & Crafts (Easter Bouquet) |
| 27 - Wed | 10a-1:30p | Bingo! Bring 3 \$1.25 prizes |

APRIL

| | | |
|----------|-----------|-----------------------------|
| 8 - Mon | 10a-2:30p | Corn Hole Day |
| 24 - Wed | 10a-2:30p | Arts-N-Crafts Day and Bingo |

Courthouse Way Community Center (CWCC)

JANUARY

| | | |
|----------|-----|---|
| 10 - Wed | 10a | Paint Pour (Fee) |
| 17 - Wed | 10a | Game Day: Corn Hole, Croquet, Bocci Ball, Mini Hoops, Badminton |

FEBRUARY

| | | |
|-----------|-----|---|
| 13 - Tues | 11a | Mardi Gras Celebration |
| 14 - Wed | 10a | Paint Pour (Fee) |
| 21 - Wed | 10a | Game Day: Corn Hole, Croquet, Bocci Ball, Mini Hoops, Badminton |

MARCH

| | | |
|----------|-----|---|
| 13 - Wed | 10a | Paint Pour (Fee) |
| 20 - Wed | 10a | Game Day: Corn Hole, Croquet, Bocci Ball, Mini Hoops, Badminton |

APRIL

| | | |
|----------|-----|---|
| 10 - Wed | 10a | Paint Pour (Fee) |
| 17 - Wed | 10a | Game Day: Corn Hole, Croquet, Bocci Ball, Mini Hoops, Badminton |
| 22 - Mon | 11a | Earth Day Clean Up the Court Yard |

Denbigh Community Center (DCC)

JANUARY

| | | |
|----------|-------------|--------------------------------|
| 12 - Fri | 10a-11:30a | Penny Auction with JenCare |
| 19 - Fri | 5:30p-7:30p | Friday Night Paint Party (Fee) |
| 22 - Mon | 10:30a | Bunco Blast |

FEBRUARY

| | | |
|----------|---------------|--------------------------------|
| 9 - Fri | 10:30a-11:30a | Coffee Talk with JenCare |
| 16 - Fri | 5:30p-7:30p | Friday Night Paint Party (Fee) |
| 19 - Mon | 10:30a | Bunco Blast |
| 23 - Fri | 10:30a | Innovage Paint (Pace) |

MARCH

| | | |
|----------|-------------|--|
| 8 - Fri | 10:00a | Craft |
| 13 - Wed | 6:00p-8:30p | "Dance The Night" (Free) |
| 15 - Fri | 5:30p-7:30p | Friday Night Paint Party (Fee) |
| 18 - Mon | 10:30a | Bunco Blast |
| 22 - Fri | 11:00a | Arts & Crafts Workshop |
| 27 - Wed | 9:00a | Pickleball Round Robin and Box Lunch (Fee) |

APRIL

| | | |
|--------------------|-------------|---------------------------------|
| 1 - Mon | 10:30a | Bunco Blast |
| 12 - Fri | 10:30a | "Spring Things" Potting Flowers |
| 15 - Mon | 10:30a | Bunco Blast |
| 19 - Fri | 5:30p-7:30p | Friday Night Paint Party (Fee) |
| 23 & 24 - Tues-Wed | 9a-1p | AARP Smart Driver Course |
| 26 - Fri | 10:30a | Bingo with InnovAge (Pace) |



Tidewater Arts Outreach Paint Pour on November 21, 2023



Upcoming Events

Spring Fling Fashion Show

Friday, March 15, 2024
Brittingham-Midtown Community Center
\$12 per person includes refreshments
11:00a-2:00p
Call (757) 591-4853
NO TICKETS SOLD AT THE DOOR AND NO REFUNDS



Mardi Gras Celebration

Tuesday, February 13, 2024
Courthouse Way Community Center
11:00a - 1:00p
Homemade red beans and rice with gumbo.
New Orleans Jazz Music provided by Tidewater Arts Outreach.
Call (757) 886-7929 for more information



Community Forum on Aging

"Power of Aging"
Presented by Peninsula Agency on Aging
Guest Speaker: A'Lelia Bundles
Wednesday, March 6, 2024, 8:00a-2:00p
Liberty Live, 1021 Big Bethel Road
Workshops, Vendors, Lunch
Call (757) 873-0541 for more information



