

7300 Newport Avenue, Suite #100

Norfolk, VA 23505

Located within the Norfolk Fitness & Wellness Center

Tel: 757.625.5857

Primeplus will be closed Thursday, July 4th & 5th for the holiday

Primeplus New Members

Lillian DeVera

Marsha Colonna

Susan Sharp

Charles Edsall

Janice Ballard

Andrea Griffin

Carol Kramer

Lorraine McDaniel

Laura Avery

Roslyn Weinstein

Inez Bradford

Karen Murphy



Greetings to all,

Transitions! New Beginnings start with the willingness to change and being prepared for transitions. Once open for transition we can be open for an awesome ride. I'm speaking personally now. Two years and 3 weeks ago I transitioned from a comfortable career with the City of Norfolk to a New Beginning with the Primeplus community. What a ride!

The Primeplus Spirit has been a positive influence in my life experiences, insights and attitudes ever since. The Primeplus Spirit is brought to life by all the members of Primeplus. We are defined by the community we interact with and we will influence that community. The positive attitude of a community is reinforced by the individuals that are present. You know where we have been and you know where we are going and for your presence I say "thank you".

Challenges facing our future growth and definition of purpose abound and because of your willingness to transition to a New Beginning we will transform to a stronger and more resilient community. Over the past several weeks many members have stepped up to the new membership rate, new members have been joining at record levels and Primeplus members have been donating to support scholarships for others without the financial means to join.

The Primeplus Spirit has transformed me and over the past two years and 3 weeks I have grown. Thanks to you I look forward to a very positive future for the Primeplus Community! Enjoy your summer while becoming immersed in the Primeplus experiences highlighted in this program guide.

- Bob Batcher, Executive Director

Thank you so much to all of our generous donors!

Baseball Game Sponsorship

Ann Odell
Anthem
Mass Mutual
Senior Services of Southeastern VA
Tidewater Winds
United Healthcare

Friends Donation

Frank Gadams
Marshall McCorkle
Fred Archer
Mary Jo Rothgery
Hon. Joseph Massey
Debora Mosher
Jean Major

Senior Center Scholarship Fund

Anonymous
Janet Marvel
Alene Wisnevsky
Ronald Kledzik
John Hess
Deane Sobol
Friends of Primeplus
Dr. Orren Rayford
Raymond Loftin
Faye Pyles

Senior Artfest 2019

Marshall McCorkle
Marty Raiss
John Eck
Martha Gorman
Debora Mosher
Chantel Randolph
Charles Hartman
Robert & Juliene Batcher
Virginia Zoo
Norfolk Tides
NARO

Adult Day Services

Anonymous

Friends Donation Cont.

Virginia Stringer
Eric and Janet Thompson
Alice Clarke
Eleanor Marshall
Dr. Mark Kerner
Wendy Brodsky
Anonymous

Nutrition Donation

Anonymous
Theresa Lawrence

Garden Donation

Candace Skinner

Senior Center Donation

Anonymous
Maria Cooper
Patricia Dean
Jane Montagna
Janet Janata
Charles Hosay
Anonymous
Bob & Juliene Batcher
Nancy Lazon
Betsy Williams
Margaret Fleet
Lee Hall
GM Ziller

Ongoing Programs and Events

Edward Jones Investment Club w/ Pablo Yopez

2nd Wednesday of each month at 9:15 a.m.

Smart Money Investment Club

2nd Wednesday of each month at 10:00 a.m.

New Participants are needed and welcome. A \$2 donation is appreciated.

Woodcarving

Every Wednesday at 12 p.m.

Come discover the world of wood carving. This course is intended for anyone who's ever asked the question how do you carve that? A \$2 donation is appreciated.

Conversational Spanish Class - 2 Great Classes

Wednesdays at 11 a.m. (Intermediate) and 12:30 p.m. (Beginning) Fee: \$5 per class

Emotions Anonymous Group

Mondays at 6:30 p.m.

