

Brittingham-Midtown Community Center (BMCC)

570 McLawhorne Dr. · Newport News, VA 23601
 Phone: 591-4853 or 926-7675 Fax: 591-4568
 e-mail: aedwards@nngov.com or jranderson@nngov.com
 Angelia Edwards - Active Lifestyles Senior Coordinator
 Judy Anderson - Active Lifestyles Center Supervisor

DAILY SCHEDULED PROGRAMS

6:30am - 8pm, Monday - Thursday
 6:30am - 5pm, Friday

MONDAY	
6:30A	Indoor Track Walking Club
12:30P	Bridge
1:00P	Artist Social
TUESDAY	
6:30A	Indoor Track Walking
10:00A	Bring Your Tap Shoes! (FREE practice)
WEDNESDAY	
6:30A	Indoor Track Walking Club
10:00A	Pinochle
1:00P	Artist Social
THURSDAY	
6:30A	Indoor Track Walking Club
FRIDAY	
6:30A	Indoor Track Walking Club
1:00P	Artist Social

SPECIAL DATES:

OCTOBER

2 - Fri	10:00A	Fall Fish Fry, \$6 (see pg. 3) Crochet Club Chronic Disease Self-Management Class - FREE (see below)
8 - Thu	9:30A 12:00P	
9 - Fri	10:30A	
15 - Thu	1:00P	Rubber Stamping Club Going-Green Lecture Series - FREE
22 - Thu	9:30A	Crochet Club
30 - Fri	10:00A	Bingo Blast - Lunch available \$3 Bring 3 \$1 prizes. Resrv Req'd

NOVEMBER

12 - Thu	1:00P 9:30P	Going-Green Lecture Series - FREE Crochet Club
13 - Fri	10:30A	Rubber Stamping Club
18 - Wed	Active Lifestyles Program closed for event at DMCC	
20 - Fri	10:00A	Bingo Blast - Lunch available \$3 Bring 3 \$1 prizes. Resrv Req'd
25 - Wed	- CENTER CLOSED -	

DECEMBER

4 - Fri	7:00P	Holiday Ball (see pg. 3)
9 - Wed	11:00A	Yuletide Greetings Program (see pg. 3)
10 - Thu	9:30A	Crochet Club
11 - Fri	10:30A	Rubber Stamping Club
18 - Fri	10:00A	Bingo Blast - Lunch available \$3 Bring 3 \$1 prizes. Resrv Req'd

CHRONIC DISEASE SELF-MANAGEMENT CLASS - FREE

6 week class starting Oct. 8, 2009 ~ Thursdays ~ 12-2:30pm

Learn how to better manage chronic disease conditions.
 A book is provided for use (option to purchase).

Register by: Mon., Oct. 5, 2009 Call 591-4853 ext. 306.

Sponsored by Stanford University & the Newport News Dept. of Public Health.

I Want to Volunteer! Where Do I Start?

Locating volunteer positions in your area means finding a good match between the available opportunities and your own skills and interests. You might be surprised at how your special talents can be put to use - and you might find yourself tapping into your potential in new ways you hadn't even envisioned! As you search for an organization that can use your help, first consider:

- your special skills and your work experience
- special knowledge you can share
- your interests and the things that are important to you
- the amount of time and commitment you are willing and able to offer

Next, investigate the organizations in your community that welcome volunteers and provide training for committed individuals:

- hospitals and other health care organizations
- community agencies (such as senior centers or the public library)
- charitable organizations
- schools
- parks and recreation departments
- churches and other faith communities
- cultural groups (museums, theaters, art societies, music groups)
- civic organizations
- political groups

No matter what your answers, if you have the desire to give of your time and energy, volunteer opportunities await you! Here are some places to begin your search:

- Your local Senior Services office. A directory of local offices can be found through The Eldercare Locator (eldercare.gov).
- U.S. Senior Corps (seniorcorps.gov): It includes the Foster Grandparents Program, Senior Companions, and the Retired Senior Volunteer Program (www.rsvpvapeninsula.org).
- The U.S. Government's FirstGov (usa.gov) website includes Public Service and Volunteerism possibilities.
- VounteerMatch (volunteermatch.org) is a non-profit service that matches volunteers with opportunities in their communities.
- The U.S. Administration on Aging (aoa.gov) also maintains a directory of volunteer opportunities.

Volunteering can be an important part of healthy aging - a way to keep your skills sharp and your mind challenged, while giving back to the community and the world. The need for volunteers has never been greater. Fortunately, more and more seniors are answering the call, serving their communities, sharing their gifts, and helping others!