25th Annual Senior Amateur Golf Classic

Wednesday, May 15, 2024
Newport News Golf Club at Deer Run
\$74 per person includes Green & Cart fees
Lunch & Refreshments
Door Prizes & Awards for Special Competitions
Call (757) 926-1465 for more information



Registration begins January 8, 2024

Artistic Expressions

April 29 - May 11, 2024
Downing-Gross Cultural Arts Center
Registration required by Friday, April 5, 2024
Reception on Saturday, May 11, 2024 1:30p - 2:30p
Call (757) 591-4853 for more information



One City Marathon

Join the Active Lifestyles Program on Saturday, March 2, 2024 in the Maritime 5K or the Nautical Mile during the One City Marathon.
Call (757) 591-4853 for more information



Health, Fitness & Dance

Advanced registration is required for all activities

Tai Chi & Body-Mind Practice

Hilton Senior Center ~ Instructor: Paul Salgado
Thursdays: January 11 - March 14 // March 28 - May 30

- Tai Chi (QiGong) - \$65 for 10 one-hour classes - 9:00a
- Tai Chi 101 - \$65 for 10 one-hour classes - 10:00a
- Tai Chi 201 - \$80 for 10 one-hour classes - 2:00p

Integral Yoga® Hatha

Courthouse Way Community Center
Instructor: Frank “Ananda” Alvarado

- All Levels - \$40 for 8 one-hour classes - 9:30a (Tue or Thu)
- All Levels - \$70 for 16 one-hour classes - 9:30a (Tue & Thu)

January 30 - March 21 March 26 - May 23

Enhance Fitness

Courthouse Way Community Center
Instructor: Bobby Graves

Monday, Tuesday & Thursday, January 8 - February 29
8:30a-9:30a March 11 - April 30
\$25 for 3 sessions a week for 9 weeks

Strength training, aerobic, flexibility and balance exercises to help adults at all fitness levels. It is a nationally recognized program that has shown measured and positive results for all.

Movement for Parkinson’s

Denbigh Community Center ~ Instructor: Bobby Graves
Fridays, February 2 - 23 // 9:30a - 10:15a // \$20 for 4 classes
This exercise series is open to people of all ages with Parkinson's and their caregivers or companions.
Students explore gentle elements of dance and exercise to improve the quality of life overall.
Call Jackie for more information (757) 926-1465

Free Weekly Fitness Classes

| MONDAY | | |
|--|---------------------------|------|
| 8:00a | Boot Camp for Seniors | BMCC |
| 9:00a | Low Impact Exercise Group | DCC |
| TUESDAY | | |
| 8:00a | Exercise Group | CWCC |
| 10:30a-11a | Dance Exercise | DCC |
| Please call to confirm Dance Exercise (757) 812-7905 | | |
| WEDNESDAY | | |
| 8:00a | Boot Camp for Seniors | BMCC |
| 9:00a | Low Impact Exercise Group | DCC |
| THURSDAY | | |
| 8:00a | Exercise Group | CWCC |
| 11:30a | Let's Get Moving | DCC |
| FRIDAY | | |
| 8:00a | Boot Camp for Seniors | BMCC |
| 9:00a | Low Impact Exercise Group | DCC |

Line Dance

Instructor: Linda Coolican
Brittingham-Midtown Community Center
Tuesdays, January 9 - February 27 // March 12 - April 30
6:15p-7:30p
Courthouse Way Community Center
Wednesdays, January 10 - February 28 // March 13 - May 1
10:30a-11:45a

\$40 for 8 one-hour-fifteen-minute sessions

Social Ballroom Dance

Denbigh Community Center.
Wednesdays at 6:00p-7:30p
Instructor: Candace Wolf
Come join the fun.

Session I : January 10, 17, 24, & 31 6:00p-7:30p \$20
Session II: February 21, 28, March 6, 13 6:00p-7:30p \$20

Learn how to lead and follow with emphasis placed on technique. Very encouraging atmosphere for beginners.
Call (757) 926-1400 for more information.



!NEW! Sound Healing Workshop

Denbigh Community Center ~ Instructor: Paul Salgado
Tuesday, January 30 // 10am - 11:30am // \$30
Strengthen your well-being with Vocal Toning and the new “Sonic Anatomy” process.
Call Jackie for more information (757) 926-1465

Registration Options:

* Go to ActiveNet www.parksandrec.org/senior-classes and create a personal account. A valid email address is required. A non-refundable convenience fee for this on-line service will be assessed

* Call (757) 926-1400 to register over the phone

* Visit any of our Community Centers to register in person

ALL ATTENDEES must scan in at the front desk.
Need a key fob? The front desk will help you register for one.

Active Lifestyles Trips

Smithsonian Museum
National Museum of African American
History & Culture

Washington, DC
Saturday, March 2, 2024
\$90 per person
Call Lucy for more information (757) 247-2451

Arundel Mills & Maryland Live

Shopping & Casino!
Saturday, March 16, 2024
\$60 per person
Call Lucy (757) 247-2451

Odyssey Cruise during
Cherry Blossom Season

Wednesday, April 10, 2024
\$191 per person
Includes motor coach transportation, cruise on the Potomac River, meal on board, special DC tour and rest stops en route.
Call Lucy for more information (757) 247-2451

Tangier Island

Thursday, May 16, 2024
\$105 per person
This trip includes transportation, boat ride to Tangier, and lunch. All other expenses are on your own.
Call Angelia for more information (757) 591-4853.

Lancaster, PA

September 6-7, 2024
\$529 Double (pp) \$658 Single (pp)
\$100 deposit required
Call Lucy for more information (757) 247-2451



Apple Harvest Festival October 2023

Now is the time to plan ahead and reserve your seat on Active Lifestyles trips! Exciting trips planned for 2024.

Canada Trip!

Montreal, Quebec City and Ottawa
Saturday, June 8 - June 15, 2024
\$1395~Double / \$1695~Single / \$1375~Triple
Price includes motorcoach transportation, 7 nights lodging including 5 days in Canada, 7 breakfasts 5 dinners, guided tours of Montreal, Quebec City & Ottawa, Visit to Notre Dame Basilica, Montreal's Underground City & Ottawa's Parliament Hill, narrated cruise on the stunning St. Lawrence River, and a visit to St. Joseph's Oratory of Mount Royal
Call Angelia to register (757) 591-4853

Spirit of Norfolk

Bingo Cruise
Wednesday, August 14, 2024
\$96 per person
Includes transportation from Newport News, Lunch, Bingo Trivia, DJ
Call Angelia for more information (757) 591-4853

International Restaurant Tours

Registration is required. No transportation provided
11:30a - 1:00p
Contact Angelia at (757) 591-4853

- January 30: **Al Fresco (Italian)**
11710 Jefferson Ave, Newport News
- February 27: **County Grill & Smokehouse(American)**
26 E Mercury Blvd, Hampton
- March 26: **Bob Bob Korean Grill & Kitchen(Asian)**
12368 Warwick Blvd, Newport News
- April 30: **Surf Rider Restaurant (Seafood)**
1 Marina Road, Hampton

Registration: Is on a first-come, first-serve basis and is currently accepted at the centers or by phone. The following is required when registering for trips, classes and programs: name,address, phone number, date of birth, e-mail address and emergency contact's name and phone number.

Wait List: If a trip is full; request to have your name added to the wait list.

Trip Refund: No refunds are available after the deadline date unless a trip is canceled due to insufficient enrollments, or when cancellations are filled from the wait list. Refunds will not be given to participants who fail to show up for a registered trip or activity.

Travel Insurance for Extended Tours: It is highly recommended to purchase trip insurance as the Active Lifestyles program cannot be responsible for refunding your money.

Theater

NEW! Acting Workshop

Brittingham-Midtown Community Center

Instructor: Carla Mutone

Wednesdays, February 7, 14, 21, 28 and March 6 & 13

5:00p - 6:30p \$40

This workshop will introduce students to improvisation, monologues, theatrical exercises, scene work and scripts with ample time to develop your acting ability.

Ends with a performance for family and friends.

Call (757) 926-1465 for more information and to register

Smart Driving

Claim your safe drivers discount! When you take the AARP Smart Driver course you could be eligible for a discount on your auto insurance.

AARP Smart Driving Courses

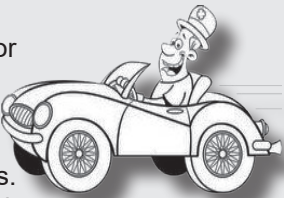
To register, call the Center directly, or visit: www.aarp.org.

\$20 for AARP Members.

\$25 for Non-AARP Member.

Membership not available at classes.

Attendance at both dates is required.



