

Instructional Classes for Fall & Winter 2009 / 2010

- Breakfast for the Brain -

Starts Oct. & Jan. (NNN) Thursdays 9:00A



Just as breakfast is important for your body; mind stimulation is important for your brain. This 20-week program is set up in two, 10-week sessions and will explore many aspects of the brain's functions.

Each class will start off with a light, healthy snack and include different activities designed to stimulate and enhance your mental capacity, enable you to think more clearly and quickly, and build thought-retention methods.

Crafts & Hobbies

MONDAY

9:00A Upholstery - Beg - Sept. & Jan. (HSC)

TUESDAY

9:00A Basic Pattern Drafting - Beg/All - Oct. & Jan. (NNN)

WEDNESDAY

9:00P Ceramics - Adv - Oct. & Jan. (NNN)
 1:30P Ceramics - Beg - Oct. & Jan. (MUM)
 5:00P Hawaiian Quilting Class - Beg - Oct. & Jan. (NNN)
 6:00P Ceramics - All - Oct. & Jan. (NNN)

SATURDAY

9:00A Ceramics - All - Oct. & Jan. (NNN)
 Upholstery - All - Sept. & Jan. (HSC)



Dance

TUESDAY

6:00P Ballroom Dance - Beg - Oct. & Jan. (HSC)
 7:00P Ballroom Dance - Adv Beg - Oct. & Jan. (HSC)

WEDNESDAY

9:00A Line Dancing - Int - Oct. & Feb. (BMCC)
 10:00A Line Dancing - Adv Beg - Oct. & Feb. (BMCC)

FRIDAY

10:00A Tap Dancing - Int/Adv - Oct. & Jan. (BMCC)
 11:00A Tap Dancing - Beg - Oct. & Jan. (BMCC)
 4:00P Polynesian Dance - Beg - Oct. & Jan. (DSC)
 5:00P Line Dancing - All, ongoing - Free (HSC)
 7:00P Tango - All, ongoing - Free (HSC)



Learn to Tap Dance with the Golden Steppers.



Going Green Lecture Series The Green Community

Join in monthly discussions with City officials, leading environmentalists and local professors as they share new and innovative ways to make your community a green community. The Active Lifestyles Program promotes the Going Green initiative, featuring topics on the City of Newport News' commitment to environmental issues; encouraging conservation, recycling and reusing.

✿ Free ✿

Open to the Public - Attend all seven or the ones of interest

- **What is Your Carbon Footprint** - Oct. 15, 2009 ~1- 2:30pm
- **Green Investing** - Nov. 12, 2009 ~1- 2:30pm
- **Green's Impact on Your Health** - Jan., 21, 2010 ~1- 2:30pm
- **Green Building and the Positive Environmental Impact of Aging in Place** - Feb. 18, 2010 ~7- 8:30pm
- **Meet Your Local Water Distributor - Newport News Waterworks** - March 18, 2010 ~7- 8:30pm
- **Rainwater Harvesting and Rain Gardens** - April 15, 2010 ~7- 8:30pm
- **Global Warming & Alternative Energy Solutions** - May, 2010

Location: Brittingham-Midtown Community Center
To register call: 591-4853

Miscellaneous

Clutter Control - Creating Calm from Chaos

Wednesdays: Oct. 21, Jan. 13 & Feb. 17 (BMCC) 6:30P

Take one of these one-day workshops and you will learn proven techniques to help you de-clutter and simplify your life and your home.

Call 591-4838 for information and registration.



The Essence of Modeling - 8 classes

Wednesdays: Oct. 20 - Dec 8 (NNN) - 2:00 - 4:00P - Call 591-4850.

Instructional Classes Location Guide

- BMCC - Brittingham-Midtown Community Center** - Page 5
- HSC - Hilton Senior Center** - Page 9
- DSC - Denbigh-Lee Hall Senior Center** - Page 10
- NNN - North Newport News Community Center** - Page 10
- DMCC - Doris Miller Community Center** - Page 8

Active Net. Newport News Parks, Recreation & Tourism offers the ActiveNet system that makes registering for classes easy and convenient. Go to www.nnparks.com/active and create your personal account that will then allow you to register for classes online and from the comfort of your own home. A valid e-mail address is required. Be aware that ActiveNet assesses a convenience fee for this online service.

Need assistance? Call 926-1400.