

# 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





## 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.





**WE WILL BE CLOSED NOVEMBER 11TH, 25TH & 26TH FOR THE HOLIDAYS**

**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 – 10:45 a.m. - Balance & Agility with Angie  
10:00 – 10:45 a.m. - Stretch Flex & Tone Chair Level 1 with Sheina  
10:00 – 10:45 a.m. - Stretch, Flex & Tone Chair Level 2 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. - Zumba Gold Tone with Suzanne

11:00 – 12:00 p.m. - Too Fit To Quit with Fere  
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  
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 – 10:45 a.m. - Seated in Strength with Suzanne **\*NEW\***

10:00 – 12:00 p.m. - Mah Jongg Open Play  
10:00-10:45 a.m. - Too Fit to Quit with Fere  
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 Chair 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**)

# Primeplus

Senior Centers

## Senior Artfest: Winter Edition



### WINTER ART EXHIBIT

**DECEMBER 1ST - DECEMBER 31ST**

### ART WORK INTAKE:

**NOVEMBER 15TH - 23RD**

Artfest Fee: **\$15 for Primeplus members** and **\$20 for non – members**. The first 35 people to sign up **will receive a \$10 discount**. Artist can submit up to 2 pieces of artwork.

**SHOWCASING THE  
TALENT OF ARTISTS  
AGE 50 & BETTER!**

### EXHIBIT INCLUDES:

CERAMICS  
JEWELRY  
POTTERY  
MIXED MEDIA  
PHOTOGRAPHY  
PAINTING  
SCULPTURE  
TEXTILES  
WOODWORKING  
CRAFTS & MORE!

Ribbons will be awarded to the artist with the most People's Choice ballots in each level of achievement of Amateur or Professional. Two winners will receive a **\$125 cash prize**.



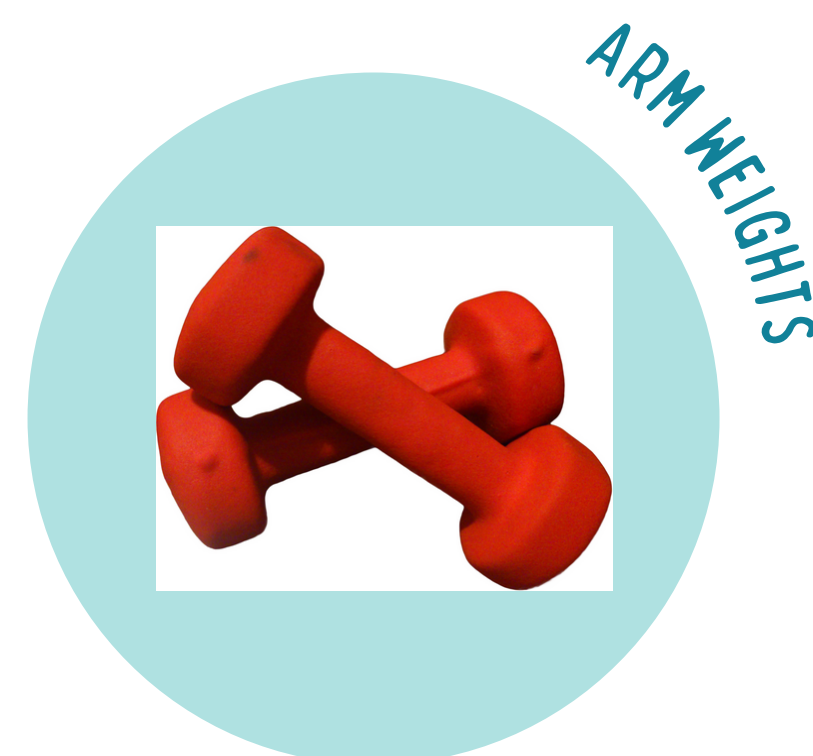
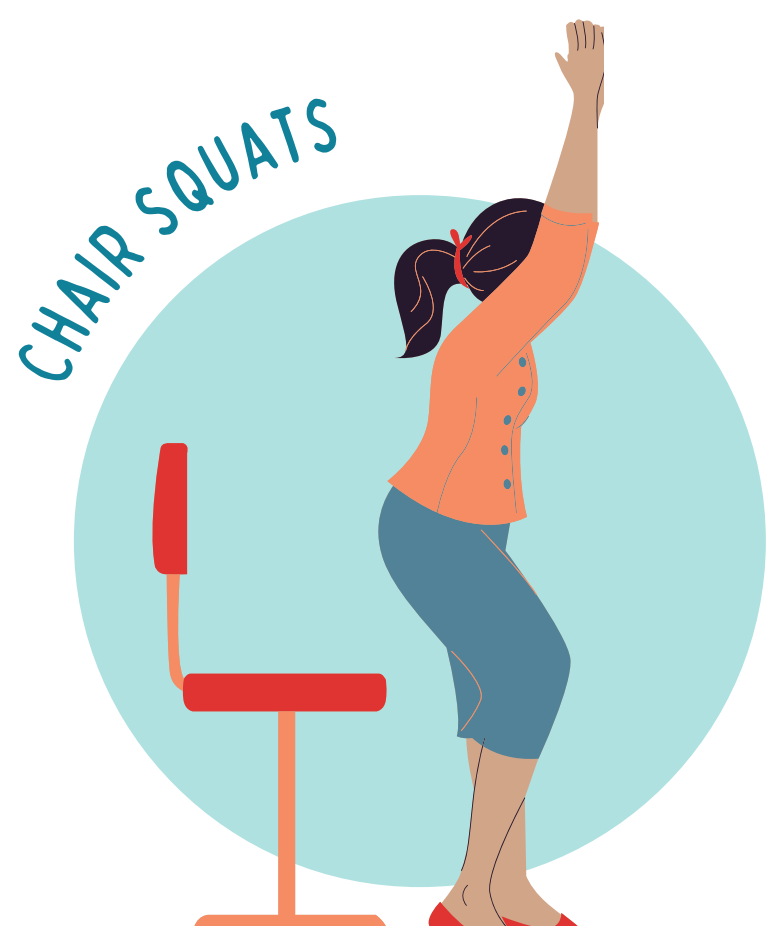
Primeplus is located within the Norfolk Fitness & Wellness at 7300 Newport Ave.  
Call 757.625.5857 or E-mail [crandolph@primeplus.org](mailto:crandolph@primeplus.org)



LEARN HOW TO GET A FULL BODY WORK OUT IN THE CHAIR WITH SUZANNE

Prime  
SENIOR CENTERS *plus*

# SEATED IN STRENGTH CHAIR CLASS



Wednesdays  
at 10 a.m.



**Call 757.625.5857 to register today!**

**This class is located at  
7300 Newport Ave. Norfolk, VA 23505**



# PRIMEPLUS NORFOLK SENIOR CENTER CHRISTMAS ORNAMENTS ORIGAMI STYLE WITH RICH GRAY

**DECEMBER 13, 2021 FROM 10:00 AM EST**

Rich Gray returns to make Christmas Ornaments with you!

Rich Gray is a paper artist in Norfolk, Virginia whose primary focus is on origami and hand papermaking. He started doing origami as a teenager and was later inspired by the handmade papers he saw in Japan. Rich teaches workshops for adults and children.

See you there!







# Why do I PreventT2?

My wife and I want to have a long and happy future together. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

1 out of 3 American adults has prediabetes. If you have prediabetes, **you can make changes now to improve your health and prevent type 2 diabetes.**

The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With PreventT2, you get:

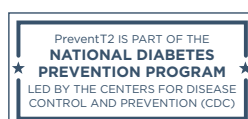
- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months
- Support from others like you as you learn new skills

Join the PreventT2 program — so you can keep doing the things you love.

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**CALL OR VISIT US ON THE WEB TODAY.**

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# HEALTH BENEFITS OF COFFEE

Join Kirsten Romero, MS, RDN from Senior Services of Southeastern VA for a fun discussion on the health benefits of coffee that are supported by science.

Free & Open to the Public

**MONDAY, NOVEMBER 29**

**12 PM to 1 PM**

**CALL 757.625.5857  
TO REGISTER TODAY!**



7300 Newport Ave. #100 Norfolk, VA





A collection of Christmas gifts and ornaments is arranged vertically on the left side of the poster. At the top is a gift wrapped in red paper with white polka dots, tied with a red ribbon. Below it is a gold Christmas ball. Further down is a gift wrapped in white paper with a red geometric pattern, tied with a large white ribbon. Below that is another gold Christmas ball. At the bottom is a gift wrapped in red paper with white stars, tied with a red ribbon. Several red and gold Christmas ornaments are scattered around the gifts.

DECEMBER 6, 2021

# SANTA SWINGS!

*Tidewater Winds  
Big Band  
Holiday Concert*

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**Sandler Center at 7:30 p.m.**

**Virginia Beach, VA**

**Tickets on Sale at Primeplus for**

**Price: \$25.00**

**Call 757.625.5857 for more details**

## Monday

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

## Tuesday

**10:00 - 10:45 a.m. - Chair Yoga with Natasha**

## Wednesday

**9:00 - 9:45 a.m. - Barre Basics**

## Thursday

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

Sponsored by Norfolk Arts and the Helen Gifford Foundation.



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



Email [crandolph@primeplus.org](mailto: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](http://www.facebook.com/askprimeplus). Call 757.625.5857 for more details.





# 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

# DO YOU LIKE TO PLAY BINGO?



## 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.



Pre-register now before  
spots fill up!

Call 757.598.0061

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



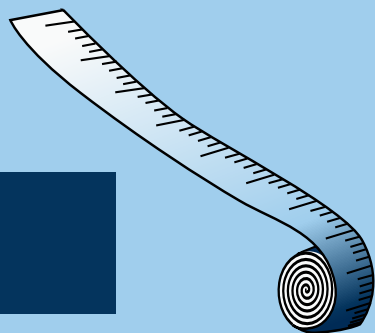


OLD DOMINION UNIVERSITY UNDERGRADUATE  
HUMAN MOVEMENT DEPARTMENT

# Biometric Health Screenings

Join us for health screenings!

**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!

**Prime**  
SENIOR CENTERS *plus*

**7300 Newport Ave Norfolk**

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



# CALLING ALL PINOCHLE PLAYERS!!!!!!

Where have all the  
Pinochle Players gone?  
Have you genuinely missed playing  
Pinochle over the years?

Stop by the office to sign up or  
call 757.625.5857 if you're interested in  
forming a group.

All games will be held at Primeplus at  
7300 Newport Ave. Norfolk, VA

## Senior Services of Southeastern Virginia

### Fall Winter/ Menu 2021

November 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Macaroni and Beef Neat sauce Garkic Bread Green Beans Applesauce  2% Milk	<b>2</b> Baked Herb fish Garlic Mashed Potatoes Vegetable Blend Tartar Sauce grapes  2%ilk	<b>3</b> Beef Stew Green Beans Peas and Mushrooms Wheat Roll Pears  2% Milk	<b>4</b>  Primeplus Closed
<b>8</b> Rotisserie Chicken Baked Potato Green Peas Banana  2% Milk	<b>9</b> Hamburger on Bun Lettuce and Tomato Oven Fried Potatoes Cucumber/tomato Salad Spiced apples  2% Milk	<b>10</b> Baked Chicken Quarters Black Eye Peas Collard Greens Mandarin Oranges  2% Milk	<b>11</b> <b>Veterans Day</b>  Primeplus Closed	<b>12</b>  Primeplus Closed
<b>15</b> Salisbury Steak w/Gravy Brussel Sprouts Mashed Potatoes Wheat Roll Sliced Pears 2% Milk	<b>16</b> Meat Loaf w/ Tomato Sauce Baked Sweet Potato Broccoli Wheat Roll Applesauce 2% Milk	<b>17</b> Stew Chicken Green Beans Brussel Sprouts Wheat Roll Fresh Fruit  2% Milk	<b>18</b> BBQ Chicken Meatballs Brown rice Peas Wheat Roll Peaches 2% Milk	<b>19</b>  Primeplus Closed
<b>22</b> Beef Cabbage Roll Diced Potatoes Green beans Fruit Cocktail  2% Milk	<b>23</b> <u>Open face turkey Sandwich</u> <u>Broccoli</u> Yellow Squash Fruit Cup  2% Milk	<b>24</b>  No Meals Served	<b>25</b>  Thanksgiving holiday  Primeplus Closed	<b>26</b>  Primeplus Closed
<b>27</b> Stuff Shells florentine Tossed salad Ranch Dressing Seasoned Peas Applesauce 2% Milk	<b>28</b> Beef Tips w/ Mushrooms Seasoned Califlower Peas and Onions Wheat Roll Melon 2% Milk	<b>29</b> Teriyaki Chicken White Rice Cabbage Grapes  2% MILK	<b>30</b> <a href="#">Krabby Cake</a> Mustard Greens Tartar Sauce Diced Potatoes Wheat roll Sliced Oranges  2% Milk	





# **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**



**1 bag per household**

