

# Upcoming Events

## Artistic Expressions Reception

Saturday, May 16, 2026 | 1:30p-2:30p

Downing-Gross Cultural Arts Center

This exhibit features local artists, ages 50+.

Join us at the reception for light refreshments and a chance to meet the artists.

Art will be on display from May 4-May 16, 2026.

For more information, call Candice or Angelia (757) 591-4853

## Newport News Senior Amateur Golf Classic

Wednesday,

May 20, 2026 | 8a

Newport News Golf Club

at Deer Run

To register, call (757) 926-1400

\$82 per person includes:  
Green & Cart Fees, Lunch & Refreshments.

Awards for Special Competitions & Door Prizes.

## Hawaiian Luau Party

Friday, July 10, 2026 | 11a-1p

Brittingham-Midtown Community Center

Wear your best Hawaiian attire and join us for live entertainment and door prizes!

\$10 includes refreshments.

Advance ticket sales only. No refunds.

To purchase your tickets, call (757) 591-4853

## Community Family Fun Day

Saturday, August 8, 2026 | 2p-5p

North Newport News Community Center

Indoor Fun, Movie & Popcorn!

Free for all ages.

For more information, call (757) 591-4853

## NNTV Spotlight

Active Lifestyles will now be featured on NNTV.



NEWPORT NEWS TELEVISION

Learn about upcoming events and tips on how to age well, together. Look for familiar faces and guest appearances as we cover a variety of topics!

NNTV Cox 48 / Verizon 19

NNTV2 Cox 46 / Verizon 18



*The Fashion Elegantes Present:*

## Fall Fashion Show - "Motown Fashion Review"

Saturday, September 26, 2026

Motown Dance: 1p-2p

Fashion Show: 2p

Brittingham-Midtown Community Center

\$15 per person includes refreshments.

Tickets may be purchased at the Community Centers. For more info, call (757) 591-4853.

ADVANCE TICKET SALES ONLY. NO REFUNDS ISSUED.

## Fall Bazaar & Health Fair

Saturday, October 17, 2026 | 11a-2p

Denbigh Community Center

Mark your calendar for this fun day of shopping with local vendors! There will be games, food & fun! For more information, call (757) 812-7905.

Vendor registration begins July 8, 2026. \$15 for Bazaar

Vendors, No Cost for Health Fair Vendors

## Hiking Club

This group is for you if you want to discover peace of mind through nature, exercise and connections with fellow hikers. The benefits of walking in nature are endless. This group shares in these benefits as well as a love and respect for the natural environment.

### Hiking Schedule

May 28 10a Hoffer Creek Nature Preserve, Portsmouth | 3 mi

June 25 9a Grandview, Hampton | 3.5 mi

July 23 9a Riverview Farm Trail, Newport News | 3 mi

August 27 9a Sandy Bottom Trails, Hampton | 4.4 mi

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

For more information and to register

call (757) 926-1400



## 19th Annual Newport News Lifelong Citizenship Awards

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

Now accepting nominations for the Lifelong Citizenship Awards Ceremony, being held September 22, 2026.

Nominations are due by Friday, July 24, 2026.

For an application, call (757) 926-1465.



# Active Lifestyles

May-August 2026

## CELEBRATING OLDER AMERICANS MONTH

*"Connect, Create, Contribute"*



## Trips

(pg. 9)

Join us as we explore parts of Virginia and attend events on the East Coast!  
Your next adventure awaits!

## Upcoming Events

(back cover)

Artistic Expressions, Golf Classic, Community Family Fun Day, Hawaiian Luau Party & more!

## Fun with Friends

(pages 4-11)

Age-proof your body, mind & soul with activities like:  
Walks with Friends, Creative Art Projects, Pickleball, & Crafting Clubs!

*Providing Opportunities for Active Living*

Visit our Website



Visit our Facebook Page





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](mailto:activelifestyles@nnva.gov)  
Website: [www.nnparksandrec.org](http://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 - Administrative Technician~ 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  
Sharon Cox-Eley - Program Facilitator ~ coxeleysg@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  
Kate Parkinson - Program Facilitator ~ parkinsonkh@nnva.gov  
Denyce Clark - Program Facilitator ~ clarkdt@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

**NNNCC - 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  
Shawn Jackson - Recreation Leader ~ jacksons@nnva.gov

**NEWPORT NEWS PARKS & RECREATION**  
**Torrence Archie - Director**  
**Tammy Jordan - Assistant Director** - Recreation  
**William Roche - Assistant Director** - Parks  
**Meghan Reed - Superintendent** - Recreation Program

**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

*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.nnparksandrec.org](http://www.nnparksandrec.org)*

Policies & Helpful Information

Inside This Issue

- 2. Policies & Helpful Information
  - 3. Connect, Create, Contribute!
  - 4. Health, Fitness & Dance
  - 5. Pickleball, Walking & Hiking, Walking for Fitness
  - 6. Art Classes
  - 7. Crochet, Knitting, Games, Food Programs & Support Group
  - 8. Smart Driving, Let's Go Out to Eat!, Technology Instruction, & Clubs
  - 9. Active Lifestyles Trips
  - 10. Discover the Power of Connection at the Centers
  - 11. Discover the Power of Connections at the Centers Continued
- Back: Upcoming Events

Active Lifestyles Centers & Admin Office Closings

- May 25 - Memorial Day (All Centers Closed)
- June 19 - Juneteenth (All Centers Closed)
- July 3 - In observance of July 4th (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 Candice at (757) 591-4853.

