

# Primeplus SENIOR CENTERS

HAPPY  
New Year



Winter Artfest Winners: Introspective by Lorna Cochrane and Goggles by Sheila Nash



*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





**NEW YEAR  
NEW FITNESS CLASSES!**

**MONDAYS**

**11:00 A.M. - BODY BOOT CAMP**

**WEDNESDAYS**

**11 A.M. - TOO FIT TO QUIT AEROBICS**

**11:15 A.M. - GET UP AND GO AEROBICS**

**12:15 P.M. - FUNCTIONAL FIT CLASS**

**THURSDAYS**

**11:00 A.M. - CHAIR YOGA**

**PRE- REGISTRATION IS  
REQUIRED, SO CALL  
757.625.5857 OR EMAIL US AT  
MEMBERSHIP@PRIMEPLUS.ORG**

**ALL CLASSES WILL BE HELD WEEKLY AT  
PRIMEPLUS AT 7300 NEWPORT AVE.  
NORFOLK, VA 23505**



## January 2022

Weekly Pre-registration is required for all classes

Call 757.625.5857 ext. 108 or email us at

membership@primeplus.org to sign up

**WE WILL BE CLOSED JANUARY 3RD & JANUARY 17TH 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 – 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. - Seated in Strength with Chelsea **\*NEW\***  
 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  
 11:00-11:45 a.m. - Body Bootcamp with Chelsea **\*NEW\***  
 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

### Tuesday

9:00 – 10:00 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 – 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 – 10:45 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 (\$\$)

11:00 – 12:00 p.m. - Too Fit To Quit with Fere **\*NEW\***  
 11:00- 11:45- 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

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  
 10:00- 10:45 a.m. - Barre Basics with Fere **\*NEW\***

11:00 – 12:30 p.m. – Congregate Lunch sponsored  
 by Senior Services (donations accepted)  
 11:00 - 11:45 p.m. - Too fit to Quit with Fere **\*NEW\***  
 11:15 -12:00 Get up and Go with Chelsea **\*NEW\***  
 12:15 – 12:45 Functional Fitness with Chelsea **\*NEW\***  
 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)  
 9:00 – 9:45 - Balance & Agility with Fere **\*NEW\***  
 10:00 – 10:45 a.m. - Stretch Flex & Tone Chair Level 1 w/ 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 – 11:45 a.m. - Too Fit to Quit Aerobics with Fere  
 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)**  
 11:00- Chair Yoga with Imani (**Beginner**) **\*NEW\***  
 12:00 – 12:45 p.m. - Charged Up! Aerobics w/Suzanne  
 12:15 – 12:45 - Sit n' Get Fit with Britt

*Primeplus*  
In - Person Art Class at Primeplus  
Thursday, January 20, 2022  
11:00 a.m. to Noon

# Acrylic Dip: A Paint Pour Workshop with Vanessa Golson

Students will design their own piece of art on a 5x5 canvas.

**\*\* FREE Workshop \*\***

**Call 757.625.5857 to register!**

Only 10 spaces available

Aprons not included.

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

# HEALTHY EATING FOR THE NEW YEAR

with Kirsten Romero M.S. RDN

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Tuesday,  
JANUARY 18th  
12 p.m. -1 p.m.

Get the new year started off right  
by learning about the importance  
of healthy eating!

CALL 757.625.5857, or stop by the  
front office TO REGISTER TODAY!



HAVE YOU ALWAYS WANTED TO PAINT,  
BUT BEEN TOO AFRAID TO TRY?

# ART PAINTING ON CANVAS WITH NANCY

Come learn fundamental techniques and get  
step - by step instruction.

EVERY WEDNESDAY  
10 A.M. - NOON

CLASS FEE: \$8 PER SESSION

STUDENTS MUST BRING THEIR  
OWN SUPPLIES

For class sign-ups and inquiries, you can contact the  
office at 757.625.5857.

**Prime***plus*  
SENIOR CENTERS

We are located at 7300 Newport Ave. Norfolk, VA





# Sound Immersion Meditation



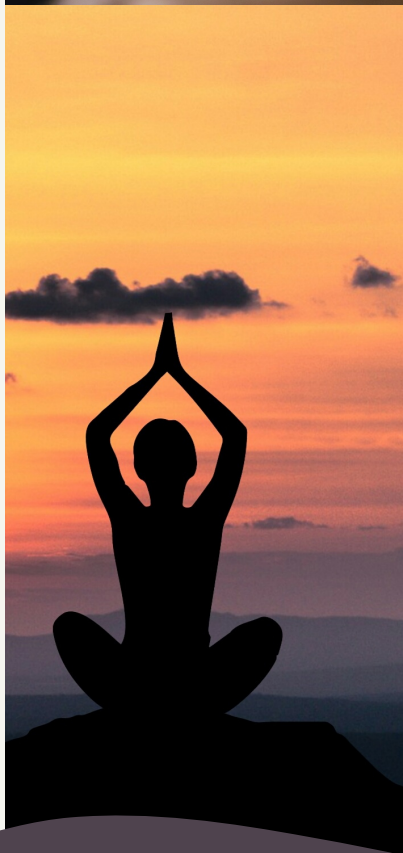
with Lynn Gilbert

**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



*PrimePlus Senior Center  
7300 Newport Ave Norfolk*

# FASCIA WORKSHOP WITH ANGIE



**Tuesday, January 25th at 9am**

\$5 class fee

COME EXPLORE YOUR FASCIA  
(CONNECTIVE TISSUE) AND LEARN  
HOW IT RELATES TO OUR  
EMOTIONAL AND PHYSICAL  
WELLBEING THROUGH GENTLE  
YOGA POSES AND BREATH WORK.  
**MATERIALS TO BRING:** A CLEAN  
SOCK TO PLACE TENNIS BALLS  
**OPTIONAL:** MAT AND 2 TENNIS  
BALLS

Call 757.625.5857 or sign up at the office





**Prime***plus*  
SENIOR CENTERS

7300 Newport Ave, Norfolk

# DIABETIC EYE SCREENINGS

Wagner Retina is screening for eye  
pressure and macular degeneration

**TUESDAY, FEBRUARY 8**  
**10:30 AM TO 1:00 PM**

Pre-register for the  
screening at the  
Primeplus office location  
or contact Brittany at  
757-598-0063 or  
[Bacevedo@primeplus.org](mailto:Bacevedo@primeplus.org)



## 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. To register, call 625.5857 x103 or email us at [membership@primeplus.org](mailto:membership@primeplus.org)

## 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

OPEN  
DISCUSSION

OPEN  
GROUP



## Circle Talk

Every Wednesday at 1:30 p.m.

Group Leaders:

Vanessa Golson & Suzanne Hing





# **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**