Brittingham-Midtown Comm Center, Ph (757) 591-4853
570 McLawhorne Drive, Newport News, VA 23601

- Time: 9:00 a-1:00p both days Tuesday & Thursday
- January 16 & 18, 2024
 - July 23 & 25, 2024
 - March 12 & 14, 2024
 - October 15 & 17, 2024
 - May 21 & 23, 2024

Denbigh Community Center, Ph (757) 812-7905
15198 Warwick Blvd., Newport News, VA 23608

Time: 9:00 a-1:00 p each day

Tuesday & Wednesday

- April 23 & 24, 2024

Hilton Senior Center Ph (757) 247-2451
605 Hilton Blvd., Newport News, VA 23605

Time: 8:30 a-4:30 p Must attend the full day

Saturday

- January 27, 2024
- March 30, 2024
- February 03, 2024
- April 27, 2024



Denim Diamonds and Pearls Dance at Hilton Senior Center October 7, 2023

History & Culture

Discover Your City Series

Let's discover the history and culture of Newport News!

The 3rd Thursday of each month beginning February 15 at 10a.
Entrance fees may apply

February 15 ~ Newsome House Museum & Cultural Center

March 21 ~ Torggler Center featuring photograph exhibit
by Nakeya Brown

April 18 ~ Mariners' Museum

Call (757) 926-1465 to register

Miscellaneous



Piano Lessons are now offered at DGCAC!
Contact Ann or Dozella at (757) 247-8950

Technology Help

Denbigh Community Center

- Beginner & Intermediate Levels Tuesdays
Basic help with usage and navigating smart devices (please call & schedule)

10a-12p

- What's New in the Digital World Fridays
Help with your computers & smartphones

10a-11a

To register, call (757) 812-7905



2024 Meetings & Clubs

* Fashion Elegantés Modeling Club (BMCC), Tuesday, 1:30p
January 9, February 6, March 5, April 9

* (NARFE) National Association of Retired Federal Employees (BMCC),Monday, 10:00a: January 8, February. 12, March 11, April 15

* Active Lifestyles Advisory Committee (BMCC)
Monday, 9:30a: January 8 & March 11

* Narcotics Anonymous (NNN), Fridays, 7:00p

* North Newport News Civic League (NNN), Monday, 6:00p-8:00p 1st Monday of the month

* Alcoholics Anonymous (HSC), Thursdays, 7:00p

* Tidewater Holidays Bridge Club (HSC), 12:00p:
3rd Thursday of the month. New members welcome.
January.18 , February.15, March 21, April 18

* Hampton Roads Doll Club (HSC), 11:00a
4th Wednesday of the month. New members welcome.

Daily Activities

Advanced registration is required for all activities

Pickleball

| | | |
|----------------------------|--|------|
| 8:00a-9:00a 9:00a-1:00p | TUESDAY Lessons | BMCC |
| | Indoor Pickleball (All Levels) | BMCC |
| 9:00a-12:30p | WEDNESDAY Indoor Pickleball (All Levels) | DCC |
| | | |
| 1:00-4:00p | THURSDAY Indoor Pickleball (All Levels) | DCC |
| | | |
| 9:00a-1:00p | FRIDAY Indoor Pickleball (All Levels) | BMCC |
| | | |

Walking for Fitness

| | | |
|-------------------------|--|------|
| 6:00a 7:00a 7:00a | MONDAY Early Bird Walking | BMCC |
| | Walk with Ease | BMCC |
| | Early Rise Walking Club | DCC |
| 6:00a 7:00a 8:30a | TUESDAY Early Bird Walking | BMCC |
| | Early Rise Walking Club | DCC |
| | Walk in the Park (2nd & 4th Thursday) | CWCC |
| | | |
| 6:00a 7:00a 7:00a | WEDNESDAY Early Bird Walking | BMCC |
| | Walk with Ease | BMCC |
| | Early Rise Walking Club | DCC |
| 6:00a 7:00a | THURSDAY Early Bird Walking | BMCC |
| | Early Rise Walking Club | DCC |
| 6:00a 7:00a 7:00a | FRIDAY Early Bird Walking | BMCC |
| | Walk with Ease | BMCC |
| | Early Rise Walking Club | DCC |



Community Center Guide

Brittingham-Midtown Community Center - **BMCC**
Courthouse Way Community Center - **CWCC**
Denbigh Community Center - **DCC**
Downing-Gross Cultural Arts Center - **DGCAC**
Hilton Senior Center - **HSC**
North Newport News Community Center - **NNNCC**

See page 2 for location details and phone numbers

Walking & Hiking

A Walk in the Park

At 10,000 acres Newport News Park is one of the largest municipal parks in the United States. There are two opportunities each month to join the group. Discover interesting vegetation and make new friends. Bring your camera or phone. Meet at the Discovery Center.
All walks are weather permitting and subject to change.