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
- Jackie McIntire
- LaVerne Campbell
- Debbie McHugh
- Eva Forehand
- Mary Mills
- Marie Hill
- Bennetta Watson
- Donald Livingston
- 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.

Discover the Power of Connection at the Centers

Pre-registration Required

Hilton Senior Center (HSC)

| MAY      |         |                                                             |
|----------|---------|-------------------------------------------------------------|
| 1 - Fri  | 12p-2p  | Pool Divas - Billiards lessons for women                    |
| 5 - Tue  | 11a-2p  | Peninsula Agency on Aging Program                           |
| 8 - Fri  | 12p-2p  | Painting Party - Celebrate Mothers & Fathers. Must Register |
| 13 - Wed | 12p-2p  | Wellness Bingo with JenCare. Must register                  |
| 15 - Fri | 11a     | Lunch Outing - Olive Garden (pg. 8)                         |
| 19 - Tue | 12p-2p  | Bingo. Bring 3 - \$1.25 Prizes                              |
| 22 - Fri | 12p-2p  | Pool Divas - Billiards lessons for women                    |
| 23 - Sat | 8:30a   | AARP Smart Driving Course. See pg. 8                        |
| 29 - Fri | 12p-3p  | Dance - Welcome, Summer! \$10. Must register                |
| JUNE     |         |                                                             |
| 2 - Tue  | 11a-12p | PAA Program - Diabetes. Must register                       |
| 5 - Fri  | 12p-3p  | Pool Divas - Billiards lessons for women                    |
| 10 - Wed | 12p-2p  | Healthy Summer Living Workshop w/ JenCare                   |
| 12 - Fri | 12p-3p  | Game Day                                                    |
| 17 - Wed | 12p-2p  | Bingo. Bring 3 - \$1.25 Prizes                              |
| 26 - Fri | 11:30a  | Lunch Outing - LongHorn Steakhouse (pg.8)                   |
| 27 - Sat | 8:30a   | AARP Smart Driving Course. See pg 8                         |
| JULY     |         |                                                             |
| 7 - Tue  | 11a-12p | PAA Program - Heart Health. Must register                   |
| 10 - Fri | 12p-3p  | Pool Divas - Billiards lessons for women                    |
| 15 - Wed | 12p-2p  | Christmas in July w/ JenCare                                |
| 17 - Fri | 11:30a  | Lunch Outing - Cheddar's Scratch Kitchen                    |
| 21 - Tue | 12p-2p  | Bingo. Bring 3 - \$1.25 Prizes                              |
| 24 - Fri | 12p-3p  | Pool Divas - Billiards lessons for women                    |
| 25 - Sat | All Day | Mystery Trip. See pg. 9                                     |
| 31 - Fri | 12p-3p  | Game Day                                                    |
| AUGUST   |         |                                                             |
| 4 - Tue  | 11a-12p | PAA Program - Stroke Prevention. Must register              |
| 7 - Fri  | 12p-3p  | Pool Divas - Billiards lessons for women                    |
| 12 - Wed | 12p-2p  | Summer Memory Garden w/ JenCare                             |
| 18 - Tue | 12p-2p  | Bingo. Bring 3 - \$1.25 Prizes                              |
| 21 - Fri | 12p-3p  | Dance - End of Summer, All White Attire \$10. Must register |
| 28 - Fri | 11:30a  | Lunch Outing - Smoke BBQ (pg. 8)                            |

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

Downing-Gross Cultural Arts Center (DGCAC)

WEEKLY

**Mondays, Wednesdays & Thursdays** from 10a-2p: Arts-n-Crafts, Puzzles, Word Search, Adult Coloring, Card Games, Educational Programs & Speakers to be announced. See pages 6 & 7

MAY

4 - Mon, 10:45a - Bingocize. 10-week program on Mondays & Wednesdays. Must Register by April 27, 2026. See pg. 4 for details.  
15 - Fri, 9a-1p - Food Delivery Program, see pg.7

JUNE

17 - Wed, 11a-2p - Paint & Sip. Register by June 10, 2026

JULY

1 - Wed, 10a-12p - Roll-up Paper Flowers Craft. Register by June 24, 2026

**Must call Ms. Donzella to register for all activities and confirm the scheduled programming (757) 247-8950**

**Downing-Gross Cultural Arts Center - (757) 247-8950**  
2410 Wickham Ave., Newport News VA 23608

Brittingham-Midtown Community Center (BMCC)

MAY

|            |           |                                                                         |
|------------|-----------|-------------------------------------------------------------------------|
| 1 - Fri    | 10:30a-1p | Rubber Stamping Club                                                    |
| 4 - Mon    | 10a-1p    | Crafty Social Club                                                      |
| 6 - Wed    | 10a-1p    | Diamond Art Social Club                                                 |
| 14 - Thurs | 10a-1p    | The Joy of Watercolor Pencils<br>Must Register. Call for a supply list. |
| 16 - Sat   | 1:30p     | Artistic Expressions Reception(See Back)                                |
| 18 - Mon   | 10a-1p    | Crafty Social Club                                                      |
| 20 - Wed   | 10a-1p    | Diamond Art Social Club                                                 |
| 21 - Thurs | 1p-2p     | Healthy Snack Series: Fruit Salad<br>Registration Required              |

