## Active Lifestyles Program, Brittingham Midtown

Age Requirements No Age Requirement Available 24/7 No Other Eligibility Criteria Generally 55 and older Family No **Intake Contact** Angelia Edwards Intake Contact Email activelifestyles@nnva.gov or aedwards@nnva.gov Intake Process Participants for the Mature Adult Program are accepted through telephone referrals, self-referral, or walk-ins. Call 591-4853 for information **Provider Refer** Yes Self Refer Yes Newport News Parks, Recreation and Tourism https://www.nnparks.com https://www.nnva.gov/932/Brittingham-Midtown-Community-Center https://www.facebook.com/NNactivelifestyles/ Main (757) 591-4853 570 McLawhorne Dr 23601 VA **United States** Additional Availability Comments Monday through Thursday 6am until 9pm; Friday 6am until 8pm; Saturday 9am until 6pm Fee Structure Fee Range

Call for Information Payment Method(s) Private Pay Languages Spoken English

Brittingham-Midtown Community Center is a recognized "Age-Friendly Facility" by the International Council on Active Aging (ICAA). Available are aquatics, gymnasium, multipurpose rooms and more.

The Active Lifestyles Program at Brittingham-Midtown Community Center offers activities to enrich the mature adult community such as classes, special events, trips, lecture series and daily activities. The Active Lifestyles Newsletter is printed quarterly and contains a listing of services, classes and events scheduled for the senior center. Some activities may have a small cost.

The center also offers AARP Defensive Driving class, rubber stamping, health and safety seminars, cultural enrichment programs, monthly bingo program, nutrition seminars, senior games, craft shows, cookouts, dances, fashion shows, fitness seminars, and an array of educational opportunities. Fashion Elegantes Modeling Club's meetings are held at this center.

The Center is located just off Jefferson Avenue. For facility rental information call 757-591-4853.

Service Area(s) Newport News City Email nnparks-and-recreation@nnva.gov