

Meetings

OCTOBER

1 - Thu	3:30P	Daily Press Retirees Board Meeting (HSC)
2, 9, 16, 23 & 30 - Fri	7:00P	Narcotics Anonymous The 12-Step Program that Works (NNN)
5 - Mon	7:00P	Disabled Am Veterans Board Mtg (DSC)
5 - Mon	7:00P	North NN Civic League Meeting (NNN)
6 - Tue	1:30P	Fashion Elegantés Meeting (BMCC)
6 - Tue	6:30P	Carver Alumni Association Meeting (NNN)
7, 14, 21 & 28 - Wed	7:00P	Alcoholics Anonymous Mtg (HSC)
8 -Thu	7:00P	NAACP Membership Mtg (NNN)
12 - Mon	10:00A	NARFE (National Association of Retired Federal Employees) (BMCC)
13 - Tue	7:00P	Disabled Am Veterans Monthly Mtg (DSC)
14 - Wed	7:00P	Veterans of Foreign Wars Monthly Mtg (DSC)
19 - Mon	6:00P	Daily Press Dinner (HSC)
20 - Tue	11:00A	Disabled Am Veterans Auxiliary Mtg (DSC)

NOVEMBER

2 - Mon	7:00P	Disabled Am Veterans Board Mtg (DSC)
2 - Mon	7:00P	North NN Civic League Meeting (NNN)
3 - Tue	1:30P	Fashion Elegantés Meeting (BMCC)
3 - Tue	6:30P	Carver Alumni Association Meeting (NNN)
4, 11, 18 & 25 - Wed	7:00P	Alcoholics Anonymous Mtg (HSC)
5 - Thu	3:30P	Daily Press Retirees Board Meeting (HSC)
6, 13, & 20 - Fri	7:00P	Narcotics Anonymous The 12-Step Program that Works (NNN)
9 - Mon	9:30A	Active Lifestyles Advisory Com Mtg (NNN)
9 - Mon	10:00A	NARFE (National Association of Retired Federal Employees) (BMCC)
10 - Tue	7:00P	Disabled Am Veterans Monthly Mtg (DSC)
11 - Wed	7:00P	Veterans of Foreign Wars Monthly Mtg (DSC)
12 - Thu	7:00P	NAACP Membership Mtg (NNN)
16 - Mon	6:00P	Daily Press Dinner (HSC)
17 - Tue	11:00A	Disabled Am Veterans Auxiliary Mtg (DSC)
25 - Wed	7:00P	Rats and Cats Meeting (DSC)

DECEMBER

1 - Tue	1:30P	Fashion Elegantés Meeting (BMCC)
1 - Tue	6:30P	Carver Alumni Association Meeting (NNN)
2, 9, 16 & 23 - Wed	7:00P	Alcoholics Anonymous Mtg (HSC)
3 - Thu	3:30P	Daily Press Retirees Board Mtg (HSC)
4, 11 & 18 - Fri	7:00P	Narcotics Anonymous The 12-Step Program that Works (NNN)
7 - Mon	7:00P	North NN Civic League Meeting (NNN)
7 - Mon	7:00P	Disabled Am Veterans Board Mtg (DSC)
8 - Tue	7:00P	Disabled Am Veterans Monthly Mtg (DSC)
9 - Wed	7:00P	Veterans of Foreign Wars Monthly Mtg (DSC)
10 - Thu	7:00P	NAACP Membership Mtg (NNN)
15 - Tue	11:00A	Disabled Am Veterans Auxiliary Mtg (DSC)
21 - Mon	6:30P	Daily Press Dinner (HSC)

Aquatics at BMCC

MONDAY & WEDNESDAY & FRIDAY

8:00A	Aqua Cardio
9:00A	Deep Water Exercise
9:00A	Aqua Tone
10:00A	Aqua EZ
11:00A	Water Walking

TUESDAY & THURSDAY

8:00A	Aqua Cardio
9:00A	Aqua Tone
10:00A	Aqua EZ
11:00A	Water Walking
6:45P	Aqua Cardio

Aquatics Programs are subject to change. Call 591-4573 to confirm program availability.



AARP Defensive Driving Courses 2009/2010

Cost: \$12 for AARP Member and \$14 for Non-AARP Member. NO MEMBERSHIPS AVAILABLE AT CLASSES! (Driving course fee made payable to AARP)

Time: 9:00A - 1:00P (All locations and dates)

- **October 21 & 22, 2009 - Wednesday & Thursday (with lunch)** Hilton Senior Center, Ph 247-2451 605 Hilton Blvd, Newport News, VA 23605
- **October 27 & 28, 2009 - Tuesday & Wednesday** Denbigh-Lee Hall Senior Center, Ph 886-7907, 15460 Warwick Blvd., Newport News, VA 23608
- **January 6 & 7, 2010 - Wednesday & Thursday (with lunch)** Hilton Senior Center, Ph 247-2451 605 Hilton Blvd, Newport News, VA 23605
- **January 12 & 14, 2010 - Tuesday & Thursday** Brittingham-Midtown Community Center, Ph 591-4853 570 McLawhorne Drive, Newport News, VA 23601

This is a refresher course for all registered drivers. There is no minimum age requirement to take this two-day course. Designed to help improve driving skills and avoid accidents. To register, call the Center directly. **Saturday hours are available in March, 2010.** Check out the AARP Web Site: www.aarp.org.

Sponsored by AARP and Newport News Parks, Recreation & Tourism's Active Lifestyles Program.