27 - Wed 1p-2p Meditation Hour. Registration Required  
29 - Fri 10a-12p Bingo Blast. Bring 3 - \$1.25 Prizes.  
Registration Required

JUNE

|            |           |                                                                    |
|------------|-----------|--------------------------------------------------------------------|
| 3 - Wed    | 10a-1p    | Diamond Art Social Club                                            |
| 5 - Fri    | 10:30a-1p | Rubber Stamping Club                                               |
| 8 - Mon    | 10a-1p    | Crafty Social Club                                                 |
| 15 - Mon   | 10a-1p    | Crafty Social Club                                                 |
| 17 - Wed   | 10a-1p    | Diamond Art Club                                                   |
| 18 - Thurs | 1p-2p     | Healthy Snack Series:<br>Blueberry Smoothie. Registration Required |
| 24 - Wed   | 1p-2p     | Meditation Hour. Registration Required                             |
| 26 - Fri   | 10a-12p   | Bingo Blast. Bring 3 - \$1.25 Prizes.<br>Registration Required     |

JULY

|            |           |                                                                         |
|------------|-----------|-------------------------------------------------------------------------|
| 1 - Wed    | 10a-1p    | Diamond Art Social Club                                                 |
| 6 - Mon    | 10a-1p    | Crafty Social Club                                                      |
| 9 - Thurs  | 10a-1p    | The Joy of Watercolor Pencils<br>Must Register. Call for a supply list. |
| 10 - Fri   | 10:30a-1p | Rubber Stamping Club                                                    |
| 10 - Fri   | 11a-1p    | Hawaiian Luau Party. \$10. Must Register                                |
| 15 - Wed   | 10a-1p    | Diamond Art Social Club                                                 |
| 20 - Mon   | 10a-1p    | Crafty Social Club                                                      |
| 23 - Thurs | 1p-2p     | Healthy Snack Series: Mango Smoothie                                    |
| 29 - Wed   | 1p-2p     | Meditation Hour. Registration Required                                  |
| 31 - Fri   | 10a-12p   | Bingo Blast. Bring 3 - \$1.25 Prizes.<br>Registration Required          |

AUGUST

|            |         |                                                               |
|------------|---------|---------------------------------------------------------------|
| 17 - Mon   | 10a-1p  | Crafty Social Club                                            |
| 19 - Wed   | 10a-1p  | Diamond Art Social Club                                       |
| 20 - Thurs | 1p-2p   | Healthy Snack Series: Watermelon Smoothie                     |
| 26 - Wed   | 1p-2p   | Meditation Hour, must register                                |
| 28 - Fri   | 10a-12p | Bingo Blast. Bring 3- \$1.25 Prizes.<br>Registration Required |

August 3-14 No Active Lifestyles Programs, due to Youth Consolidation

This Badge is for the  
Brittingham-Midtown Community  
Center's Garden.

It signifies that we are a Growing  
Kindness gardener: A Sanctuary for  
Cultivating Kindness, Connection, and  
Purpose—One Bloom at a Time.  
Interested in volunteering in the  
garden? See pg 3



# Discover the Power of Connection at the Centers

Pre-registration Required

## Denbigh Community Center (DCC)

| MAY      |              |                                                                          |
|----------|--------------|--------------------------------------------------------------------------|
| 1 - Fri  | 11a-1p       | Lunch Bunch - Harpoon Larry's                                            |
| 5 - Tue  | 11a-1p       | Cinco de Mayo Celebration. \$8                                           |
| 8 - Fri  | 10a-12:30p   | Cornhole                                                                 |
| 8 - Fri  | 11a-1p       | Mother's Day Celebration. Bring a straw hat to decorate.                 |
| 11 - Mon | 10:30a       | Healthy Lunch & Discussion Group - Charcuterie Board                     |
| 13 - Wed | 10:30a       | Life Shifts Support Group, see pg. 7                                     |
| 15 - Fri | 10:30a-2:30p | Newport News Tour - Lunch at the House of Prayer & 24th St. Brewery Tour |
| 18 - Mon | 10:30a-12p   | Bunco                                                                    |
| 20 - Wed | 10:30a       | Bingo                                                                    |
| 27 - Wed | 10:30a       | Safety & Fraud Discussion with the Newport News Police Department        |

| JUNE     |            |                                                                           |
|----------|------------|---------------------------------------------------------------------------|
| 5 - Fri  | 11a-1p     | Lunch Bunch - 2nd Street Bistro                                           |
| 12 - Fri | 11a-1p     | International Food & Drink Celebration. Bring a culturally inspired dish. |
| 15 - Mon | 10:30a-12p | Bunco                                                                     |
| 17 - Wed | 10:30a     | Bingo                                                                     |
| 24 - Wed | 10:30a     | Life Shifts Support Group, see pg. 7                                      |
| 26 - Fri | 10a-12p    | Cornhole                                                                  |

| JULY       |               |                                                                                          |
|------------|---------------|------------------------------------------------------------------------------------------|
| 9 - Thurs  | TBD           | Movie Time - "Loving"                                                                    |
| 10 - Fri   | 10a-12p       | Cornhole                                                                                 |
| 10 - Fri   | 10:30a-12:30p | Jewelry Making, see pg 6                                                                 |
| 13 - Mon   | 10a-3p        | Day Trip - Surry Seafood Co. \$15 Ferry ride & lunch (meal & gratuity cost not included) |
| 15 - Wed   | 10:30a        | Bingo                                                                                    |
| 16 - Thurs | TBD           | Movie Time - "Sarah's Oil"                                                               |
| 20 - Mon   | 10:30a-12p    | Bunco                                                                                    |
| 23 - Thurs | TBD           | Movie Time                                                                               |
| 29 - Wed   | 10:30a        | Life Shifts Support Group, see pg. 7                                                     |

