

HIGHLIGHTS

2024 Lifelong Citizenship Award Ceremony

Nominations are being accepted through July 26, 2024 for outstanding citizens over the age of 90 for their lifelong commitment to the City of Newport News. Call (757) 926-1400 for an application or visit <https://nnparksandrec.org>



Summer at the Centers

- Hawaiian Luau (Page 3)
- Walks in the Park & Women Who Hike (Page 5)
- Summer Peninsula Dance Party (Page 3)
- Art, Pottery & Fitness (Pages 4 & 6)
- MJ The Musical (Page 9)
- Stay Cool with Center Activities (Page 10-11)

Join the Active Lifestyles to **power your connection to the community!** Classes, Events, Trips, & Daily Programs are available.



Spotlight on New Team Members!

The Active Lifestyles Program welcomes four new members to our team.

- You may have met Denyce Clark at Denbigh Community Center and Downing Gross Cultural Arts Center. She brings enthusiasm and a love of programming to our team.
- Sharon Cox Eley is also part of the Denbigh and Courthouse Team. Her peachy persona is a welcome addition to the centers.
- Welcome Paige Price, the new overseer of the newsletter!



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



Thank You to the Sponsors of the 25th Annual Senior Amateur Golf Classic



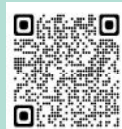
Delegate Phil Hamilton
Listen, Learn and Help!



Visit our website



- In this issue:*
- Summer at the Centers*
 - Fun with Friends*
 - Upcoming Travel Adventures*





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

Paige Price - Marketing Coordinator
(757) 926-1445 pricepc@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@nnva.gov

DGCAC - Downing-Gross Cultural Arts Center
2410 Wickham Avenue, Newport News, VA 23607 Ph. (757) 247-8950
Visit us on the 3rd floor, Mon/Wed/Thu
Hastie "Ann" 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
Denyce Clark - Program Facilitator ~ clarkdt@nnva.gov
Sharon Cox-Eley - Program Facilitator ~ coxeleysg@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

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

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3. Upcoming Events
4. Health, Fitness & Dance
5. Pickleball, Walking & Hiking, Women Who Hike, Walking for Fitness, Women/Men Who Bike
6. Art & Tidewater Arts Outreach
7. Crochet, Knitting, Games & Food Programs
8. Theater, Smart Driving, History & Culture, Miscellaneous, Technology Help & Clubs
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10. Summer at the Centers
11. Summer at the Centers Continued

Back: Highlights

Active Lifestyles Centers & Admin Office Closings

May 27 - Memorial Day (All centers closed)

June 19 - Juneteenth (All centers closed)

July 4 - Independence Day (All centers closed)

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
LaVerne Campbell
Eva Forhand
Delores Griffith
Marie Hill
Donald Livingston
Debbie McHugh
Mary Mills
Shelia Willis - Chair

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.

Summer at the Centers

Pre-registration Required

Hilton Senior Center (HSC)

MAY

- 7 - Tue 12p-1:30p Eat Smart Cooking Demo
2 - Thu 9a-10a QiGong (Weekly) Fee
2 - Thu 10a-11a Tai Chi 101 (Weekly) Fee
2 - Thu 2p-3p Tai Chi 201 (Weekly) Fee
5 - Fri 11a-2p Game Day
14 - Tue 12p-3p JenCare Penny Auction
24 - Fri 1p-3p Corn Hole Social
Mon, Wed & Fri 11a-5p Billiards/Spades/Pinochle (Weekly)

JUNE

- 6 - Thu 9a-10a QiGong (Weekly) Fee
6 - Thu 10a-11a Tai Chi 101 (Weekly) Fee
6 - Thu 2p-3p Tai Chi 201 (Weekly) Fee
4 - Tue 12p-1:30p Lunch & Learn - Move More
11 - Tue 12p-3p Musical Bingo, JenCare
12 - Wed 10a-12p Safety Chat w/ Officer Greathouse
14 - Fri 1p-3p Line Dance Party: White Attire, \$10
28 - Fri 1p-3p Corn Hole Social
Mon, Wed & Fri 11a-5p Billiards/Spades/Pinochle (Weekly)

JULY

- 9 - Tue 12p-1:30p Eat Smart Cooking Demo
11 - Thu 9a-10a QiGong (Weekly) Fee
11 - Thu 10a-11a Tai Chi 101 (Weekly) Fee
11 - Thu 2p-3p Tai Chi 201 (Weekly) Fee
12 - Fri 11a-12p Fire Safety Fun w/ NN Fire Dept.
26 - Fri 12p-3p Oldies but Goodies Dance, JenCare
Mon, Wed & Fri 11a-5p Billiards/Spades/Pinochle (Weekly)

AUGUST

- 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
7 - Wed 10a-12p Safety Chat w/ Office Greathouse
13 - Tue 12p-1:30p Lunch & Learn - Move More
16 - Fri 1p-3p Line Dance Summer Attire, \$10
20 - Tue 12p-3p Name that Tune, JenCare
23 - Fri 1p-3p Corn Hole Social
Mon, Wed, Fri 11a-4p Billiards/Spades/Pinochle (Weekly)

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

Tue: May 7 - Eat Smart Cooking Demo

Tue: June 4 - Move More

Tue: July 9 - Eat Smart Cooking Demo

Tue: August 13 - 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)

MAY

- 3 - Fri 10:30a-1p Rubber Stamping Club
9 - Thu 10a-1p The Joy of Watercolor Pencil
Call 757-591-4853 for supply list.
14 - Tue 1p-3p Armchair Travel Matinee: Alaska
Advanced Registration: 757-591-4853
22 - Wed 1p-2p Meditation & Aromatherapy
29 - Wed 1p-2p Surprise "Crafty" Make-n-Take with
JenCare
31 - Fri 10a-12p Bingo Blast - Bring 3 \$1.25 prizes

JUNE

- 7 - Fri 10:30a-1p Rubber Stamping Club
11 - Tue 1p-3p Armchair Travel Matinee:
National Parks of USA
Advanced Registration: 757-591-4853
24 - Mon 11a-1p Fun Day Monday! Outdoor Games
26 - Wed 1p-2p Surprise "Crafty" Make-n-Take with
JenCare
28 - Fri 10a Bingo Blast - Bring 3 \$1.25 prizes

JULY

- 9 - Tue 1p-3p Armchair Travel Matinee: Hawaii
Advanced Registration: 757-591-4853
11 - Thu 10a-1p The Joy of Watercolor Pencil
Call 757-591-4853 for supply list.
12 - Fri 10:30a-1p Rubber Stamping Club
16 - Tue 11a-12p Healthy Food Series: Smoothies*
19 - Fri 10a-12p Hawaiian Luau with JenCare
24 - Wed 1p-2p Meditation & Aromatherapy
26 - Fri 10a Bingo Blast - Bring 3 \$1.25 prizes

AUGUST

- 2 - Fri 10:30a-1p Rubber Stamping Club
7 - Wed 11a-12p Healthy Food Series: Salads*
28 - Wed 1p-2p Surprise "Crafty" Make-n-Take with
JenCare

*Healthy Food Series: Must pre-register by calling (757) 591-4853

Turning the Tide on Diabetes

Presented by Peninsula Agency on Aging

Classes held in Spanish. La clase se reune una vez a la
semana, en español.
Do you want support to understand/manage diabetes?
¿Necesita apoyo para entender y manejar su condición
de diabetes?

Dónde: el Centro Comunitario Brittingham-Midtown
Cuándo: los miércoles, 17 de abril - 22 de mayo, 2024
10 am - 12:30 pm

(757) 246-1912

Summer at the Centers

Pre-registration Required

Downing-Gross Cultural Arts Center (DGCAC)

MAY

2 - Thu 11a-1p *Color Purple* - New Movie!
 22 - Wed 10a-1:30p Bingo! Bring 3 \$1.25 prizes
 29 - Wed 10a-2:30p Arts-N-Crafts Day

JUNE

12 - Wed 10:30a-12:30p Senior Fire Safety Jeopardy
 26 - Wed 10a-2:30p Arts & Crafts Day
 26 - Wed 10a-1:30p Bingo! Bring 3 \$1.25 prizes