A support group to help you cope with your emotions. For more information, contact Dave at 757-351-3413

Bingo

Wednesdays at 12:30 p.m. Game starts at 1:00 p.m. Additional fees apply. Prices starting at \$1.25.



Monthly Series held 10:00 - 12:00 p.m. at Primeplus

Lunch will be served at 11 a.m. Pre-registration required!

Friday, April 5th (Pre-register by March 29th)

Building Trust in Law Enforcement

Friday, May 3rd (Pre-register by April 26th)

Economic Crimes 101

Friday, June 14th (Pre-register by June 7th)

Special Crimes 101

Friday, July 12th (Pre-register by July 5th)

Criminal Investigation Bureau & Crisis Intervention Team 101

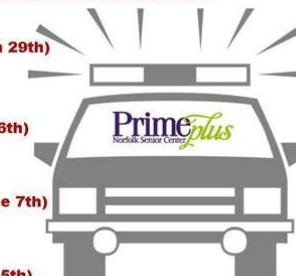
August 2nd

Graduation: K9 Demo & Celebration Cake

Primeplus is located inside the Norfolk Fitness & Wellness Center at 7300 Newport Ave. #100

Call 757.625.5857 or email crandolph@primeplus.org for more information

Hosted by the Norfolk Police Department and your local Community Resource Officers



IT'S ALL ABOUT A BETTER LIFE



Charlene Turner will be here to address the myth and misconceptions while explaining the details of reverse mortgage.



**July 25th
10:30 a.m.**

*Free and Open
to the Public*

Sponsored and hosted by



7300 Newport Avenue, #100
Norfolk, Virginia 23505



STARTING **JULY 1, 2019**

**ALL MEMBERS MUST SHOW THEIR
MEMBERSHIP CARD TO PARTICIPATE IN
PRIMEPLUS' CORE CLASSES.**

YOU MUST HAVE ONE OF THESE CARDS TO ENTER A CLASS

Membership

CARD



You must make your \$2 class donation
in the office

Membership

UPGRADED CARD

GREEN CARDS WILL BE
AVAILABLE FOR PICK UP ON
JUNE 26th

SILVERSNEAKERS

TIVITY CARD

You can only use this card
Monday, Wednesday & Friday

DON'T FORGET CURRENT MEMBERS, YOU STILL HAVE TIME
TO UPGRADE YOUR CURRENT MEMBERSHIP, SO YOU DO
NOT HAVE TO WORRY ABOUT MAKING THOSE \$2
DONATIONS FOR EACH CLASS. STOP BY THE OFFICE
BEFORE **JUNE 30TH** TO UPGRADE YOUR MEMBERSHIP & SAVE!

Are you 60 and older? Join Us for Lunch
Monday – Friday from 11:30 a.m. to 1:00 p.m.
Tasty, Nutritious, and Dietitian Approved Meals
No cost regardless of income,, but, donations are appreciated!

Soul Awakening Body Massage Therapy

With Elizabeth Sanderson



Elizabeth is a Nationally Certified Massage Therapist, Registered Yoga Instructor, Certified BodyTalk practitioner, and Master Level Reiki practitioner. She is also certified in Restorative Breathwork Levels I & II through Barratt Breathworks. She graduated from The Advanced Fuller School of Massage Therapy in 2007, delved into yoga teacher training in 2008, completed her breath training with Gabrielle Gerard-Jenks in 2011, and was certified in the BodyTalk System in June 2012.