| AUGUST   |            |                                     |
|----------|------------|-------------------------------------|
| 7 - Fri  | 10a-2:30p  | Lunch Bunch - Water Street Grill    |
| 17 - Mon | 10:30a-12p | Bunco                               |
| 19 - Wed | 10:30a     | Bingo                               |
| 21 - Fri | 10a-12p    | Cornhole                            |
| 26 - Wed | 10:30a     | Life Shifts Support Group, see pg 7 |

August 3-14 No Active Lifestyles Programs, due to Youth Consolidation

- Denbigh Community Center - (757) 812-7900  
15198 Warwick Blvd., Newport News VA 23608
- North Newport News Community Center - (757) 591-4850  
605 South Ave., Newport News VA 23601
- Courthouse Way Community Center - (757) 886-7929  
14302 Old Courthouse Way, Newport News VA 23602
- Brittingham-Midtown Community Center - (757) 591-4853  
570 McLawhorne Dr., Newport News VA 23601

## North Newport News Community Center (NNNCC)

| WEEKLY |        |                                           |
|--------|--------|-------------------------------------------|
| Mon    | 10a-5p | Scrapbook Picture Passion                 |
| Tue    | 10a-5p | Open House for New Games & Programs       |
| Tue    | 11a-5p | Playing Card Games (Pinochle)             |
| Wed    | 11a-5p | Mahjong Games & Pinochle                  |
| Wed    | 12p-2p | Food Distribution. Every 3rd Wed. (Pg. 7) |
| Fri    | 10a-5p | Mahjong Games & Pinochle                  |

| MAY      |            |                                                 |
|----------|------------|-------------------------------------------------|
| 5 - Tue  | 10:30a-12p | Bingo- Bring 3, \$1.25 prizes. Register by 4/29 |
| 12 - Tue | 11a-1p     | Movie Day - Light refreshments served           |

| JUNE     |        |                                                 |
|----------|--------|-------------------------------------------------|
| 2 - Tue  | 10:30a | Bingo- Bring 3, \$1.25 prizes. Register by 5/27 |
| 30 - Tue | 11a-1p | Movie Day - Light refreshments served           |

| JULY     |        |                                                |
|----------|--------|------------------------------------------------|
| 7 - Tue  | 10:30a | Bingo- Bring 3, \$1.25 prizes. Register by 7/1 |
| 21 - Tue | 11a-1p | Movie Day - Light refreshments served          |

| AUGUST   |        |                                                                                     |
|----------|--------|-------------------------------------------------------------------------------------|
| 8 - Sat  | 2p-5p  | Community Family Fun Day (see back page)                                            |
| 11 - Tue | 11a-2p | Crafts-N-Things with Donzella. Come create something new. Material will be provided |

## Courthouse Way Community Center (CWCC)

| MAY      |        |                                                                           |
|----------|--------|---------------------------------------------------------------------------|
| 20 - Wed | 8a-11a | Fishing. Bring your fishing gear. Fishing License required. \$5 for bait. |
| 26 - Tue | 10:30a | Art Series! Make a Tassel                                                 |

| JUNE     |        |                                                                                          |
|----------|--------|------------------------------------------------------------------------------------------|
| 9 - Tue  | 10:30a | Art Series! Make a Patriotic Wreath. Bring a wreath.Other supplies are provided.         |
| 17 - Wed | 8a-11a | Fishing. Bring your fishing gear. Fishing License required. \$5 for bait.                |
| 23 - Tue | 10:30a | Art Series! Create a coffee can planter. Bring an empty coffee can to paint & decoupage. |

| JULY     |        |                                                                           |
|----------|--------|---------------------------------------------------------------------------|
| 14 - Tue | 10:30a | Art Series! Bring & Decoupage a Shell                                     |
| 15 - Wed | 8a-11a | Fishing. Bring your fishing gear. Fishing License required. \$5 for bait. |
| 28 - Tue | 10:30a | Art Series! Paint Pour, \$5 for supplies                                  |

| AUGUST   |        |                                                                                       |
|----------|--------|---------------------------------------------------------------------------------------|
| 11 - Tue | 10:30a | Finish It, Bring any art projects to complete & display                               |
| 19 - Wed | 8a-11a | Fishing. Bring your fishing gear. Fishing License required. \$5 for bait.             |
| 25 - Tue | 10:30a | Art Series! Make a terrarium. Bring a large glass container. Other supplies provided. |



**The Library at Courthouse Way Community Center**  
Check out our extensive collection of books, from classics to current reads! Reading is a powerful tool that can stimulate the brain, decrease stress, create social connection through book clubs, and more!

# Connect, Create, Contribute!



### Spotlight On:

**Bobby Graves**  
Fitness instructor, Bobby Graves, knows how to make fitness fun! He teaches "Enhance Fitness," which combines strength training, aerobic, flexibility & balance exercises to help adults at all fitness levels. This program is nationally recognized & is the perfect way to connect with others, while contributing to your overall health & longevity. Class schedule on pg 4

**Unleash Your Inner Artist!**  
Sharon Cox-Eley is a Program Facilitator and Art Instructor with Active Lifestyles. She has been a featured artist in the Newport News Community Gallery at Downing-Gross, and has showcased her art during Artistic Expressions. Take a class with Sharon & create something beautiful!

