

Primeplus SENIOR CENTERS

Happy
holidays



Primeplus Senior Centers is a 501(C)3 organization. Our mission is to encourage and support seniors in the Hampton Roads area in their pursuit of social, emotional, physical, financial, and intellectual wellness.

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.



WE WILL BE CLOSED DECEMBER 27TH & JANUARY 3RD FOR THE HOLIDAYS

Monday

- 9:00 – 9:45 a.m. - Balance & Agility with Brittany
- 9:00 - 9:45 a.m. - ChairOne Aerobics with Suzanne
- 9:00 – 12:00 p.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 Brittany
- 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
- 12:15-12:45 - Sit n' Get Fit with Britt (**Moderate**)

Tuesday

- 9:00 - 10:00 a.m. - Core on the Floor with Angie
- 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 – 12:00 p.m. – Ceramics & More with Yvonne (\$\$)
- 9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)
- 9:00 – 1:00 – Game Room (Pool Table & Table Tennis)
- 9:30 - 11:30 p.m. – Drawing with Shirley Confino-Rehder
- 10:00 - 10:45a.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 Suzanne
- 10:00 – 11:00 a.m. – Beginning Tai Chi sponsored by Tidewater Tai Chi (\$\$)
- 11:00 - 12:00 p.m. - Too Fit To Quit/Zumba Gold Tone with Suzanne
- 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– 12:00 p.m. – Ceramics & More with Yvonne (\$\$)
- 9:00 – 12:00 p.m. – Mah Jongg Open Play
- 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
- 11: 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 - 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 Suzanne
- 10:00 - 10:45 a.m. - Core Yoga with Natasha
- 10:00 – 12:00 p.m. – Open Bridge Play
- 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics with Brittany
- 11:00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services of SEVA (donations accepted)
- 11:00 - 11:45 a.m. - Gentle Yoga with Natasha (**Moderate**)
- 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Suzanne
- 12:15-12:45 - Sit n' Get Fit with Britt (**Moderate**)

Holiday Breakfast Party at Primeplus

**PLEASE PARK ON THE
RIGHT SIDE OF THE
BUILDING AND USE THE
ENTRANCE WITH THE
ADA RAMP**

CALL 625.5857 EXT. 103

Primeplus
SENIOR CENTERS

**SECRET GIFT
EXCHANGE
(\$5 limit)**

Bring a wrapped gift, if you would
like to participate in the gift exchange

THURSDAY

12.16.2021

9AM - 10:30AM

**\$5 per plate:
Quiche, Fruit,
Cheese Grits,
Pancakes & Coffee**

Please R.S.V.P by Thursday, December 9th





**OPEN
DISCUSSION**

**OPEN
GROUP**



Circle Talk

Every Wednesday at 1:30 p.m.

Group Leaders:

Vanessa Golson & Suzanne Hing



Prime
SENIOR CENTERS *plus*

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



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!





Strong and Steady
Physical Therapy and Wellness



Fall Risk and Prevention Workshop

with Dr. Wendy Benton

Tuesday, December 14th
at 11 a.m.

An informative presentation about fall prevention
for older populations plus fall risk screenings.

Prime*plus*
SENIOR CENTERS

7300 Newport Ave
Norfolk VA

**Pre-register at the front office,
call 757.598.0063, or email
bacevedo@primeplus.org**



Do You Shop on Amazon?

Now your purchase can also benefit the
Primeplus Norfolk Senior Center.

Shop at AmazonSmile and .05% of your
purchase price goes to us!

Just go to: **<https://smile.amazon.com/>**

And choose **Norfolk Senior Center** as
your charity!

Then, every time you shop Amazon,
remember to start at

<https://smile.amazon.com/>

Prime*plus*
SENIOR CENTERS

7300 Newport Ave, Norfolk, VA 23505
(757) 625-5857 fax: (757) 625-5858

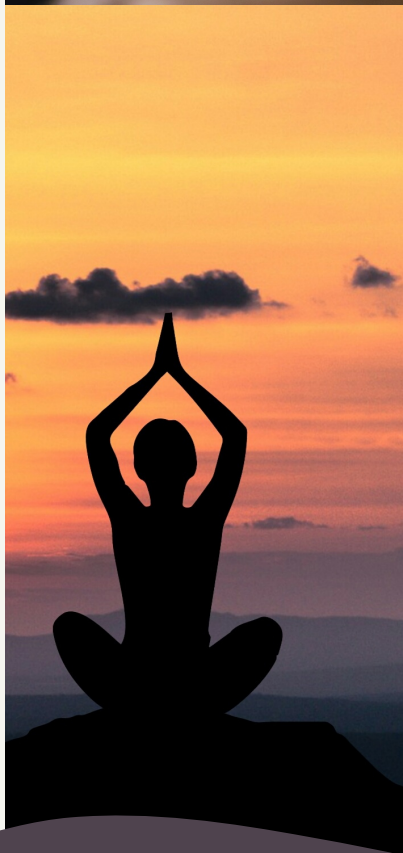
Sound Immersion Meditation

with Lynn Gilbert



**Tuesday, January 11th
at 1pm**

Healing sound is profoundly nurturing. The sound immersion experience is designed to transform your stress and shrink your worries and concerns to a manageable size. Participants appreciate some quiet time at the end of a sound event—you are never rushed out. Some feel a release of pain; the typical participant is deeply relaxed and at peace. Many find it difficult to express their inner experience, needing time to process and integrate.



\$20
registration
fee

Call 757.625.5857 or sign up at
the front desk to reserve a spot.
PrimePlus Senior Centers
7300 Newport Ave



Call 757.625.5857 to register for the Craft Club!



Snowman Wreath

Thursday, December 2, 2021

at 10 a.m.

Supply Fee: \$10.00




Keepsake Ornament

December 9, 2021 at

10:00 a.m.

Supply Fee: \$5.00

No experience necessary!



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.

CALL OR VISIT US ON THE WEB TODAY.

Call 757.598.0063

www.primeplus.org

PREVENTT2
A PROVEN PROGRAM TO PREVENT OR DELAY TYPE 2 DIABETES



Primeplus
SENIOR CENTERS

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 - 10:45 a.m. - Too Fit To Quit with Brittany

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 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.



DECEMBER 6, 2021

SANTA SWINGS!

*Tidewater Winds
Big Band Concert
Holiday Concert*

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

**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.

Prime*plus*
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.

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**