- February 13 & 27
- March 12 & 26
- January 9 & 23
- April 9 & 23

Walks begin at 8:30am on the 2nd and 4th Tuesday



Women Who Hike

We have heard the phrase “take a hike” but there is more to hiking than just a brisk walk. *Women Who Hike* is nation-wide group that empowers those who are on their own exploration journey through hiking, self-discovery, and connection to nature. The Active Lifestyles Program has formed a group for hikers to build relationships, and discover the benefits of outdoor hiking.

Hiking Schedule

| | | |
|-------------|--------|--|
| January 25 | 11:00a | Jamestown Island |
| February 22 | 11:00a | Newport News Park |
| March 28 | 11:00a | Cape Henry Trail, VA Beach |
| April 25 | 11:00a | James River North Bank & Buttermilk Loop Trail, Richmond |

****Schedule subject to change****

For more information and to register call (757) 926-1400



Women and Men Who Bike
Coming this Spring!

More details coming soon.

Call Jackie for more information (757) 926-1465



“New” Art Classes with Tenley Raithel

Brittingham-Midtown Community Center

4 week mini session to startMondays10a-1p

January 22 - February 12

\$65 for four 3 hour classes

Lessons on a specific art topic with examples and demonstration techniques using acrylics but can be applied to the student's medium of choice. Lessons will cover the use of color, design elements and composition. Students will have a 2-hour work period to to incorporate these techniques.

Call (757) 926-1465 to register

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Senior Arts

Brittingham-Midtown Community Center

Instructor: Mendel Williams

Tuesdays or Thursdays9a-1pJanuary 9 - February 1

\$25 for 4 weeks

Imagine it! An affordable 4 week adventure into your creative side. Opportunities offered with hands-on art projects, storytelling, writing, and more! Call (757) 591-4853 for more information.

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Paint Pouring

Courthouse Way Community Center

Second Wednesday of the month

January 10, February 14, March 13, April 10

10a - 12p\$8 for supplies

Call (757) 886-7929 for more information

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Landscape Oil Painting

Denbigh Community Center

Instructor: Linda Coolican

Thursdays: February 8, 15 & 2210:00a - 2:00p

\$40 per class or \$110 for all 3

Bob Ross supply kit is required and can be ordered on Amazon (approx. \$90).

Complete an oil masterpiece in just 4 hours using the Bob Ross method.

Please call (757) 926-1465 for more information and to register.

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NEW! Friday Night Paint Parties

Denbigh Community Center

Instructor: Linda Coolican

5:30p-7:30p

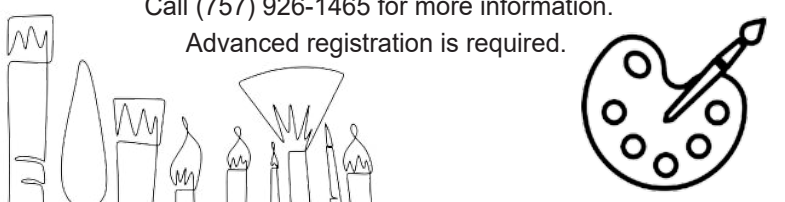
January 19, February 16, March 15, April 19

\$40 per paint party

Call (757) 926-1465 for more information.

Advanced registration is required.

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Pottery Class

Courthouse Way Community Center

Beginner Level

Starting February 7

Wednesdays10a-12p & 12p-2p

Supply fee \$40

Call Steve (757) 886-7929



Weekly Art Classes

MONDAY

10:00a-5:00pPicture Passion (Scrapbooking).NNCC

Bring your own supplies. All Levels Welcome

10:00a-2:00pArts-n-Crafts, Puzzles, Word SearchDGCAC

Make it & Take it Home Crafts

WEDNESDAY

10:00a-12:00pAmateur Art Hour (Fee)CWCC

10:00a-12:00pPaint Pour (Fee)CWCC

Every 2nd Wednesday of the month

THURSDAY

10:00a-2:00pArts-n-Crafts, Puzzles, Word SearchDGCAC

FRIDAY

10:00a-11:30aCreating Arts SeriesDCC

Tidewater Arts Outreach

The Active Lifestyles Program continues their partnership with the Tidewater Arts Organization in presenting specialized arts / crafts / theater / and music programs. Participation is free; however you must pre-register in order to participate.