Creative Art Series! Tuesdays at Courthouse Way Community Center (pg. 10)

Express Yourself in Art! Mondays at Brittingham-Midtown Community Center, and Wednesdays at Courthouse Way Community Center (pg 6)

**Celebrating "Older Americans Month"**  
Every May, the U.S. honors the contributions of older adults and raises awareness of issues affecting them. The 2026 theme is "Connect, Create, Contribute"

**May 12:** Movie Day at North Newport News (pg. 10)  
**May 16:** Artistic Expressions Reception at Downing-Gross (pg. 11)  
**May 21:** Healthy Snack Series - Fruit Salad, at Brittingham-Midtown Community Center (pg. 11)  
**May 26:** Art Series at Courthouse Way Community Center (pg.10)  
**May 27:** Fraud & Safety Discussion with Newport News Police, at Denbigh Community Center (pg. 10)  
**May 29:** Welcome Summer Dance, at Hilton Senior Center (pg.11)

**Volunteer Opportunities**

**Active Lifestyles' Reflection Garden** at Brittingham-Midtown Community Center - Volunteers are needed to help maintain the garden. Call Angelia at (757) 591-4853.

**Courtyard Garden** at Courthouse Way Community Center - Volunteers are needed to help maintain the garden. Pick Figs, Rosemary, Thyme & anything else that grows. Call Steve at (757) 886-7929.

**Food Distribution** at North Newport News Community Center - Volunteers are needed on select Tuesdays, to pack food items that will be distributed as part of the Bagged Grocery Program (pg 7)



**Payment & Refund Policies**

We accept 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.

Health, Fitness & Dance

Advanced registration is required for all activities

 Why was the Yoga mat so popular? Because it always knew how to roll with it. 

Tai Chi & Body-Mind Practice

**Hilton Senior Center**  
Instructor: Paul Salgado  
Thursdays: June 25 – August 27 // September 17 – November 19  
Tai Chi is a sequence of specific movements to adapt for enhancing health, balance, grace, and movement abilities.

- Shibashi - QiGong (Energy Exercises)
  - \$65 for 10 one-hour classes - 9:00a
- Tai Chi 101 - \$65 for 10 one-hour classes - 10:00a
- Tai Chi & Qigong Advancing Practices\*
  - \$80 for 10 one-hour classes - 11:15a

\*Must be recommended by the instructor to attend.



Integral Yoga® Hatha

**Courthouse Way Community Center**  
Instructor: Frank “Ananda” Alvarado

- All Levels - \$60 for 8 one-hour classes - 9:30a (Tue or Thu)
- All Levels - \$90 for 16 one-hour classes - 9:30a (Tue & Thu)

May 5 – June 25 // July 7 – August 27

Enhance Fitness®

**Courthouse Way Community Center**  
Instructor: Bobby Graves  
Monday, Tuesday & Thursday  
June 1 – July 30 // August 10 – October 8  
\$75 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.

Free Weekly Fitness Classes

| MONDAY    |                                   |      |
|-----------|-----------------------------------|------|
| 8:00a     | Boot Camp for Seniors             | BMCC |
| 9:00a     | Morning Exercise Group            | DCC  |
| 11:00a    | Get Fit Line Dance w/ Pop Spriggs | DCC  |
| TUESDAY   |                                   |      |
| 8:00a     | Morning Exercise Group            | CWCC |
| WEDNESDAY |                                   |      |
| 8:00a     | Boot Camp for Seniors             | BMCC |
| 9:00a     | Morning Exercise Group            | DCC  |
| THURSDAY  |                                   |      |
| 8:00a     | Morning Exercise Group            | CWCC |
| FRIDAY    |                                   |      |
| 8:00a     | Boot Camp for Seniors             | BMCC |
| 9:00a     | Morning Exercise Group            | DCC  |

Bingocize

**Denbigh Community Center**  
Classes will take a break during the summer and resume in the fall!  
Play Bingo and receive prizes! Learn helpful exercises and information to keep you moving!  
The class is free but registration is required.  
Call (757) 812-7909 for more information.  
Register online or at one of the Community Centers.

**Downing-Gross Cultural Arts Center**  
Mondays & Wednesdays | 10:45a  
Mondays: May 4, 11 & 18, June 1 & 8, 2026  
Wednesdays: May 6, 13, 20 & 27, June 3, 2026



Line Dance

**Brittingham-Midtown Community Center**  
Instructor: Linda Coolican  
Wednesdays: June 10 – July 29 // August 12 – September 30

10:30a-11:30a  
\$40 for 8 one-hour sessions.

A fun and easy to follow class.  
All levels welcome.  
Call (757) 591-4853 or visit one of our Centers to register.



**Registration Options:**  
\*Register on Civic Rec:  
Go to <https://secure.rec1.com/VA/Newport-news-va/catalog>  
or scan the QR Code:



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. Plan ahead and reserve your seat on Active Lifestyles Trips!

Please note: A REAL ID or federally approved ID may be required for certain trip destinations. The Federal Government will require you to present a REAL ID compliant driver's license or ID card, or another federally approved form of ID, in order to board a domestic flight or enter a secure federal facility.



