

DIVINE INTENSIVE INC.

OCTOBER 2026 CLIENT COMMUNITY ENGAGEMENT & SKILL-BUILDING CALENDAR

Newport News • Hampton • Williamsburg • Yorktown • Norfolk • Virginia Beach • Portsmouth

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1  Fall breakfast skill activity  Barnes & Noble reading/café  YMCA swim or gym	2  Portsmouth First Weekend / Olde Towne  Mall/outlet walking  Bowling option	3  Portsmouth Cars & Coffee 9–1:30  NN Fall-O-Ween 10–5  Hampton Five-Alarm Festival  Bowling / Bass Pro
4  NN Fall-O-Ween 10–5  Park/nature walk  Bass Pro aquarium outing	5  Main Street Library Meetup  Bus/travel training  Patrick Henry Mall walk  YMCA swim/gym	6  Cinemark Discount Tuesday  Portsmouth National Night Out 3–8  Hampton Tech Tuesday 3:30–5:30  Bowling	7  Dollar Tree budgeting (if funds)  Library/computer skills  Moose Lodge Sock Hop 7–9  PTC mall walk	8  Pottery / clay skill day  Bass Pro aquarium  YMCA swim/gym  Barnes & Noble	9  Portsmouth Museum Game Night 5 PM  Bowling daytime  Chesapeake Square walk  Parks & Rec	10  Portsmouth Cars & Coffee 9–1:30  Port Warwick Art Festival 10–6  Yorktown Fall Festival 9–3  Phoebus Fall Festival
11  Yorktown Fall Festival 9–3  Port Warwick Art Festival 10–5  Oceanfront walk  Bowling	12  Parks & Rec / nature walk  Map-reading skill activity  Norfolk Premium Outlets  Library outing	13  Cinemark Discount Tuesday  Museum/history outing  YMCA swim/gym  Money skills	14  Five Below budgeting (if funds)  Free library/computer skills  Moose Lodge Sock Hop 7–9  Bowling	15  YMCA swim/gym daytime  Bass Pro aquarium outing  Barnes & Noble  Hampton Art After Dark 6–8	16  Hunt Club Farm / petting farm  Bowling daytime  Lynnhaven Mall walk  VA Aquarium Halloween Nights 6–9	17  Portsmouth Cars & Coffee 9–1:30  Norfolk ZooBoo  Pretlow Library Trunk-or-Treat 2–4  Yorktown Victory Weekend
18  Norfolk ZooBoo  VB Black Food Festival / Mt. Trashmore  Oceanfront walk  Bowling	19  us Yorktown Day 9–5 / parade & history  Library reading/computer skills  Williamsburg Outlet walk	20  Cinemark Discount Tuesday  Money/price-comparison skills  YMCA swim/gym  Bowling	21  Dollar Tree budgeting (if funds)  Library/computer skills  Moose Lodge Sock Hop 7–9  Patrick Henry Mall walk	22  Barnes & Noble  Peninsula Town Center walk  YMCA swim/gym  Downtown Williamsburg Trick-or-Treat	23  Pottery / paint day  Bass Pro aquarium  Bowling daytime  Park/recreation option	24  Portsmouth Cars & Coffee 9–1:30  Yorktown Paws at the River 9–3  Portsmouth Trunk or Treat 3–7  Bowling option
25  Wellspring Williamsburg Trunk or Treat 2–4  Williamsburg Outlets  Barnes & Noble  Nature walk	26  Recreation skill day / trail  YMCA swim/gym  Mall walking  Library/computer skills	27  Norfolk Job Readiness Fair 10–12  Cinemark Discount Tuesday  Bowling  Five Below budgeting	28  Five Below budgeting (if funds)  Library/computer skills  Moose Lodge Sock Hop 7–9  YMCA swim/gym	29  Hunt Club Farm / petting zoo  VA Beach Oceanfront walk  Bowling  Hampton Horror Tour evening	30  Barnes & Noble  Bass Pro aquarium  Norfolk Beats & Treats 5:30–8:30  VB Wicked Weekend	31  Portsmouth Cars & Coffee 9–1:30  HALLOWEEN community activities  Hampton Horror Tour  VB Wicked festivities

✦ MORE OPTIONS STAFF CAN USE ON ANY APPROPRIATE DAY ✦

The calendar gives several choices each day. Staff can choose the activity that best matches the individual's preference, PFS outcome, location, transportation, funds, accessibility and schedule.