When: Thursday, July 11th

Times slots: 11:00- 4:00 (30 minute sessions)

Cost: \$25.00 member/ 35.00 non-member

*****In person pre-registration Required*****

**** For more info, contact the Wellness Coordinator at 757-625-5857****

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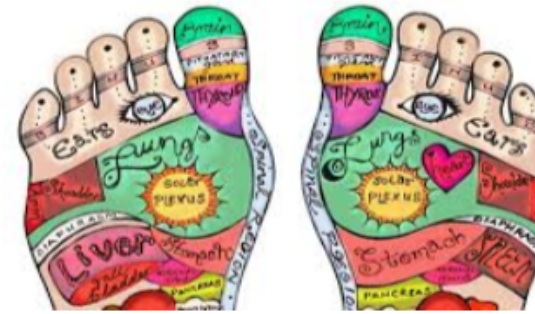


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Reflexology Therapy

With Dani



When: Every 2nd & 4th Wednesday

Where: Primeplus Lounge

Cost: 20.00 members/ 30.00 Non-members

By Appointment Only

From 9 to 2 p.m.

Reflexology is an ancient therapy designed to bring the body back into healthful balance after it has lost its center and to provide preventative maintenance. Reflexology is based on the premise that our organs have corresponding reflex points to other parts of the body, with some of the most sensitive points being those on the feet. Some benefits of reflexology include stress reduction, deep relaxation, improved circulation, and revitalizing energy.

STYLES & SMILES:

Affordable Hair Services With Sondra



DRY HAIRCUT

MEN'S HAIRCUT

CUT/SET

CUT/IRON



SPECIALTY WRAP
(INCLUDES CUT)

Don't forget to ask about
Braids, Locs, Twists & more!

Call 757.359.7915

Yoga for Strength Training 6- week series

With Lydia Talley



Come and join our very own, Lydia Talley in this 6 week series "Yoga for Strength Training". In this workshop, Lydia will guide you into yoga poses that include weights, core exercises, and breathwork. All combined will bring a union of strength and balance!

Practicing Yoga with Weights:

1. Improve the health and longevity of your bones.
2. Strengthen and improve the efficiency of the heart.
3. Increase joint strength and core stability.
4. Keep us leaner and lighter

(<https://www.ekhartyoga.com/articles/practice/yoga-with-weights>)

When: Starts Thursday, 7/11-8/15

Time: 5:30-6:30

Where: Primeplus Norfolk Senior Center Yoga Room

Cost: 30.00 members/ 40.00 non-member

Pre-registration Required

**** For more info, contact the Wellness Coordinator at 757-625-5857****

Yoga Sound Immersion with Lynn Gilbert & Christine Harrell



Come and join us for an evening of ancient sounds and yoga.

Christine Harrell, Wellness Coordinator of Primeplus Norfolk

Senior Center will guide you in a gentle, therapeutic yoga practice to prepare you body and mind for a sound immersion. Lynn Gilbert will create a soundscape to carry you easily into a calm, meditative or dreamlike state. Your racing thoughts will give way to the soothing tones of a variety of instruments, with a large symphonic gong as the center piece. You'll experience deep body relaxation as the sound interrupts muscle tension and synchronize your organs on the cellular level, speeding their cleansing. Participants often experience several nights of restful sleep and pain relief

after experiencing a sound immersion.

When: Tuesday, July 16th at 5:30pm

Where: Primeplus Norfolk Senior Center Yoga Room

Cost: 20.00 member/ 25.00 non-member

**** Pre-registration is Required****

For more information, contact the Wellness Coordinator at 757-625-5857

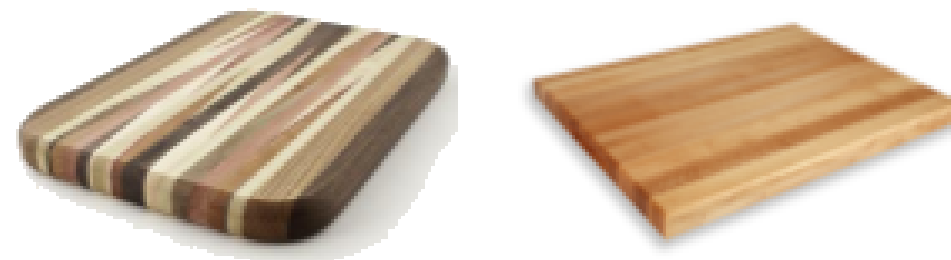
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ONE DAY DIY CUTTING BOARD WORKSHOP



Every Tuesday Starting July 9th

10:00 a.m. - 1:00 p.m.