**Chincoteague Island & Assateague Lighthouse (WAITLIST)** Friday, May 22, 2026 | \$212 per person  
This one-day trip includes: a riding tour of the island, admission to the Museum of Chincoteague Island, a wildlife boat tour, and a visit to the Assateague Lighthouse.  
Call (757) 591-4853 to be placed on the waitlist.



**Mystery Trip**  
Saturday, July 25, 2026 | \$111  
This one-day trip is a secret! If you love to travel and enjoy a good surprise, this trip is for you! Lunch included.  
Call (757) 247-2451 to register.



**Lancaster PA**  
Friday & Saturday  
September 11-12, 2026 | Starting at \$550  
Enjoy the production of "Joshua" at the Sight & Sound Theater, accommodations & transportation.  
Call (757) 247-2451 to register.



**Eastern Caribbean Cruise**  
April 17-25, 2027  
Join the Active Lifestyles Program on a Fun Ship cruise aboard the fabulous Carnival Sunshine! Visit Half Moon Cay, Grand Turk of the Turks & Caicos Islands, & Amber Cove in the Dominican Republic. To register, call (757) 591-4853 or (757) 926-1400.

**Trips are subject to change.**  
**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.



**Tysons Corner**  
Friday, August 14, 2026 | \$89  
Have fun with friends and enjoy shopping at the stores of Tysons Corner Center!  
Call (757) 591-4853 to register.



**Upcoming 2026 Trips**  
**Apple Harvest Festival**  
Saturday, October 10, 2026 | \$89  
For registration info, call (757) 591-4853



**Urbanna Oyster Festival**  
Friday, November 6, 2026 | \$60  
For registration info, call (757) 591-4853



**Riverside Dinner Theater**  
Wednesday, December 2, 2026  
For registration info, call (757) 247-2451



**National Harbor & MGM for the Holidays**  
Saturday, November 21, 2026  
For registration info, call (757) 247-2451



**Holiday Lights**  
December 2026  
For registration info, call (757) 926-1400



Scan the QR code to see all upcoming trips

Let's Go Out to Eat!



Join us at the restaurants listed below.  
Participants are responsible  
for their transportation,  
meal & gratuity.

**Denbigh Community Center Lunch Bunch**  
Fridays // Call (757) 812-7909 to register  
MAY 1 - 11:00a-1:00p - **Harpoon Larry's**  
621 J Clyde Morris Blvd, Newport News

JUNE 5 - 11:00a-1:00p - **2nd Street Bistro**  
115 Arthur Way, Newport News VA

AUGUST 7 - 11:00a-1:00p - **Water Street Grill**  
325 Water Street, Yorktown VA

**Hilton Senior Center Lunch Outing**  
Fridays // Call (757) 247-2451 to register  
MAY 15 - 11a-1:30p - **Olive Garden**  
12560 Jefferson Ave., Newport News VA

JUNE 26 - 11a-1:30p - **LongHorn Steakhouse**  
12581 Jefferson Ave., Newport News VA

JULY 17 - 11a-1:30p - **Cheddar's Scratch Kitchen**  
12280 Jefferson Ave., Newport News VA

AUGUST 28 - 11a-1:30p - **Smoke BBQ**  
10900 Warwick Blvd., Newport News VA

**International Restaurant Tours**  
Tuesdays // Call (757) 591-4853 to register  
MAY 26 - 11:30a-1:00p - **Graham & Rollins Seafood**  
509 Bassette St., Hampton VA

JUNE 30 - 11:30a-1:00p - **P.F. Changs**  
12090 Jefferson Ave., Newport News VA

JULY 28 - 11:30a-1:00p - **LaParrilla Mexican Grill**  
2100 Power Plant Parkway, Hampton VA

AUGUST 25 - 11:30a-1:00p - **Cove Tavern**  
711 Town Center Dr., Newport News

Lifelong Citizenship Awards



19th Annual  
Newport News  
Lifelong  
Citizenship  
Awards

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

Now accepting nominations for the Lifelong Citizenship  
Awards Ceremony, being held September 22, 2026.  
Nominations are due by Friday, July 24, 2026.  
For an application, call (757) 926-1465.

2026 Meetings & Clubs

- \* **Fashion Elegantés Modeling Club** (BMCC)  
Tuesday, 1:30p: May 5, June 2, No July Meeting, August 4
- \* **(NARFE)** National Association of Retired Federal  
Employees, (BMCC), Monday, 10:00a  
May 11, June 8, July 13, No August Meeting
- \* **Active Lifestyles Advisory Committee** (BMCC)  
Monday, 9:30a: May 11, July 13
- \* **Narcotics Anonymous** (NNNCC), Fridays, 7:00p-9:00p
- \* **North Newport News Civic League** (NNNCC)  
Monday, 6:00p-8:00p: 1st Monday of the month
- \* **Alcoholics Anonymous** (HSC), Thursdays, 6:00p
- \* **Tidewater Holidays Bridge Club (HSC)**, 11:00a-3:00p  
3<sup>rd</sup> Thursday of the month. New members welcome.  
May 15, June 19, July 19, August 16
- \* **Hampton Roads Doll Club (HSC)**, 11:00a  
4<sup>th</sup> Wednesday of the month. New members welcome.  
May 28
- \* **Modeling Club (HSC)**, 12:00p-3:00p  
2nd Wednesday of the month