Participation numbers may be limited, so register early!

Upcoming Tidewater Art Outreach Events:

Mardi Gras Party / Tuesday, February 13,11:00a, CWCC

Arts & Crafts Workshop / Friday, March 22, 11:00a, DCC

Arts & Crafts Program / Friday, April 19, 11:00a HSC

Artistic Expressions / Saturday, May 11, 1:30p-2:30p, DGCAC

Register at each center or by calling (757) 926-1400



Crochet/Knitting

MONDAY

10:00aDenbigh Crafters

Learn to Knit / Crochet

CWCC

TUESDAY

10:00aNEW Knitting, Crochet & Embroidery

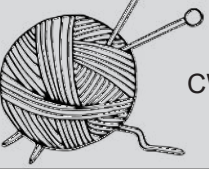
BMCC

THURSDAY

10:00aDenbigh Crafters

Learn to Knit / Crochet

CWCC



Cards, Games and More

MONDAY

9:00aNational Mahjong

10:00aDominoes & Pinochle

10:00a-2:00pParty Bridge

10:00a-2:00pBilliards / Table Tennis / Table Games

10:30a-3:30pBridge Club (all levels welcome)

11:00a-5:00pBilliards & Spades

10:00a-2:30pCard & Table Games

BMCC

DCC

CWCC

CWCC

BMCC

HSC

DGCAC

TUESDAY

9:00a-2:00pDominoes / Mahjong / Cards

11:00a-5:00pBilliards & Spades

12:00p-5:00pPinochle Card Games

CWCC

HSC

NNNCC

WEDNESDAY

10:00a-2:00pLearn to Play Bridge (Beginner)

10:00a-2:00pBilliards / Table Tennis / Table Games

10:00aDominoes & Pinochle

10:00a-2:30pFun Game Day!

10:00a-1:00pOutdoor Game Day

Corn Hole, Croquet, Bocci Ball, Mini Hoops

Every 3rd Wednesday of the month

11:00a-5:00pBilliards & Spades

12:00p-5:00pCard Games, Mahjong

CWCC

BMCC

CWCC

DGCAC

THURSDAY

9:00aDominoes / Mahjong / Card Players

9:30a-1: 30pMahjong

10:00a-2:00pLearn to Play Bridge (Intermediate)

10:00a-2:30pCards & Table Games

CWCC

BMCC

CWCC

DGCAC

FRIDAY

9:30a-2:00pHead and Foot Card Game (4th Friday of each month)

9:30a-1:30pNEW Mexican Train (2nd & 3rd Friday)

10:00aDominoes, Cornhole and Billiards

10:00a-5:00pVarious Card Games, Mahjong

10:00a-5:00pMahjong Day / Pinochle Day

11:00a-5:00pBilliards & Spades

12:15p-3:00pBunco (First Friday of the month)

1:30-3:30pBoard Games

BMCC

BMCC

DCC

NNNCC

NNNCC

HSC

BMCC

DCC

Food Programs

MONDAY

10a- 2pPAA - Dining Center

11a-1pMonthly Bagged Lunch Program (3rd Mon)

NNNCC / HSC / DCC

Call (757) 591-4850

CWCC

TUESDAY

10a-2pPAA - Dining Center

Call (757) 873 - 0541 to register

CWCC

WEDNESDAY

11a-2pMonthly Bagged Distribution (3rd Wed)

(Details below)

NNNCC

THURSDAY

10a-2pPAA - Dining Center

CWCC

FRIDAY

11amMonthly Grocery Delivery (3rd Fri)

(Details below)

2024 Grocery Delivery Program

3rd Friday of the month9a-1p

Downing-Gross Cultural Arts Center

* January 19* February 16


* March 15* April 19

Recipients must pre-register to receive food.

Contact Ann Jordan at (757) 247-8950 or (757) 591-4850

**Be Blessed, Be a Blessing Organization

USDA & Food Bank (Bagged Food Distribution)



11:00a-2:00p3rd Wednesday of the month:

January 17, February 21, March 20

and April 17.

Must complete paperwork & registration.

Contact Ann Jordan at (757) 591-4850

Sponsored by USDA Florence Kozoyed-Gamble



Food Delivery Program at Downing-Gross Cultural Arts Center

Thank you to the First United Methodist Church in Newport News for your continued support in providing food for our community.

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