

# Active Lifestyles Program, Doris Miller Community Center

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Adults generally 55 and older

Family

No

Intake Contact

Bridgette Barnes

Intake Contact Email

[bbarnes@nngov.com](mailto:bbarnes@nngov.com)

Intake Process

Walk-ins accepted, Picture ID and Social Security card required.

Provider Refer

Yes

Self Refer

Yes

Newport News Parks, Recreation and Tourism

<https://www.nnparks.com>

<https://www.nnva.gov/952/Doris-Miller-Community-Center>

Main

(757) 247-8603

2814 Wickham Ave

23607 VA

United States

Additional Availability Comments

Active Lifestyles Program: Monday- Thursday 10 am - 8 pm Friday 10 am - 8pm

Saturrday 12 pm - 4 pm

Fitness Program: Monday-Friday 1 - 8 pm

Fee Structure

Fee Range

Languages Spoken

English

Doris Miller Community Center is a recognized "Age-Friendly Facility" by the International Council on Active Aging (ICAA). Fit'Natics Fitness Program operates Monday through Friday and offers fitness equipment, games, health screenings health fairs and various celebrations. Fit-natics offers fitness equipment. Membership is open to new participants.

A Wisdom in Motion group meets twice a week and participates in the recreational, educational, physical and social programs that occur. Membership in both groups is open to new participants. The Mature Adult Program sponsors a Fall and a Spring Extravaganza, holiday tea, fashion shows, Valentine Dance and other seasonal special events.

Located in the Southeast Newport News Community, the facility includes a large gym, game room, dance/exercise rooms, and meeting areas.

Service Area(s)

Newport News City

Email

[nnparks-and-recreation@nnva.gov](mailto:nnparks-and-recreation@nnva.gov)