Daily Activities

*Advanced registration is required for all activities*

Pickleball

|                            |                                                    |      |
|----------------------------|----------------------------------------------------|------|
| 8:00a-9:00a<br>9:00a-1:00p | <b>TUESDAY</b><br>Lessons (Beginner)               | BMCC |
|                            | Indoor Pickleball (All Levels)                     | BMCC |
| 9:00a-12:30p               | <b>WEDNESDAY</b><br>Indoor Pickleball (All Levels) | DCC  |
|                            |                                                    |      |
| 9:00a- 12:30p              | <b>THURSDAY</b><br>Indoor Pickleball (All Levels)  | DCC  |
|                            |                                                    |      |
| 9:00a-1:00p                | <b>FRIDAY</b><br>Indoor Pickleball (All Levels)    | BMCC |
|                            |                                                    |      |

Walking for Fitness

|                               |                                        |      |
|-------------------------------|----------------------------------------|------|
| 7:00a<br>8:00a-2:00p          | <b>MONDAY</b><br>Early Bird Walking    | BMCC |
|                               | Open Walking                           | CWCC |
| 7:00a<br>8:00a-2:00p          | <b>TUESDAY</b><br>Early Bird Walking   | BMCC |
|                               | Open Walking                           | CWCC |
| 7:00a<br>7:00a<br>8:00a-2:00p | <b>WEDNESDAY</b><br>Early Bird Walking | BMCC |
|                               | Early Rise Walking Club                | DCC  |
| 7:00a<br>8:00a-2:00p          | Open Walking                           | CWCC |
|                               |                                        |      |
| 7:00a<br>8:00a-2:00p          | <b>THURSDAY</b><br>Early Bird Walking  | BMCC |
|                               | Open Walking                           | CWCC |
| 7:00a<br>7:00a                | <b>FRIDAY</b><br>Early Bird Walking    | BMCC |
|                               | Early Rise Walking Club                | DCC  |



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**

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 12 & 26
- June 9 & 23
- July 14 & 28
- August 11 & 25

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



Hiking Club

This group is for you if you want to discover peace  
of mind through nature, exercise and connections with  
fellow hikers. Join Active Lifestyles on May 15th to  
learn more about hiking opportunities throughout the  
area, the 2026 hiking schedule, and how you can get  
involved. The benefits of walking in nature are endless.  
This group shares in these benefits as well as a love  
and respect for the natural environment.

Hiking Schedule

- May 28 10a Hoffer Creek Nature Preserve,  
Portsmouth | 3 mi
- June 25 9a Grandview, Hampton | 3.5 mi
- July 23 9a Riverview Farm Trail, Newport News | 3 mi
- August 27 9a Sandy Bottom Trails, Hampton | 4.4 mi

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

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



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**

AARP Smart Driving Courses

\$20 for AARP Members  
\$25 for Non-AARP Members  
Membership not available at classes.

To register, call the center directly, or  
visit: [www.aarp.org](http://www.aarp.org).

**Denbigh Community Center**  
(757) 812-7900

15198 Warwick Blvd., Newport News VA 23608

**Call for dates.**

**Brittingham-Midtown Community Center**  
Ph (757) 591-4853  
570 McLawhorne Drive, Newport News, VA 23601  
**Time:** 9:00a-1:00p || Tuesday & Thursday  
(Must attend both days)  
**May 19 & 21, July 21 & 23, 2026**



**Hilton Senior Center**  
7-2451  
VA 23605  
**Time:** 8:30a-4:30p || Saturday  
(1 day class. Must attend the full day.)  
**May 23 & June 27, 2026**

# Art Classes

 Why did the tree start taking art classes? Because she wanted to branch out. 

## Jewelry Making

### Denbigh Community Center

Come learn the art of jewelry making using gem stones and bling!

Fridays, 10:30a-12:30p

\$10 for 1 month of classes, plus a \$15 material fee paid directly to the instructor.

July 10, 17, 24 & 31, 2026

For more information and to register, call (757) 812-7900.

## Downing-Gross Cultural Arts Center

Mondays, Wednesdays & Thursdays | 11a-2p

Arts-n-Crafts Activities offered including:

**JUNE:** 17, Wed - Paint & Sip

**JULY:** 1, Wed - Paper Roll-up Flowers

Arts-n-Crafts time includes light refreshments.

For more information, call (757) 247-8950.



## Express Yourself in Your Art!

\*NEW\* \$40 for 6 months at 2 locations!

### Brittingham-Midtown Community Center

Mondays | 10a-1p

July 6 – December 28

### Courthouse Way Community Center

Wednesdays | 10a-1p

July 1 – December 30

No matter your skill level, you will enjoy the creative, pressure-free environment of a colorful group of novice and experienced artists. You can work from your own photos, pictures or illustrations, bring your own still to life, or learn how to draw or paint. Make art that looks and feels like you! There is no formal instruction but expert advice and help by our resident artist extraordinaire - Sharon Cox-Eley! Call (757) 926-1465 for more information. Register for classes online or at any Community Center.

## Connect, Create, Contribute!

Scan the QR code to see all of our upcoming Art Classes



## Bob Ross Method of Painting

These classes give participants the ability to complete an oil masterpiece in just 1, four- hour class!

Active Lifestyles Instructor, Linda Coolican, is a certified

Bob Ross Method instructor and will be conducting classes this summer in which to learn his method.

Whether you are painting a seascape, landscape, floral or animal oil painting, the results are amazing!

For more info and pricing, please call (757) 926-1465.