COOKING / HOME & INDEPENDENT-LIVING SKILLS

Fall breakfast • soup & sandwich • personal pizzas • Halloween cookies • cupcakes/snack mix • simple lunch • grocery list/meal budget • measuring ingredients • kitchen safety • cleanup.

SHOPPING / MONEY SKILLS

Five Below • Dollar Tree • Patrick Henry Mall • Peninsula Town Center • Chesapeake Square • Lynnhaven Mall • Norfolk Premium Outlets • Williamsburg Premium Outlets. Practice a spending limit, price comparison, locating items, paying, checking receipts/change and making choices.

FITNESS / RECREATION

YMCA swim or gym • bowling • Peninsula Family Skating Center • local Parks & Rec • nature trails • mall walking • Virginia Beach Oceanfront/boardwalk walk • outdoor games and stretching.

EDUCATION / TECHNOLOGY / VOCATIONAL

Main Street Library first-Monday meetup • Newport News library computer skills • Hampton Tech Tuesday • Norfolk/Virginia Beach/Portsmouth/Williamsburg-area library technology classes • Barnes & Noble reading/café • Norfolk Job Readiness Fair • travel/bus training.

ANIMALS / NATURE / SCIENCE

Bass Pro Shops Hampton aquarium/wildlife displays • Hunt Club Farm petting farm • Norfolk Zoo/ZooBoo • Virginia Aquarium • parks/nature walks.

CREATIVE / SOCIAL

Pottery/clay • painting • art festivals • museum/game night • Wednesday Moose Lodge Sock Hop • movies • festivals • Halloween/trunk-or-treat events • car shows.

ACTIVITY LOCATION QUICK GUIDE

 **Bass Pro Shops Hampton** — 1972 Power Plant Pkwy, Hampton, VA 23666

 **Patrick Henry Mall** — 12300 Jefferson Ave, Newport News, VA

 **Peninsula Town Center** — 2551 McMenamin St, Hampton, VA

 **Chesapeake Square** — 4200 Portsmouth Blvd, Chesapeake, VA

 **Lynnhaven Mall** — 701 Lynnhaven Pkwy, Virginia Beach, VA

 **Norfolk Premium Outlets** — 1600 Premium Outlets Blvd, Norfolk, VA

 **Williamsburg Premium Outlets** — 5715 Richmond Rd, Williamsburg, VA

 **Portsmouth Classic Cars & Coffee** — 420 High Street / Olde Towne Portsmouth area • every Saturday in October • approx. 9 AM–1:30 PM

 **Virginia Beach Oceanfront** — Virginia Beach Boardwalk/Oceanfront

 **Hunt Club Farm** — Virginia Beach • petting farm / Harvest Fair

 **Peninsula Family Skating Center** — Newport News • public skating; verify current session before leaving

 **Barnes & Noble** — Newport News / Yoder Plaza area

 **YMCA** — Newport News area • swim/gym; verify branch schedule/guest access

 **Newport News Moose Lodge Sock Hop** — Wednesdays • 7–9 PM • verify lodge details before leaving

STAFF DOCUMENTATION REMINDER

Document the individual's choice, the support provided, the skill practiced, community interaction, response to the activity, and progress toward the applicable PFS outcome. Each person's note should reflect their own participation and response.

OCTOBER COMMUNITY CENTER OPTIONS — ADD TO ANY DAY

These are additional daytime/community-center choices. Keep all activities already on the October calendar. Staff should confirm the specific open-recreation/class schedule before leaving because gym, pool and class times can change.