JULY

10 - Wed 10:30a-12p Fire Safety/Spin the Wheel
 24 - Wed 10a-1:30p Bingo! Bring 3 \$1.25 prizes
 25 - Thu 10:30a-12:30p JenCare Chair Massage Day
 31 - Wed 10a-2:30p Summer Arts & Crafts Day

Courthouse Way Community Center (CWCC)

MAY

8 - Wed 10a Paint Pour (Fee)
 17 - Wed 10a Game Day: Corn Hole, Croquet, Bocci Ball, Mini Hoops, Badminton
 22 - Wed Fishing Around - License \$5

JUNE

12 - Wed Fishing Around - License \$5
 14 - Wed 10a Paint Pour (Fee)
 21 - Wed 10a Game Day: Corn Hole, Croquet, Bocci Ball, Mini Hoops, Badminton

JULY

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

AUGUST

10 - Wed 10a Paint Pour (Fee)
 17 - Wed 10a Game Day: Corn Hole, Croquet, Fishing Around - License Required
 21 - Wed

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

North Newport News Community Center (NNNCC)

DAILY

Mon 10a-5p Scrapbook Pictures Passion
 Tue 10a-5p Open House Game-a-rama
 Wed 11a-3p Mahjong
 Wed (3rd Wed) USDA Food Program - Be Blessed
 Wed 12p-5p Card (Pinochle)
 Fri 10a-5p Mahjong and Pinochle

MAY

22 - Wed 10:30a-11:45a JenCare Arts & Crafts

JULY

10 - Wed 10:30a-12p Senior Fire Safety Jeopardy

AUGUST

14 - Wed 10:30a-11:45a Bingo with JenCare

*Space is available for rent Great for parties, showers, and events
 Call Chona at (757) 812-7905*

Denbigh Community Center (DCC)

MAY (OLDER AMERICANS MONTH)

3 - Fri 11a-1:00p Cinco de Mayo Craft Party
 8 - Wed 11p-1p Bingo
 10 - Fri 10:30a Mother's Day Craft
 13 - Mon 11a-12:30p Healthy Lunch & Learn
 "A Twist on an Old Recipe"
 20 - Mon 10a-1p CarFit - Check the Fit of Your Car
 24 - Fri 11a-12:30p Creative Art Series
 Celebrating Older Americans
 "Powered by Connections"
 29 - Wed 9a-12p Senior Fitness Day - Round Robin
 Pickleball Tournament (\$20)
 31 - Fri 11a Picnic - Celebrating Older Americans

JUNE

7 - Fri 11a-12p Creative Art: Recycled Items
 10 - Mon 11a-12:30p Lunch & Learn: "Food Purpose: Nourishment"
 19 - Wed 11a-1p Bingo
 21 - Fri 11a-12:30p Creative Art Series
 27 - Thu 10a Health/Resource Fair

JULY

5 - Fri 11a-12:30p Creative Art Series: Paper Maché
 8 - Mon 11a-12:30p Lunch & Learn
 18 - Fri 11a-12:30p Creative Art Series: Shell Frames
 24 - Wed 11a-1p Bingo

AUGUST

2 - Fri 11a-12:30p Creative Art Series: Shell Decorating
 15 - Thurs 10:30a Fire and Fall Safety
 16 - Fri 11a-12:30p Creative Art Series: Wind Chimes
 28 - Wed 12p-1p Bingo

Upcoming Events

Artistic Expressions

April 29 - May 11, 2024
 Downing-Gross Cultural Arts Center
 Reception on Saturday, May 11, 2024 1:30p - 2:30p
 Call (757) 591-4853 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 ends
 May 6, 2024



Summer Peninsula Dance Party

Friday, June 14, 2024
 Denbigh Community Center
 6:30p-9:30p
 6:30p Bachata & Line Dance Lessons followed by an evening of Ballroom Dancing until 9:30 pm.
 Call (757) 812-7905 to register.

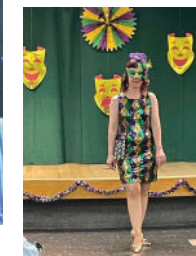


Hawaiian Luau

Friday, July 19, 2024
 Brittingham-Midtown Community Center
 10:00a - 12:00p
 Refreshments, Dancing, Fun
 Sponsored by JenCare & Tidewater Arts Outreach
 Call (757) 591-4853 to register.
 Space is limited. No Walk-Ins.

Fall Fashion Show

Saturday, October 5, 2024
 Brittingham-Midtown Community Center
 \$15 per person includes refreshments
 2:00p-5:00p
 Call (757) 591-4853
NO TICKETS SOLD AT THE DOOR AND NO REFUNDS



17th Newport News Lifelong Citizenship Awards

Honoring those over age 90 for lifelong service to the citizens of Newport News

Nominations are now being accepted through Friday, July 26th.
 The Awards Ceremony is by invitation only on Tuesday, September 17. Call (757)926-1400 for more information.

Round Robin Pickleball Event

Senior Health & Fitness Day
 Wednesday, May 29, 2024
 Denbigh Community Center
 Begins at 9:00a



Intermediate/Advanced Players are welcome to participate in the Round Robin Tournament (Teams will consist of mixed doubles teams, ages 50+) Call (757) 926-1400 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: March 28 - May 30 // July 11 - September 12
 • 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)
 March 26 - May 16 // June 4 - August 1

Enhance Fitness®

Courthouse Way Community Center
 Instructor: Bobby Graves
 Monday, Tuesday & Thursday May 13 - July 11 // July 22 - Sep 19
 \$25 for 3 sessions a week for 9 weeks - 8:30a-9:30a
 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.

Pickleball Conditioning

Denbigh Community Center ~ Instructor: Bobby Graves
 Fridays, May 10 - June 21 // July 12 - August 16
 8a-9a // \$30 for 6 classes
 This conditioning exercise series will focus on getting fit for pickleball, which is one of the fastest growing sports with the most injuries. Bobby will include strength training, flexibility, cardio drills, and safety techniques to prepare for the court.

Free Weekly Fitness Classes

MONDAY		
8:00a	Boot Camp for Seniors	BMCC
9:00a	Low Impact Exercise Group	DCC
11:00a	Get Fit With Line Dance	DCC
TUESDAY		
8:00a	Exercise Group	CWCC
WEDNESDAY		
8:00a	Boot Camp for Seniors	BMCC
9:00a	Low Impact Exercise Group	DCC
THURSDAY		
8:00a	Exercise Group	CWCC
FRIDAY		
8:00a	Boot Camp for Seniors	BMCC
9:00a	Low Impact Exercise Group	DCC

Line Dance

Coming this summer!

Line dancing is a fun and social way to enjoy music and exercise, with choreographed steps that are performed in sync by a group of dancers.

Call (757) 926-1400 for more information.

Social Ballroom Dance

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

July 30 & August 6, 13 & 20 - \$20
 Learn how to lead and follow with emphasis placed on technique. Very encouraging atmosphere for beginners.
 Call (757) 926-1400 for more information.



Tai Chi Sensing Hands (Push Hands)

Courthouse Way Community Center

Instructor: Paul Salgado
 Wednesdays - May 1, 8, 15 & 22 - 1p - 2p // \$40
 Class instruction will focus on practicing the Cheng Man-Ching Tai Chi solo form with postures and movements to "listen" with our body for our partner's balance, timing & tension.
 Call 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

Trips sell out quickly. Now is the time to plan ahead and reserve your seat on Active Lifestyles trips! Exciting trips planned for 2024 and 2025.

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

MJ The Musical



Saturday, August 24, 2024
 \$249 per person
 Includes motor coach transportation, snacks, ticket to Broadway show at the National Theatre in Washington, DC.
 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.



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

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



Saturday, October 12, 2024
 \$69 per person
 Call Angelia (757) 591-4853

Urbanna Oyster Festival



Friday, November 1, 2024
 \$40 per person
 Call Angelia for more information (757) 591-4853

Look What's Coming!

- November 9, 2024
Arundel Mills & Maryland Live
 Includes Shopping & Casino // \$60 per person
 Call Lucy (757) 247-2451
- Fall 2024
Vineyard Tour // Central VA
- December 2024
Holiday Tour // Call for Details
- June 2025
Novia Scotia // Canada
- September 2025
Biltmore Estates // Asheville NC

International Restaurant Tours

Registration is required. No transportation provided. Meals and gratuity paid on your own.
 11:30a - 1:00p
 Contact Angelia at (757) 591-4853

- May 28: **Nawab (Indian)**
 11712 Jefferson Ave, Newport News
- June 25: **MOMO's Cafe**
 1930 Power Plant Pkwy, Hampton
- July 30: **Vancostas (Italian)**
 14745 Warwick Blvd, Newport News
- August 27: **Southern Comfort (Southern)**
 2163 Cunningham Dr, 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, May 15, 22, 29 and June 5, 12, 19

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 Members.
Membership not available at classes.
Attendance at both dates is required.

