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



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!

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



POWERED BY CONNECTION: MAY 2024



Daily Exercise Programs Now on NNTV!

neer Run

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





Visit our website





Providing Opportunities for Active Living

In this issue: • Summer at the Centers • Fun with Friends • Upcoming Travel Adventures newport **NEWS** PARKS & RECREATION ACTIVE LIFESTYLES

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

- 2. Center's Location Guide // Policies & Helpful Information
- 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
- 9. Active Lifestyles Trips
- 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.

- - Donald Livingston
 - Debbie McHugh

Hilton Senior Center (HSC)				Brittingham-Midtown Community Center			
	MAY					(BMCC)	
7 - Tue	12p-1:30p	Eat Smart Cooking Demo				MAY	
2 - Thu	9a-10a	QiGong (Weekly) Fee		3 - Fri	10:30a-1p	Rubber Stamping Club	
2 - Thu	10a-11a	Tai Chi 101 (Weekly) Fee		9 - Thu	10a-1p	The Joy of Watercolor Pencil	
	2р-3р	Tai Chi 201 (Weekly) Fee		14 - Tue	1n 2n	Call 757-591-4853 for supply list. Armchair Travel Matinee: <i>Alaska</i>	
5 - Fri	11a-2p	Game Day	1	14 - Tue	1р-3р	Advanced Registration: 757-591-4853	
	12p-3p	JenCare Penny Auction		22 - Wed	1p-2p	Meditation & Aromatherapy	
24 - Fri	1p-3p	Corn Hole Social		29 - Wed	1p-2p	Surprise "Crafty" Make-n-Take with	
/lon, Wed	& Fri 11a-5p	Billiards/Spades/Pinochle (Weekly)				JenCare	
	JUNI	E		31 - Fri	10a-12p	Bingo Blast - Bring 3 \$1.25 prizes	
6 - Thu	9a-10a	QiGong (Weekly) Fee				JUNE	
6 - Thu	10a-11a	Tai Chi 101 (Weekly) Fee		7 - Fri	10:30a-1p	Rubber Stamping Club	
6 - Thu	2р-3р	Tai Chi 201 (Weekly) Fee					
4 - Tue	12p-1:30p	Lunch & Learn - Move More	1	11 - Tue	1p-3p	Armchair Travel Matinee:	
1 - Tue	12p-3p	Musical Bingo, JenCare				National Parks of USA Advanced Registration: 757-591-4853	
2 - Wed	10a-12p	Safety Chat w/ Officer Greathouse		24 - Mon	11a-1p	Fun Day Monday! Outdoor Games	
4 - Fri	1p-3p	Line Dance Party: White Attire, \$10		26 - Wed	1p-2p	Surprise "Crafty" Make-n-Take with	
28 - Fri <i>I</i> lon, Wed	1p-3p	Corn Hole Social		_		JenCare	
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1 - Thu	9a-10a	QiGong (Weekly) Fee		(4 T L	10 - 1-	Advanced Registration: 757-591-4853	
1 - Thu	10a-11a	Tai Chi 101 (Weekly) Fee	1	11 - Thu	10a-1p	The Joy of Watercolor Pencil Call 757-591-4853 for supply list.	
1 - Thu 2 - Fri	2p-3p 11a-12p	Tai Chi 201 (Weekly) Fee Fire Safety Fun w/ NN Fire Dept.		12 - Fri	10:30a-1p	Rubber Stamping Club	
26 - Fri	12p-3p	Oldies but Goodies Dance, JenCare		16 - Tue	11a-12p	Healthy Food Series: Smoothies*	
	& Fri 11a-5p	Billiards/Spades/Pinochle (Weekly)	1	19 - Fri	10a-12p	Hawaiian Luau wth JenCare	
	AUGI			24- Wed	1p-2p	Meditation & Aromatherapy	
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3 - Tue	12p-1:30p	Lunch & Learn - Move More		7 - Wed	11a-12p	Healthy Food Series: Salads*	
6 - Fri	1p-3p	Line Dance Summer Attire, \$10	ł	28 - Wed	1р-2р	Surprise "Crafty" Make-n-Take with JenCare	
20 - Tue	12p-3p	Name that Tune, JenCare				JEIIVALE	
23 - Fri	1p-3p	Corn Hole Social	*	Healthy Fo	ood Series: M	ust pre-register by calling (757) 591-4853	
/lon, Wed		Billiards/Spades/Pinochle (Weekly)	1	, 	Turning	the Tide on Diabetes	
					Presented by	y Peninsula Agency on Aging	
	4 Lunch & Le	1 1		Classes held in Spanish. La clase se reune una vez a la semana, en español.			
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Tue: August 13 - Move More				L'INCCESI	a apoyo par	de diabetes?	
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2 - Thu 2p-3p 5 - Fri 11a-2p 4 - Tue 12p-3p)	Tai Chi 201 (Weekly) Fee Game Day JenCare Penny Auction		14 - Tue	1р-3р	Call 757-591-4853 for supply list. Armchair Travel Matinee: <i>Alaska</i> Advanced Registration: 757-591-4853
4 - Fri 1p-3p on, Wed & Fri	, 11a-5p	Corn Hole Social Billiards/Spades/Pinochle (Weekly)		22 - Wed 29 - Wed	1p-2p 1p-2p	Meditation & Aromatherapy Surprise "Crafty" Make-n-Take with JenCare
	JUNI	E		31 - Fri	10a-12p	Bingo Blast - Bring 3 \$1.25 prizes
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δ - Thu 2p-3 ↓ - Tue 12p- ↓ - Tue 12p-	1:30p	Tai Chi 201 (Weekly) Fee Lunch & Learn - Move More Musical Bingo, JenCare		11 - Tue	1p-3p	Armchair Travel Matinee: National Parks of USA
2 - Wed 10a- 4 - Fri 1p-3r 3 - Fri 1p-3r	D	Safety Chat w/ Officer Greathouse Line Dance Party: White Attire, \$10 Corn Hole Social		24 - Mon 26 - Wed	11a-1p 1p-2p	Advanced Registration: 757-591-4853 Fun Day Monday! Outdoor Games Surprise "Crafty" Make-n-Take with JenCare
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6 - Fri 12p- on, Wed & Fri	•	Oldies but Goodies Dance, JenCare Billiards/Spades/Pinochle (Weekly)		16 - Tue 19 - Fri 24 - Wed	11a-12p 10a-12p 1p-2p	Healthy Food Series: Smoothies* Hawaiian Luau wth JenCare Meditation & Aromatherapy
	AUG	JST		26 - Fri	10a	Bingo Blast - Bring 3 \$1.25 prizes
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I - Thu 10a-1		Tai Chi 101 (Weekly) Fee				AUGUST
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2024 Lunch & Learn Series12p - 1:30pTue: May 7 - Eat Smart Cooking DemoTue: June 4 - Move MoreTue: July 9 - Eat Smart Cooking DemoTue: August 13 - Move More			Do you v	sen want suppor	nish. La clase se reune una vez a la nana, en español. t to understand/manage diabetes? a entender y manejar su condición de diabetes?	
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2024 Lunch & Learn Series	12р - 1:30р
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, VA Co-Op Extension Reservations Hilton Senior Center Call Lucy for more information (75	s required.