Learn how to make your own cutting board with an introductory woodworking class. Discover how to plane, cut and sand. Students will get help with both design and construction. Pre-registration Required

Fee: \$20 members/ \$30 non-member
(Materials & Instruction included)

Call 757.625.5857 for more details




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JULY ONGOING PROGRAMS AT PRIMEPLUS

Mondays 	Tuesdays	Wednesdays 	Thursdays	Fridays 
<p> 9:00 Coffee & Chat 9:00 Ceramics (\$) 9:00 Woodworking (\$) 9:00 Table Tennis 9:00 Pool Table 9:00 Tai Chi 9:00 Core Class (Fere) 9:45 Charged UP! (Suzanne) 10:00 Chair Yoga (Angie) 10:00 Russian Bingo 10:00 Bridge 10:00 Open Art Studio 10:30 Barre Class (Fere) 11:00 Restorative Yoga 11:00 Pool Walking 11:30 Meal Program 12:00 Mah Jongg (Private Group) 12:45 Zumba Tone (Suzanne) 6:30 Emotions Anonymous </p>	<p> 9:00 Coffee & Chat 9:00 Woodworking (\$) 9:30 Stretch, Flex & Tone (Sheina) 9:45 Too Fit to Quit (Fere) 10:00 Tai Chi - Beginning (\$) 10:45 Stretch Flex & Tone II (Sheina) 11:00 Yin Yoga (Christine) 11:00 Tai Chi - Intermediate (\$) 11:00 Mah Jongg (Private Group) 11:30 Meal Program 12:00 Open Ballroom Dance 12:15 Balance & Agility (Fere) </p>	<p> 8:30 BYOB Class (Brandon) 9:00 Coffee & Chat 9:00 Core Class (Fere) 9:00 Table Tennis / Pool Table 9:00 Woodworking (\$) 9:00 Mah Jongg Lessons 9:15 Edward Jones (2ND Wed) 9:45 Charged UP! (Suzanne) 10:00 Smart Money (2ND Wed) 10:00 Yoga (Angie) 10:45 Barre Class (Fere) 11:00 Restorative Yoga (Angie) 11:00 Conversational Spanish (\$) 12:00 Beginning Spanish (\$) 11:30 Meal Program 12:00 Woodcarving 12:45 Stretch, Flex & Tone (Angie) 1:00 Bingo 1:00 Pickleball (NFWC Gym) 1:00 Humana - Medicare (1ST Wed) 1:30 Zumba Chair (Suzanne) 5:30 Yoga for Pelvic 6:30 Tai Chi (\$) </p>	<p> 9:00 Coffee & Chat 9:00 Piano Sing-along w/ Steve 9:00 Ceramics (\$) 9:00 Woodworking (\$) 9:30 Stretch Flex & Tone (Sheina) 9:30 Mindful Meditation Yoga w/ Sound (Christine) 9:45 Too Fit to Quit (Fere) 10:00 Open Bridge 10:00 Quilting & Sewing (1ST/3RD Th) 10:45 Stretch Flex & Tone II (Sheina) 11:00 Line Dancing (Suzanne) 11:30 Meal Program 1:00 Open Art Studio </p>	<p> 9:00 Too Fit to Quit Advanced (Fere) 9:00 Table Tennis 9:00 Pickleball 10:00 Paint on Canvas (\$) 10:15 Stretch Flex & Tone III (Alex) 10:15 Balance (Fere) 11:00 Pool Walking 11:15 Chair Yoga (Angie) 11:15 Latin Rhythm (Alex) 11:30 Meal Program 12:30 Office Closed </p>

Additional fees (\$) may apply for some Primeplus classes and workshops