## Weekly Art Classes

Register in advance for each class. Call (757) 926-1400.

### MONDAY

10:00a-5:00p Scrapbook Picture Passion NNNCC  
Bring your own supplies. All Levels Welcome.

To Register, Call 757-591-4850

10:00a-1:00p Crafty Social Club (1st&3rd Mondays) BMCC  
Bring your own supplies

10:30a-2:00p Arts-n-Crafts, Puzzles, Word Search DGCAC

### TUESDAY

10:00a-12:00p Get Creative at Courthouse Way CWCC  
Free. Bring your own supplies.  
For a supply list, call (757) 886-7929  
Every 2nd & 4th Tuesday of the month

### WEDNESDAY

10:00a-1:00p Diamond Art Social Club BMCC  
(1st & 3rd Wednesdays) Bring your own supplies.

### THURSDAY

10:30a-2:30p Arts-n-Crafts, Puzzles, Word Search DGCAC

10:00a-1:00p Joy of Watercolor Pencils (2nd Thurs) BMCC

Pre-registration required. Call (757) 591-4853 for a supply list

## Artistic Expressions Reception

Saturday, May 16, 2026 | 1:30p-2:30p

### Downing-Gross Cultural Arts Center

This exhibit features local artists, ages 50 and older.

Join us at the reception for light refreshments, a chance to meet the artists, and an opportunity to purchase an original piece of artwork.

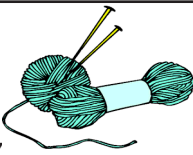
Call (757) 591-4853 for more information.



## Crochet/Knitting

### MONDAY

10:00a Denbigh Crafters: CWCC  
Learn to Knit / Crochet



### THURSDAY

10:00a Denbigh Crafters: CWCC  
Learn to Knit / Crochet

10:00a Open Sewing: CWCC  
Bring your sewing projects and enjoy!

Thank you, Denbigh Crafters, for serving the community for over 25 years, with handmade crocheted and knitted blankets, hats, and more!

## Cards, Games and More

### MONDAY

10:00a Dominoes, Pinochle & Other Games DCC  
10:00a-1:00p Bunco (3rd Monday) DCC  
10:00a-2:00p Bridge Group CWCC  
12:00p-3:00p Billiards HSC  
10:00a-2:00p Card Games & Table Games DGCAC  
1:00p-2:00p Assorted Table Games (1st & 3rd Monday) BMCC

### TUESDAY

8:00a-2:00p Dominoes / Mahjong / Cards CWCC  
10:00a-5:00p Open House for New Games NNNCC  
11:00a-5:00p Card Games (Pinochle) NNNCC  
12:00p-3:00p Phase 10 - (2nd & 4th Tues) HSC  
1:00p-2:00p "Left Center Right" Dice Game & Pokeno (2nd & 4th Tues) BMCC

### WEDNESDAY

10:00a-1:00p Learn to Play Bridge CWCC  
10:00a-2:00p Mahjong CWCC  
10:00a Dominoes, Pinochle & Other Games DCC  
10:00a-2:00p Games of all kinds/Bingo/Card Games DGCAC  
11:00a-5:00p Mahjong Games & Pinochle NNNCC  
12:00p-3:00p Billiards HSC

### THURSDAY

8:00a-2:00p Dominoes / Cards/ Kings on the Corner CWCC  
10:00a-1:00p Learn to Play Bridge CWCC  
10:00a-2:00p Sewing CWCC  
10:00a-2:00p Card Games/Table Games DGCAC

### FRIDAY

10:00a Dominoes, Pinochle & Other Games DCC  
10:00a-5:00p Mahjong Games & Pinochle NNNCC  
12:00p-3:00p Billiards HSC



## Food Programs

### MONDAY

10a-2p PAA - Dining Center. Must Register. CWCC  
11a-1p Monthly Bagged Lunch Program (3rd Mon) NNNCC / HSC / DCC  
Call (757) 591-4850

### TUESDAY

10a-2p PAA - Dining Center CWCC  
Call (757) 873-0541 to register

### WEDNESDAY

11a-2p Monthly Bagged Food Distribution NNNCC  
Be Blessed, Be a Blessing Organization  
\*\*(Details below)

### THURSDAY

10a-2p PAA - Dining Center. Must Register. CWCC

### FRIDAY

9a-1p Monthly Grocery Delivery (3rd Fri) (Details below) DGCAC

## 2026 Grocery Delivery Program

3<sup>rd</sup> Friday of the month 9a-1p

Downing-Gross Cultural Arts Center

\* May 15 \* June 26 \* July 17 \* August 21

Recipients must pre-register to receive food.

Contact Ann Jordan at (757) 591-4850

## \*\*Be Blessed, Be a Blessing Organization

USDA & Food Bank (Bagged Food Distribution)

12:00p-2:00p 3<sup>rd</sup> Wednesday of the month:

May 20, June 17, July 15 & August 19

Must complete paperwork & registration.

Contact Ann Jordan at (757) 591-4850

Sponsored by USDA & Florence Kozoyed-Gamble



## Life Shifts Support Group

Denbigh Community Center

Wednesdays | 10:30AM-11:30AM

May 13, June 24, July 29 & August 26

Everyone has a life shift, how we keep going is different for everyone. Come laugh, cry, listen and share if you'd like. This group is for anyone who would like community while navigating the ups and downs of life.

To register, call (757) 812-7905