Brittingham-Midtown Community Center

Ph (757) 591-4853

570 McLawhorne Drive, Newport News, VA 23601

Time: 9:00 a-1:00p both days Tuesday & Thursday

- **May 21 & 23, 2024**
- **July 23 & 25, 2024**
- **October 15 & 17, 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

- **May 18, 2024**
- **September 28, 2024**
- **June 29, 2024**
- **October 19, 2024**

Courthouse Way Secret Garden

Relax, Play Games, Volunteer, Enjoy Garden Goodies.

Monday - Thursday, 9a-2p

History & Culture

Discover Your City Series

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

The 3rd Thursday of each month at 10a

May 16 ~ Victory Landing Park - Bring a Picnic!

June 20 ~ US Army Transportation Museum at Fort Eustis

July 18 ~ Lee Hall Mansion

August 15 ~ Virginia War Museum

Call (757) 926-1465 to register

Most sites are free or a nominal charge.

Transportation is not provided. We will meet at the site.

Miscellaneous



Piano Lessons are now offered at DGCAC!
Call (757) 247-8950

Technology Help

Denbigh Community Center and Courthouse Way Community Center

Classes Forming Now!

- Beginner & Intermediate Levels
- Basic help with your Computers, Smartphones & Tablets
- See what's new in the digital world

Call (757) 812-7905 to register



2024 Meetings & Clubs

* **Fashion Elegantes Modeling Club (BMCC)**
Tuesday, 1:30p: May 7, June 4, August 6

* **(NARFE) National Association of Retired Federal Employees (BMCC)**, Monday, 10:00a: May 13, June 10, July 8

* **Active Lifestyles Advisory Committee (BMCC)**
Monday, 9:30a: May 13 & July 8

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

* **North Newport News Civic League (NNNCC)**
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.
May 16, June 20, July 18, August 15

* **Hampton Roads Doll Club (HSC)**, 11:00a
4th Wednesday of the month. New members welcome.
May 22, June 26, July 24, August 28

Daily Activities

Advanced registration is required for all activities

Pickleball

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

Walking for Fitness

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



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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.

- **May 7 & 21**
- **June 11 & 25**
- **July 9 & 23**
- **August 13 & 27**

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 a 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

May 23	9:00a	Nike Park Trail, Carrollton
June 27	9:00a	Beaverdam Park, Gloucester
July 25	9:00a	Newport News Park
August 22	11:00a	Blue Ridge Tunnel Trailhead, Afton
September 26	11:00a	Machicomoco State Park, Hayes

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

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



Women and Men Who Bike

If you are interested in forming a cycling group, call Jackie for more information (757) 926-1465



Art

Art Classes with Tenley Raithel Brittingham-Midtown Community Center

4 week sessions Mondays 10a-1p
Summer Classes forming now.
\$65 for four 3-hour classes

Lessons on a specific art topic with examples and demonstrations using acrylics or 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 incorporate these techniques.
Call (757) 926-1465 to register



Paint Pouring



Courthouse Way Community Center

Second Wednesday of the month
May 8, June 12, July 10, August 14
10a - 12p \$8 for supplies
Call (757) 886-7929 for more information

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:

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

Hawaiian Luau / Friday, July 19 10:00a-12:00p **BMCC**

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



Pottery Class Courthouse Way Community Center

Beginner Level
Wednesdays 10a-12p & 12p-2p
Supply fee \$40

Classes Forming.