Brittingham-Midtown Community Center — Newport News

570 McLawhorne Dr, Newport News, VA 23601 • Early Bird track walking is listed Monday–Friday at 7 AM. The center also offers open recreation, indoor pickleball, aquatics/lap swim, water fitness, drop-in board games, painting/drawing, crafts, line dancing and other instructional programs. Great daytime choices: walking track, pool, pickleball, board games, art/craft or fitness.

Denbigh Community Center — Newport News

15198 Warwick Blvd, Newport News, VA 23608 • Double gym, indoor walking track, fitness room and dance room. Newport News lists instructional programs such as art, computers, sewing, personal development, music and nutrition, plus Active Lifestyles activities including fitness, Tai Chi, painting, drawing and line dance. Great for walking, computer skills, exercise, art and social recreation.

Fort Monroe Community Center — Hampton

100 Stilwell Rd, Hampton, VA 23651 • Open recreation includes the gym/game room. The center has an indoor pool, fitness room, full-service ceramics studio, public computer room and library. Adult membership is listed at \$20/year; non-member adult pool day pass is \$3.50. For eligible clients, Teen/Adult Beginner & Intermediate swim is offered in Fall Session 2 beginning in October; registration is required.

West Hampton Community Center — Hampton

1638 Briarfield Rd, Hampton, VA 23661 • Gymnasium, walking path, fitness room, basketball, volleyball, yoga/dance/aerobics space and indoor climbing wall. Visitor pass is listed at \$5/day. Use as a daytime walking, gym, fitness or recreation option.

North Phoebus / Hampton Community Centers

North Phoebus Community Center, 249 W Chamberlin Ave, Hampton, VA 23663, and other Hampton centers can be rotated for open recreation and fitness. Call before leaving to confirm visitor/membership rules and that the desired activity is open.

James City County Recreation Center — Williamsburg

5301 Longhill Rd, Williamsburg, VA 23188 • Pool, fitness/aerobics, athletics, walking areas and recreation programming. Group fitness and racquetball use reservations. Good Williamsburg daytime option for swimming, exercise and structured recreation.

Quarterpath Recreation Center — Williamsburg

202 Quarterpath Rd, Williamsburg, VA 23185 • Indoor recreation/court space and a free walking-club style option. Good choice for indoor walking, open-gym recreation and exercise.

Virginia Beach Recreation Centers

Virginia Beach operates seven recreation centers with indoor pools, fitness areas, gyms and programs. Options include Bayside Rec Center (4500 First Ct Rd) and Kempsville Rec Center (800 Monmouth Ln). The city offers aquatics, fitness/wellness, arts, sports and inclusive/therapeutic recreation. Membership or a day pass is typically required.

Norfolk Therapeutic Recreation / Community Centers

Norfolk has multiple community/recreation centers plus a Therapeutic Recreation Center for qualifying Norfolk residents age 6+ with physical, cognitive, developmental or intellectual disabilities. TRC participation requires an annual assessment. Use Norfolk centers for structured fitness, recreation and social skill opportunities after confirming eligibility/registration.

Lambert's Point Community Center — Norfolk

1251 W 42nd St, Norfolk, VA 23508 • Add as a Norfolk daytime community-center option for recreation and community participation. Confirm the current daily program/open-gym schedule before leaving.

Community-center swim rotation

Rotate Brittingham-Midtown Aquatic Center, Fort Monroe Community Center pool, James City County Recreation Center pool and Virginia Beach recreation-center pools as alternatives to the YMCA. Always verify open-swim/lap-swim schedule and admission first.

Community-center creative skills rotation

Use Fort Monroe ceramics, Newport News art/painting/drawing programs, community-center computer rooms/classes, board games, dance, Tai Chi and similar programs as flexible alternatives to shopping outings. These can support fine-motor skills, communication, following directions, leisure exploration and community participation.

EASY WAY TO USE THESE WITH THE EXISTING CALENDAR

On days where the calendar already has 3–4 choices, treat the community-center activities as extra backup choices rather than replacing anything. Examples: add indoor walking or pool time on rainy days; add computer/art classes on skill-building days; add open gym, pickleball or fitness when a client chooses exercise.