

# Active Lifestyles Program



The Mission of the Active Lifestyles Program is to enrich the environment of the mature adult community with programs that will heighten the participant's quality of life.

**Our Vision:** Creating the best opportunities for adults over fifty.

## ACTIVE LIFESTYLES PROGRAM ADMINISTRATION

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**Beverly McGowan & George Miller** - Transportation/Recreation

## The City of Newport News Organizational Values



**Commitment:** excellence, responsive public service, leading by example, and ethical culture

**Caring:** customer service, responsive decision making, and maximize employee potential

**Collaboration:** communication and teamwork

## NEWPORT NEWS PARKS, RECREATION & TOURISM

**Michael D. Poplawski** - Director

**Michael D. Barber** - Assistant Director

**Laurine Press** - Administrator of Community Recreation

### Parks, Recreation & Tourism's Administration

Fountain Plaza Two, 700 Town Center Dr., Suite 320

Newport News, VA 23606 926-1400 / Fax 926-1460

For Telecommunication Assistance use: VA Relay 7-1-1

for instructions go to [www.varelay.org/downloads/general.pdf](http://www.varelay.org/downloads/general.pdf)

Visit our website: [www.nnparks.com](http://www.nnparks.com)

## 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 citizens on the Committee share a concern for others and provide a means by which participants can address issues pertinent to services provided by Newport News Parks, Recreation & Tourism.

### COMMITTEE MEMBERS

- Dee Baucom (Instructional)
- Richard Bell (Hilton)
- Estella Brown (Centers & Trips)
- Mary Chester (Doris Miller)
- Carol Ann Dale (PAA)
- Willie Edwards (RSVP)
- Geraldine Freeman (Denbigh)
- Delores Griffith (Brittingham-Midtown)
- Alberta Hatcher (North NN)
- Uldine McMahon (Instructional)
- Earsey Rodrigues - Vice-Chair (Fashion Elegants)
- Rhonda Roehr (Phone Tree)
- Georgia Seldon (Doris Miller)
- Mary Stewart - Chair (North NN)
- Armenta Williams (Denbigh)



# Active Lifestyles Inaugural Edition Brings Excitement and Anticipation!

Welcome to the new and improved Active Lifestyles newsletter! On behalf of the program staff, we would like to invite you to ponder over the format change and let us know what you think. We hope you will be full of awe and excitement as you view our selection of programs and offerings.

We boast over ninety-three (93) different programs, classes and trips to help you maintain an active lifestyle. Please join us as we debut several new classes including *Fit Chicks*, the *NIA Workout*, *Zumba Gold* (especially for people 50+), and *Breakfast for Your Brain* to round out your physical and mental workouts. We are also offering a *Going Green* series to help us all become good stewards for the environment and to improve our health and wellbeing.

If you are in the market to stretch your computer skills, the Denbigh-Lee Hall Senior Center has a newly opened Computer Lab to help you brush up on the latest computer technology or to give you a head start into cyberspace. We invite you to take the Active Lifestyle's challenge to participate in any one of our exciting programs. We also invite you to join new friends and old acquaintances at one of the five senior programs.

Thank you for taking the time to look over our programs and enjoy!

Happy Lifestyles,

Judy Dee Catharine Bobbi Carla Lin  
Carolyn Herman Beverly Bridgette George  
Dorothy Lucy Janice Angelia Juli

## Active Lifestyles Centers Location Guide

### BMCC - Brittingham-Midtown Community Center

570 McLawhorne Drive, Newport News, VA 23601 Ph. 591-4853

### HSC - Hilton Senior Center

605 Hilton Blvd., Newport News, VA 23605 Ph. 247-2451

### DSC - Denbigh-Lee Hall Senior Center

15460 Warwick Blvd., Newport News, VA 23608 Ph. 886-7907

### NNN - North Newport News Community Center

605 South Avenue, Newport News, VA 23601 Ph. 591-4850

### DMCC - Doris Miller Community Center

2814 Wickham Avenue, Newport News, VA 23607 Ph. 247-8622

To better serve its participants, Newport News Parks, Recreation Tourism's Active Lifestyles Program continues to maintain membership and involvement in the following local and national organizations:

