| 7300 NEWPORT AVENUE, SUITE #100 | NORFOLK VA 23505

Primeplus SENIOR CENTERS

ABOUT

Primeplus is an independent nonprofit organization dedicated to enhancing the quality of life for adults age 50+

The primary mission of Primeplus Senior Center is to assist older adults with more productive quality of life while living independently in their community. We assist Norfolk's senior & disabled residents with challenges such as food shortages, transportation, exercise, socialization, and education; thus, aiding them with living a healthier lifestyle. We utilize a holistic approach to exercise and wellness. Our programming supports the physical, emotional, and social needs of seniors. Primeplus has been the pre-eminent provider of services, activities, and information addressing the needs and interests of older adults in South Hampton Roads since 1968. Our current programming consists of two parts; the Active Adult Program and the Adult Day Service Program. If you're interested in Primeplus, please call 757.625.5857 for more details.

Primeplus is a proud partner of

SilverSneakers® by Tivity Health

GROUP FITNESS

The Active Adult Program offers a wide variety of fitness classes to maintain and/or improve fitness through forms such as yoga, stretch flex and tone, dancing, and chair based exercises. All classes are on-site at Primeplus. Weekly pre-registration is required for all classes. Call Jeanette at 757.625.5857 x103 to sign up.

PERSONAL TRAINING

There are numerous benefits to having a personal trainer and we offer flexible hours at the discounted price of $35 per 45 minute session. Full payment is required at the time of booking.

WELLNESS

We currently offer monthly fitness and wellness challenges to our members as a way for them to engage with one another in healthy competition, be recognized for their hard work, and win prizes.

Prime plus SENIOR CENTERS

7300 NEWPORT AVENUE SUITE #100 NORFOLK, VIRGINIA 23505

OCTOBER 2021

Weekly Pre-registration is required for all classes

Call 757.625.5857 ext. 108 to sign up

****All fitness programs are subject to cancellation if class registration does not meet the minimum requirement of at least three members.****

Monday

9:00 – 9:45 a.m. - Balance & Agility with Fere
9:00 - 9:45 a.m. - ChairOne Aerobics with Suzanne
9:00 – 10:45 a.m. – Ceramics & More with Yvonne ($$)
9:00 – 12:00 p.m. – Woodworking with Francis ($$)
9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)
10:00 - 10:45 a.m. - Chair Yoga with Imani (Beginner)
10:00 - 10:45 a.m. - Charged Up! Tone with Suzanne
10:00 – 10:45 a.m. - Barre Basics with Fere
10:00 – 12:00 p.m. – Open Bridge Play
11:00 - 11:45 a.m. - Charged Up! Aerobics with Suzanne
11:00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services of SEVA (donations accepted)
12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym
12:00 - 12:30 Sit n' Get Fit with Britt

Tuesday

9:00 – 9:45 a.m. – Core on the Floor with Fere
9:00 - 10:00 a.m. - Coffee & Trivia Game – Lobby (free coffee)
9:00 - 9:45 a.m. - Chair Yoga with Natasha (Beginner)
9:00 – 10:45 – Ceramics & More with Yvonne ($$)
9:00 – 12:00 – Woodworking with Francis ($$)
9:00 – 1:00 – Game Room (Pool Table & Table Tennis)
10:00 - 10:45a.m.. - Balance & Agility with Angie *NEW*
10:00 – 10:45 a.m. – Stretch Flex & Tone Chair Level 1 with Sheina
10:00 - 10:45 a.m. - Stretch, Flex & Tone with Fere
10:00 – 11:00 a.m. – Beginning Tai Chi sponsored by Tidewater Tai Chi ($$)
10:00 – 12:00 p.m. – Drawing with Shirley Confino-Rehder (donations accepted)
11:00 – 12:00 p.m. – Intermediate Tai Chi with Tidewater Tai Chi ($$)
11:00-12:00 p.m. - Yin Yoga with Angie (Advanced)
11:00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services (donations accepted)
12:15 - 1:00 p.m. - Stretch Flex & Tone Chair Level 2 with Angie

Wednesday

8:00 -8:45 a.m. - Body Boot Camp with Brittany (Advanced)
9:00-9:45 a.m.- Abs, Abs, Abs with Angie *NEW*
9:00 -9:45 - Barre Basics with Fere
9:00– 12:00 p.m. – Ceramics & More with Yvonne ($$)
9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)
10:00 - 11:00 a.m. - Gentle Yoga with Angie (Moderate)
10:00-10:45 a.m.- Line Dancing with Alice
10:00 – 12:00 p.m. – Acrylic Painting Class with Nancy ($$)
10:00 – 12:00 p.m. – Mah Jongg Open Play
10:00-10:45 a.m. - Too Fit to Quit with Fere *NEW*
1: 00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services (donations accepted)
11:15 - 12:15 p.m. – Chair Yoga with Angie (Beginner)
12:30 - 1:15 p.m. - ChairOne Aerobics with Suzanne
12:00-2:00 p.m. - Pickle Ball in NFWC Gym

Free Curbside Food Pantry
Location: Right side parking lot of the NFWC
10:00 a.m. - 11:30 a.m.

Thursday

9:00 – 9:45 a.m. – Balance & Agility with Fere
9:00 - 10:00 a.m. - Coffee & Music – Lobby (free coffee)
9:00 – 12:00 p.m. – Woodworking with Francis ($$)
9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)
10:00-10:45 a.m. - Stretch Flex & Tone Chair Level 1 with Sheina
10:00 – 10:45 a.m. – Stretch, Flex & Tone Level 2 with Fere
10:00 - 10:45 a.m. - Core Yoga with Natasha
10:00 – 12:00 p.m. – Open Bridge Play
11:00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services of SEVA (donations accepted)
11:00 - 11:45 a.m. - Too Fit to Quit Aerobics with Fere
11:00 - 11:45 a.m. - Gentle Yoga with Natasha (Moderate)
12:00 - 12:45 p.m. - Charged Up! Aerobics w/ Suzanne
12:00-12:30 - Sit n' Get Fit with Britt (Moderate)

VIRTUAL SCHEDULE

Monday

9:00 - 9:45 a.m. - ChairOne Aerobics with Suzanne

Tuesday

10:00 – 10:45 a.m. – Chair Yoga with Natasha

Wednesday

10:00 - 11:00 a.m. - Gentle Yoga with Angie

Thursday

9:00 - 10:00 a.m. - Coffee & Music with Steve Kolb

Sponsored by Norfolk Arts and the Helen Gifford Foundation.

10:00 - 10:45 a.m. - Stretch, Flex, & Tone with Sheina

Email crandolph@primeplus.org for the Zoom meeting ID and password. All classes can be viewed on Zoom, YouTube or on our Facebook page at www.facebook.com/askprimeplus. Call 757.625.5857 for more details.

TAO
TIDEWATER ARTS OUTREACH

PrimePlus Norfolk Senior Center Paint and Pour with Vanessa Golson

October 21, 2021 at 11:00 AM EST

Join us for Painting!

Vanessa Golson's artistic style is representative of abstract painting. This is captured through the trending art form of acrylic paint pouring, as triple colors flow together to create a one-of-a-kind Masterpiece.

No experience necessary, just the desire to have fun!

Westminster Canterbury ON CHESAPEAKE BAY

HARBOR'S EDGE

OVERTURE® VIRGINIA BEACH

versability resources

OAST & TAYLOR Trusted Elder Law Professionals

NORFOLK ARTS

NATIONAL ENDOWMENT for the ARTS arts.gov

VIRGINIA COMMISSION FOR THE Arts

Our Lady of Perpetual Help

TMMG

BUSINESS CONSORTIUM FOR ARTS SUPPORT 30 years

Prime plus
SENIOR CENTERS

7300 Newport Avenue

Join hypnotist and counselor James T. White as he demonstrates how therapeutic hypnosis and meditation can help chronic illnesses and more among senior populations.

Therapeutic Hypnosis, and Meditation Workshop

Wednesday, October 20th at 12:30p.m.

TO SIGN UP: FILL OUT THE SHEET IN THE LOBBY, GO TO THE FRONT DESK OR CALL 757.625.5857

JAMES T. WHITE, LPC
THE CENTER FOR MIND BODY HEALING
Create emotional, physical, spiritual change.

OLD DOMINION UNIVERSITY UNDERGRADUATE HUMAN MOVEMENT DEPARTMENT

Biometric Health Screenings

Join us for health screenings!

OCT 25TH & 27TH,10:00AM-12PM
NOV 1ST, 3RD, 8TH 10AM-12PM

Make your health your priority! Participate in this screening to find out your body composition, body fat percentage, blood pressure and more information about your overall well being!

Primeplus SENIOR CENTERS

7300 Newport Ave Norfolk

To sign up: fill out the sheet in the lobby, or call 757.625.5857

DO YOU LIKE TO PLAY BINGO?

Senior Services of Southeastern Virginia

Try Bingocize!

Every Monday & Wednesday

Nov. 8th - Jan. 11th

10am - Noon

Bingocize incorporates health education with a fun game of Bingo, plus prizes! This evidence based wellness class is proven to improve social, cognitive, and physical functions.

Primeplus SENIOR CENTERS

Pre-register now before spots fill up!

Call 757.598.0061

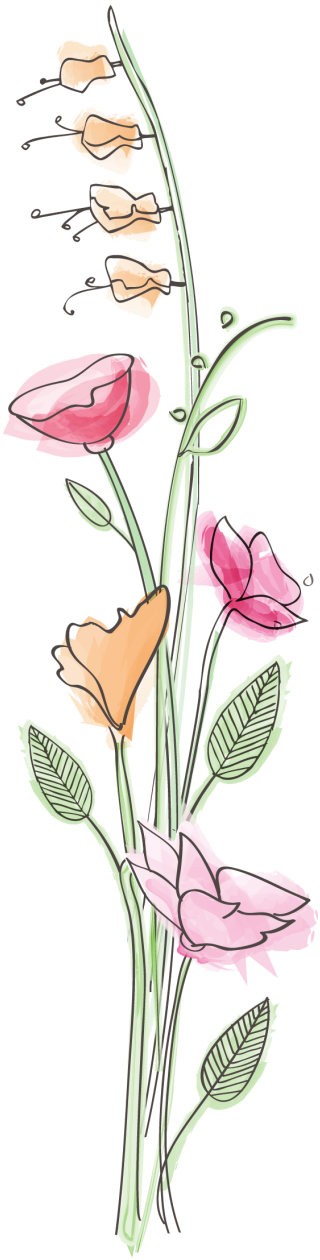
Primeplus is located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave.

Drawing with Shirley
at

Prime*plus*
SENIOR CENTERS

Located inside the Norfolk Fitness & Wellness Center at 7300 Newport Ave. #100 Norfolk, VA

Every Tuesday
10:00 a.m. to Noon



This two-hour class will be led by award winning artist and designer Shirley Confino-Rehder cid

We will focus on recording your own visions of what you see and learning shading, tonal values, and composition.

Bring your own favorite materials for sketching including paper, pencils, and/ or pen and ink. This class is free, but donations are accepted.

We will work outdoors if weather permits.

Call 757.625.5857 to register

HEALTHY LIVING FOR BRAIN AND BODY SEMINAR

Join us during this informative presentation for tips and tricks to help improve your physical and mental health.

Monday,

December 6th at 12:30 p.m.

To sign up: fill out the sheet in the lobby, go to the front desk or call 757.625.5857

Senior Services of Southeastern Virginia

Senior Services of Southeastern Virginia
Fall/Winter Menu 2021

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Primeplus Closed
4 Hamburger Wheat Bun Oven Fried Potatoes Cucumber Salad Spiced Apples 2% Milk	**5** Baked Chicken Quarter Blackeye Peas Collard Greens Mandarain Oranges Wheat roll 2% Milk	**6** Baked herb Fish Wild Rice Greenbeans Wheat Roll Grapes 2% Milk	**7** Stuffed Bell Peppers Mixed vegetables Wheat Roll Stewed apples 2% Milk	**8** Primeplus Closed
13 Salisbury steaks W/ Gravy Brussel Sprouts Mashed Potatoes Wheat Roll Sliced Pears 2% Milk	**14** Meat Loaf W/ Tomato sauce Baked Sweet Potato Broccoli Wheat Roll Applesauce 2% Milk	**15** Stew Chicken Green Beans Brussel Sprouts Wheat Roll Fresh Fruit 2% Milk	**16** BBQ Chicken meatballs Brown rice Peas Wheat roll Peaches 2% Milk	**17** Primeplus Closed
20 Beef Cabbage Roll Diced Potatoes Green Beans Fruit Cocktail 2% Milk	**21** Stuff Shells Florentine Tossed Saladw/ ranch Seasoned Peas Applesauce 2% Milk	**22** Spaghetti w/ Meatballs Broccoli Garlic Bread Grapes 2% Milk	**23** Grilled Chicken Breast Sweet potatoes Blackeye Peas wheat roll Sliced Apples 2% Milk	**24** Primeplus Closed
27 Open face turkey Sandwich w gravy Broccoli Yellow Squash Fruit Cup 2% Milk	**28** Beef Tips W/ Mushrooms Seasoned Cauliflower Peas and Onions Wheat roll Melon 2% Milk	**29** Teriyaki Chicken White Rice Cabbage Grapes 2% Milk	**30** Krabby Cake Mustard Greens Dice Potatoes Tarter sauce Wheat Roll Sliced Oranges 2% Milk	

Senior Services of Southeastern Virginia

Prime plus Senior Centers

Curbside

Food Pantry

Every Wednesday

10:00 a.m. to 11:30 a.m.

7300 Newport Ave. Norfolk, VA 23505

Food distribution will be held in the parking lot on the right side of the building

Phone Number:

757.625.5857

Help us Spread the word

Foodbank of Southeastern Virginia and the Eastern Shore

A Member of FEEDING AMERICA

1 bag per household

FIRST COME FIRST SERVE