

Hilton Senior Center (HSC)

605 Hilton Blvd. · Newport News, VA 23605

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Lucy Vann - Active Lifestyles Center Supervisor

Herman Crawley - Recreation Leader

The Hilton Senior Center is available for rentals. Call 591-4853.

Notary available by appointment only (FREE).

SPECIAL DATES

JANUARY

- 5 - Tue 11:00A Blood Pressure Check by Direct Home Health Care*
- 16 or 23- Sat 1:00P NFL Play-Off Game w/snacks \$6, Register one week in advance
- 26 - Tue 9:00A Community Breakfast \$5, Limited Space, Register by: Jan. 5

29 - Fri - **CENTER CLOSED for event at DSC -**

FEBRUARY

- 2 - Tue 11:00A Blood Pressure Check by Direct Home Health Care*
- 9 - Tue 9:00A Breakfast Café \$5, Limited Space, Register by: Jan. 26

10 - Wed - **CENTER CLOSED for event at DMCC -**

14 - Sun 6:00P Valentine's Day Tango, FREE

17 - 19 Trip to Atlantic City, NJ (see trips, pg. 4)

23 - Tue - **CENTER CLOSED for event at NNN -**

MARCH

- 2 - Tue 11:00A Blood Pressure Check by Direct Home Health Care*
- 9 - Tue 9:00A Breakfast Café \$5, Limited Space, Register by: Feb. 10
- 11 - Thur Trip to Harrington, DE (see trips, pg. 4)
- 17 - Wed - **CENTER OPENS at 12:00 pm -**
- 23 - Tue 9:00A Newspaper Tour Register one week in advance

* The goal of **Direct Home Health Care** is to assist the elderly and disabled so they can remain in their homes and promote independence in a safe environment.

DAILY SCHEDULED PROGRAMS

9am - 5pm, Monday through Friday

MONDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Sportsman Players Day
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 10:30A Crochet & Knitting Club (Bring a Friend)
- 12:30P Open Table Games, Cards and Pool
- 1:00P Retired Men & Women Group

TUESDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Pinochle
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 12:30P Open Table Games, Cards and Pool
- 1:00P Retired Men & Women Group

WEDNESDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 10:30A Bring a Friend Day
- 12:30P Open Table Games, Cards and Pool
- 1:00P Retired Men & Women Group

THURSDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 10:00A Pinochle
- 10:30A Crochet & Knitting Club (Bring a friend)
- 12:30P Open Table Games, Cards and Pool
- 1:00P Retired Men & Women Group

FRIDAY

- 9:00A Welcome Coffee & Tea
- 10:00A Sportsman Players Day
- 10:00A Morning Stroll (Treadmill & Exercise Bike available)
- 12:30P Open Table Games, Cards and Pool
- 1:00P Retired Men & Women Group

Words from Active Lifestyles

Despite the financial trials and tribulations of the past year, I must say that when it comes to human resources and will power, Active Lifestyles is rolling in abundance. The staff and volunteers at the senior centers have pulled together as a united conglomerate to bring outstanding service and programs to the citizens. In a time when the 50+ population is healthier and more educated than ever before we are able to tap into the greatest resource, our older population, to engage in civic duty and leadership.

The Active Lifestyles Program strives to build leaders among our volunteers so that we may work together to build a strong community while maintaining wellness and vitality among the individuals engaged in service. This is the essence of Active Lifestyles and its mission. Our centers and programs are dedicated to creating a space where people can come together with like interests and explore endless possibilities. Examples of

our success through the utilization of our human resources include the Lifelong Citizenship Award Ceremony, the Fall Extravaganza: Acknowledging Our Veterans, and the year-round continuation of services through collaboration with local agencies and volunteers.

I ask each of you, as we continue to face financial strain, to share your wealth of knowledge and expertise with the Active Lifestyles Program so that we may bring the feeling of community to our grand City.

Thank you for being part of the Active Lifestyles Program!

Catharine Yusuf, Active Lifestyles Program Supervisor