Hilton Ser	Brittin	gham-Mi	dtown Community Center (BMCC)	
7 - Tue 12p-1:30p	Eat Smart Cooking Demo		10.20- 1-	MAY
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5 - Fri 11a-2p	Game Day	14 - Tue	1р-3р	Armchair Travel Matinee: Alaska
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		7 - Fri	10:30a-1p	Rubber Stamping Club
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11 - Tue 12p-3p	Musical Bingo, JenCare			Advanced Registration: 757-591-4853
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28 - Fri 1p-3p	Corn Hole Social	20- Weu	ip-zp	
Mon, Wed & Fri 11a-5p	Billiards/Spades/Pinochle (Weekly)		10-	JenCare
•		28 - Fri	10a	Bingo Blast - Bring 3 \$1.25 prizes
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11 - Thu 9a-10a	QiGong (Weekly) Fee	44 T h	10 - 1-	Advanced Registration: 757-591-4853
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11 - Thu 2p-3p	Tai Chi 201 (Weekly) Fee		10.00 1	Call 757-591-4853 for supply list.
12 - Fri 11a-12p	Fire Safety Fun w/ ŃN Fire Dept.	12 - Fri	10:30a-1p	Rubber Stamping Club
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Mon, Wed & Fri 11a-5p	Billiards/Spades/Pinochle (Weekly)	19 - Fri	10a-12p	Hawaiian Luau wth JenCare
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		26 - Fri	10a	Bingo Blast - Bring 3 \$1.25 prizes
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1 - Thu 2p-3p	Tai Chi 201 (Weekly) Fee	2 - Fri	10:30a-1p	Rubber Stamping Club
7 - Wed 10a-12p	Safety Chat w/ Office Greathouse	7 - Wed	11a-12p	Healthy Food Series: Salads*
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Mon, Wed, Fri 11a-4p	Billiards/Spades/Pinochle (Weekly)			the Tide on Diabetes
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2024 Lunch & L	earn Series 12p - 1:30p			5 5 5 5
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Tue: May 7 - Eat Smar				nana, en español.
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Tue: August 13 - Move				
	by Sonja Mitchell, M.S.	Dónde:	el Centro C	omunitario Brittingham-Midtown
	nsion Reservations required.	: Cuándo	: los miércol	es, 17 de abril - 22 de mayo, 2024
Call Lucy for mo	:	10) am - 12:30 pm	
	:			
	:	(757) 246-1912	

