

# Active Lifestyles Program, Denbigh Community Center

Age Requirements

56-60

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60+

Available 24/7

No

Other Eligibility Criteria

Generally 55 and older for Active Lifestyles Program

Family

Yes

Intake Contact

Staff

Intake Contact Email

denbighsc@nngov.com or bacoleman@nnva.gov

Intake Process

Walk-ins accepted (except for PAA lunches which require reservations), 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/938/Denbigh-Community-Center>

Main

(757) 812-7900

15198 Warwick Boulevard

23608 VA

United States

Additional Availability Comments

Monday through Friday 9 am - 4 pm

## Languages Spoken

English

Mature Adult Center. Denbigh-Lee Hall Senior Center offers activities Monday through Friday and include: low impact exercise, yoga, Tai Chi, bridge, craft group, pinochle, special programs and Peninsula Agency on Aging Dining Club. The Center hosts special events such as picnics, health fairs, health screenings, speaker's bureau, cultural enrichment programs, and educational seminars and AARP Defensive Driving Classes.

The Center also has a computer lab that provides access to websites that provide timely and accurate Medicare information.

The Center is located in the Disabled American Veteran's (DAV) building in the Stoneybrook area of Newport News. The DAV works closely with the Senior Center to provide quality programs to the mature adults. The facility offers a large meeting room, picnic area and ample parking.

Service Area(s)

Newport News City

Email

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