Call Steve (757) 886-7929



Weekly Art Classes

MONDAY		
10:00a-5:00p	Picture Passion (Scrapbooking). <i>Bring your own supplies. All Levels Welcome</i>	NNNCC
10:00a-2:00p	Arts-n-Crafts, Puzzles, Word Search <i>Make it & Take it Home Crafts</i>	DGCAC
WEDNESDAY		
10:00a-12:00p	Amateur Art Hour (Fee)	CWCC
10:00a-12:00p	Paint Pour (Fee)	CWCC
Every 2nd Wednesday of the month		
THURSDAY		
10:00a-2:00p	Arts-n-Crafts, Puzzles, Word Search	DGCAC
FRIDAY		
11:00a-12:30p	Creating Arts Series <i>Bring Your Own Supplies* (Every Other Friday)</i>	DCC
*Call or stop by for the supply list.		

Artistic Expressions

April 29 - May 11, 2024
Downing-Gross Cultural Arts Center

Reception on Saturday, May 11, 2024 1:30p - 2:30p
Call (757) 591-4853 for more information



Crochet/Knitting

MONDAY		
10:00a	Denbigh Crafters Learn to Knit / Crochet	CWCC
TUESDAY		
10:00a	Knitting, Crochet & Embroidery Social Club	BMCC
THURSDAY		
10:00a	Denbigh Crafters Learn to Knit / Crochet	CWCC



Cards, Games and More

MONDAY		
10:00a	Dominoes	DCC
10:00a-2:00p	Party Bridge	CWCC
10:00a-2:00p	Billiards / Table Tennis / Table Games	CWCC
11:00a-5:00p	Billiards / Spades / Pinochle	HSC
10:00a-2:30p	Puzzles, Cards & Table Games	DGCAC
TUESDAY		
9:00a-2:00p	Dominoes / Mahjong / Cards	CWCC
12:00p-5:00p	Pinochle Card Games "Left Center Right"	NNNCC
1:00p-2:00p	Dice Game & Pokeno	BMCC
WEDNESDAY		
10:00a-2:00p	Learn to Play Bridge (Beginner)	CWCC
10:00a-2:00p	Billiards / Table Tennis / Table Games	CWCC
10:00a	Dominoes & Pinochle	DCC
10:00a-2:30p	Fun Game Day!	DGCAC
10:00a-1:00p	Outdoor Game Day Corn Hole, Croquet, Bocci Ball, Mini Hoops - Every 3rd Wednesday	CWCC
11:00a-3:00p	Mahjong Games / Weekly	NNNCC
11:00a-5:00p	Billiards, Spades & Pinochle	HSC
12:00p-5:00p	Card Games	NNNCC
THURSDAY		
9:00a	Dominoes / Mahjong / Cards	CWCC
9:15a-1:30p	Mahjong	BMCC
10:00a-2:00p	Learn to Play Bridge (Intermediate)	CWCC
10:00a-2:30p	Puzzles, Cards & Table Games	DGCAC
FRIDAY		
9:30a-1:30p	Indoor Card Games (3rd Friday)	BMCC
10:00a	Dominoes, Cornhole & Billiards	DCC
10:00a-5:00p	Various Card Games	NNNCC
10:00a-5:00p	Mahjong Day / Pinochle	NNNCC
11:00a-5:00p	Billiards, Spades & Pinochle	HSC
9:30a-1:30p	Game Day (1st Friday)	BMCC
	Bridge (2nd Friday)	
	Pinochle (4th Friday)	

Food Programs

MONDAY		
10a-2p	PAA - Dining Center	CWCC
11a-1p	Monthly Bagged Lunch Program (3rd Mon) NNNCC / HSC / DCC Call (757) 591-4850	
TUESDAY		
10a-2p	PAA - Dining Center Call (757) 873-0541 to register	CWCC
WEDNESDAY		
11a-2p	Monthly Bagged Food Distribution Be Blessed, Be a Blessing Organization (Details below)	NNNCC
THURSDAY		
10a-2p	PAA - Dining Center	CWCC
FRIDAY		
11am	Monthly Grocery Delivery (3rd Fri) (Details below)	

2024 Grocery Delivery Program

3rd Friday of the month 9a-1p
Downing-Gross Cultural Arts Center
* May 17 * June 21
* July 19 * August 16
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)



12:00p-2:00p 3rd Wednesday of the month:
May 15, July 17 and August 21.

Must complete paperwork & registration.
Contact Ann Jordan at (757) 591-4850



Food Delivery Program at
Downing-Gross Cultural Arts Center
Provided by the First United
Methodist Church in Newport News

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