

## **Active Lifestyles Program, Courthouse Way Community Center**

Age Requirements

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

Generally age 50 and older

Family

No

Intake Contact

Catharine Yusuf

Intake Contact Email

nnparks-and-recreation@nngov.com

Intake Process

Call for information about programs and events; Registration can be done online as well as in person.

Provider Refer

Yes

Self Refer

Yes

Newport News Parks, Recreation and Tourism

<https://www.nnparks.com>

<https://www.nnva.gov/935/Courthouse-Way-Community-Center>

Main

(757) 886-7928

14302 Old Courthouse Way

23602 VA

United States

Additional Availability Comments

Monday-Friday 7 am-8 pm, Saturday 9 am-2 pm

## Languages Spoken

English

The Active Lifestyles Program includes the Denbigh Craft and Knitting Club and the Active Lifestyles ceramic and computer classes. Please call for more information.

The Active Lifestyles Program (formerly called Mature Adult Program) has a mission to enrich the environment of the mature adult community with programs that will heighten the participant's quality of life. Our Goal is to create, implement and evaluate programs that will fulfill the recreational, educational, physical and social needs of adults ages 50 and over.

## Service Area(s)

Hampton City

,

Newport News City

,

Poquoson City

Email

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