

Inside this Issue

- 2** Inaugural Edition
Location Guide
- 3** Community Events
- 4** Trips
- 5** Brittingham-Midtown Community Center and Volunteering Article
- 6 & 7** Classes
- 8** Doris Miller Community Center
- 9** Hilton Senior Center
- 10** Denbigh-Lee Hall Senior Center and North Newport News Community Center
- 11** Meetings, Aquatics & AARP Defensive Driving Classes
- 12** Active Lifestyles Features

Closings in October, November & December

All Senior and Community Centers' Active Lifestyles Programs will be closed on:

- Wednesday, November 11, 2009 for Veteran's Day
- Wednesday, November 18, 2009 for Fall Extravaganza-Acknowledging Our Veterans
- Thursday & Friday, November 26 & 27, 2009 for Thanksgiving
- Wednesday, December 9, 2009 for Yuletide Greetings Program
- December 21, 2009 - January 3, 2010 for Christmas and New Years

Contact each center directly for individual closing dates.

Alzheimer's Association Memory Walk

Saturday

October 24, 2009

**Styron Square, Port Warwick
Newport News, VA**

10:00am

9:00am Registration

*Join the walk or sponsor the
Active Lifestyle's team!*

To sponsor the Active Lifestyles team, call 926-1465. For additional information, contact Rona Altschuler at 329-4440.

www.alz.org/memorywalk

Community Special Events



Active Lifestyles Fall Fish Fry

- Friday, Oct. 2 10:00am - 3:00pm \$6, No take outs
- Call 591-4853, Brittingham-Midtown Community Center

Newport News Fall Festival of Folklife

- Sat. & Sun., Oct. 3 & 4 10:00am - 5:00pm
- Newport News Park, free admission, parking \$5 per car
- Over 200 vendors, crafts, music, country cooking and children's activities
- Call 926-1400



Bowling at Classic Lanes

- Tuesdays, Oct. 6, Nov. 3, Dec. 8 10:00am \$7.50
- Call 247-8622, Doris Miller Community Center

Autumn Senior Safety Summit

- Wednesday, Oct. 21 8:00am Call 595-9037
- \$5, at Northside Christian Church, Yorktown

Oyster Point Oyster Roast

- Friday, Nov. 14 5:00pm - 9:00pm
- A large variety of seafood, live music, maritime exhibit & free children's activities
- City Center at Oyster Point Fountain Plaza
- Free Admission, Free parking, Call 926-1400



Fall Extravaganza - Acknowledging our Veterans

- Wednesday, Nov. 18 11am - 3pm \$6
- Call 247-8622, Doris Miller Community Center

Celebration in Lights

- Thursday, Nov. 26, 2009 - Friday, Jan. 1, 2010
- 5:30pm - 10:00pm, \$10 per car
- Newport News Park, Call 926-1400



Active Lifestyles Holiday Ball at Knights of Columbus

- Friday, Dec. 4 7:00pm - 11:00pm
- \$12 Advance/\$15 day of event, Call 591-4853



Hollydazzle

- Friday, Dec. 4 6:00pm - 9:00pm Call 926-1400
- Holiday entertainment, fireworks, kid's activities and food vendors (\$). Free admission, free parking
- City Center at Oyster Point Fountain Plaza

Active Lifestyles Yuletide Greetings Program

- Wednesday, Dec. 9 11:00am - 2:00pm FREE
- Advanced Registration Required. Limited Space.
- Location: Knights of Columbus Hall, Call 591-4853

Flu Season is Here!

There are mixed messages about vaccinations for the seasonal flu and the H1N1 Virus. Please check with your personal physician or the Peninsula Health Clinic as they can best tell you if you should receive both vaccinations, or just the seasonal flu shot.

To help you stay healthy, wash your hands frequently. Please do not attend programs at any of the Active Lifestyles Centers if you are not feeling well or suspect that you may have the flu.

Flu shot clinics will be scheduled at Denbigh-Lee Hall Senior Center - Call 886-7907 for an update.