The committee members are: Iris Allen-Brunson LaVerne Campbell

Eva Forhand

Marv Mills

- · Shelia Willis Chair
- · Delores Griffith Marie Hill

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

Summer at the Centers

Pre-registration Required

Artistic Expressions

May - August 2024

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



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.

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.

Dov		Cultural Arts Center GCAC)	North N			
		MAY				
2 - Thu 22 - Wed 29 - Wed	11a-1p 10a-1:30p 10a-2:30p	<i>Color Purple</i> - New Movie! Bingo! Bring 3 \$1.25 prizes Arts-N-Crafts Day	Mon Tue Wed			
		JUNE	Wed (3r Wed			
12 - Wed	10:30a-12:30p	Senior Fire Safety Jeopardy	Fri			
26 - Wed	10a-2:30p	Arts & Crafts Day				
26 - Wed	10a-1:30p	Bingo! Bring 3 \$1.25 prizes	22 - Wed			
		JULY				
10 - Wed 24 - Wed 25 - Thu	10:30a-12P 10a-1:30p 10:30a-12:30p	Fire Safety/Spin the Wheel Bingo! Bring 3 \$1.25 prizes JenCare Chair Massage Day	10 - Wed			
31 - Wed	10a-2:30p	Summer Arts & Crafts Day	14 - Wed			
Cou		/ Community Center CWCC)	Space is a			
		MAY	-			
8 - Wed 17 - Wed	10a 10a	Paint Pour (Fee) Game Day: Corn Hole, Croquet, Bocci Ball, Mini Hoops, Badminton				
22 - Wed		Fishing Around - License \$5	3 - Fri			
		JUNE	8 - Wed			
12 - Wed		Fishing Around - License \$5	10 - Fri 13 - Mon			
14 - Wed	10a	Paint Pour (Fee)				
21 - Wed	10a	Game Day: Corn Hole, Croquet, Bocci Ball, Mini Hoops , Badminton	20 - Mon 24 - Fri 27-31 (daily)			
13 - Wed	10a	JULY Paint Pour (Foo)				
20 - Wed	10a	Paint Pour (Fee) Game Day: Corn Hole, Croquet,	29 - Wed			
17 - Wed		Bocci Ball, Mini Hoops, Badminton Fishing Around - License Fee	31 -Fri			
10 - Wed 17 - Wed 21 - Wed	10a 10a	AUGUST Paint Pour (Fee) Game Day: Corn Hole, Croquet, Fishing Around - License Required	7 - Fri 10 - Mon 19 - Wed			
Payment & Refund Policies						
	cash, checks or money	orders (payable to City of Newport News),	27 - Thu			
payment in	person with a personal	I check. Trip Policy: A trip will be canceled	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			

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

orth Newport News Community Center (NNNCC)

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

MAY

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

JULY

Senior Fire Safety 10 - Wed 10:30a-12p 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
1		"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
27-31 (daily)		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: <i>"Food Purpose:</i>
		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
1	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

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

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







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

Providing Opportunities for Active

Health, Fitness & Dance

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, May10 - 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

8:00a 9:00a 11:00a	MONDAY Boot Camp for Seniors Low Impact Exercise Group Get Fit With Line Dance	BMCC DCC DCC
	TUESDAY	
8:00a	Exercise Group	CWCC
	WEDNESDAY	51400
8:00a 9:00a	Boot Camp for Seniors Low Impact Exercise Group	BMCC DCC
	THURSDAY	
8:00a	Exercise Group	CWCC
9.00-	FRIDAY	BMCC
8:00a	Boot Camp for Seniors	DIVICC
9:00a	Low Impact Exercise Group	DCC

Advanced registration is required for all activities

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.

May - August 2024

PA

formation

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	Lancaster, PA
Bingo Cruise	
Wednesday, August 14, 2024	September 6-7, 2024
\$96 per person	\$529 Double (pp)
Includes transportation from Newport	\$658 Single (pp)
ا News, Lunch, Bingo Trivia, DJ	\$100 deposit required
Call Angelia for more information	Call Lucy for more informa
(757) 591-4853	(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

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

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 \$40

5:00p - 6:30p

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-1:00 p both days Tuesday & Thursday May 21 & 23, 2024 October 15 & 17, 2024 • July 23 & 25, 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

- September 28, 2024 May 18, 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!

Г	he 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 Elegantés 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

May - August 2024

BMCC

Daily Activities

Pickleball

TUESDAY
Lessons
Indoor Pic

BMCC sons BMCC oor Pickleball (All Levels)

9:00a-12:30p

WEDNESDAY DCC Indoor Pickleball (All Levels)

1:00-4:00p

9:00a-1:00p

THURSDAY DCC Indoor Pickleball (All evels)

FRIDAY Indoor Pickleball (All Levels)

Walking for Fitness

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

Advanced registration is required for all activities

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

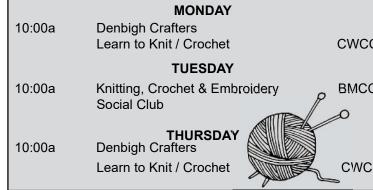
If you are interested in forming a cycling group, call Jackie for more information (757) 926-1465



Art

May - August 2024

Crochet/Kr



Cards, Games

	MONDAY
10:00a	Dominoes
10:00a-2:00p 10:00a-2:00p	Party Bridge
10:00a-2:00p	Billiards / Table Tennis / Table Games
11:00a-5:00p	Billiards / Spades / Pinochle
10:00a-2:30p	Puzzles, Cards & Table Games

Dominoes / Mahjong / Cards	CM
Pinochle Card Games	NN
"Left Center Right"	
Dice Game & Pokeno	BM

Learn to Play Bridge (Beginner)	С
Billiards / Table Tennis / Table Games	С
Dominoes & Pinochle	D
Fun Game Day!	D
Outdoor Game Day	С
Corn Hole, Croquet, Bocci Ball, Mini	
Hoops - Every 3rd Wednesday	
Mahjong Games / Weekly	Ν
Billiards, Spades & Pinochle	Η
Card Games	Ν

THURSDAY

Dominoes / Mahjong / Cards	(
Mahjong	E
Learn to Play Bridge (Intermediate)	(
Puzzles, Cards & Table Games	[

FRIDAY

ame rnhol Game Pine es & st Fric idav Pinochle (4th Frida

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11:00a-5:00p 10:00a-2:30p	Billiards / Spades / Pinochle Puzzles, Cards & Table Games	F
	TUESDAY	
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12:00p-5:00p	Pinochle Card Games "Left Center Right"	Ν
1:00p-2:00p	Dice Game & Pokeno	E
	WEDNESDAY	
10:00a-2:00p	Learn to Play Bridge (Beginner)	C

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9:30a-1:30p

9.30a-1.30p	Indoor Card Ga
10:00a	Dominoes, Cor
10:00a-5:00p	Various Card G
10:00a-5:00p	Mahjong Day /
11:00a-5:00p	Billiards, Spade
9:30a-1:30p	Game Day (1st
	Bridge (2nd Fri
	Pinochle (4th F

MONDAY	
Denbigh Crafters	
Learn to Knit / Crochet	CW
TUESDAY	
Knitting, Crochet & Embroidery	BM
Social Club	~
THURSDAY Denbigh Crafters	
Learn to Knit / Crochet	CW
	>

(Fee) ednesday of the mont	CWCC h	1:00p-2:00p
RSDAY Puzzles, Word Search RIDAY Series n Supplies* (Every Oth / for the supply list.	DCC	10:00a-2:00p 10:00a-2:00p 10:00a 10:00a-2:30p 10:00a-1:00p
xpressions		11:00a-3:00p 11:00a-5:00p 12:00p-5:00p

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



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). NNNCC Bring your own supplies. All Levels Welcome					
10:00a-2:00p	Arts-n-Crafts, Puzzle	es, Word Search	DGCAC			
	Make it & Take it Home	e Crafts				
	WEDNESD	AY				
10:00a-12:00p	Amateur Art Hour Paint Pour	(Fee) (Fee)	CWCC CWCC			
10.00a-12.00p		\	00000			
Every 2nd Wednesday of the month						
THURSDAY						
10:00a-2:00p	Arts-n-Crafts, Puzzle	es, Word Search	DGCAC			
	FRIDAY					
11:00a-12:30p	Creating Arts Series		DCC			
	Bring Your Own Supp	lies* (Every Othe	r Friday)			
	*Call or stop by for the	e supply list.				

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



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

Art Classes with Tenley Raithel

Brittingham-Midtown Community Center

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 0 /0 00 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

