

# Primeplus SENIOR CENTERS

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505



*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.*

*This month we are conducting research on the satisfaction of the patrons we serve. This survey will aid us in better understanding the Primeplus membership experience, while showing us where we can improve our programs.*

Take Our Survey

*The survey should only take 5 minutes, and your responses are completely anonymous. Stop by the office for a survey. We really appreciate your input and would love to hear from you!*

Primeplus is a proud partner of



**February 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 FEBRUARY 21ST FOR PRESIDENTS DAY**

**Monday**

9:00 – 9:45 a.m. - Balance & Agility with Chelsea  
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  
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. - Core on the Floor with Fere  
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

**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  
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  
11:15 – 12:00 Get up and Go with Chelsea  
11:15 – 12:00 p.m. – Chair Yoga with Angie (**Beginner**)  
12:15 – 12:45 Functional Fitness with Chelsea  
12:30 – 1:15 p.m. - ChairOne Aerobics with Suzanne  
12:00-2:00 p.m. - Pickle Ball in NFWC Gym  
1:30 – 2:00 p.m. - Circle Talk with Vanessa & Suzanne

**Free Curbside Food Pantry**

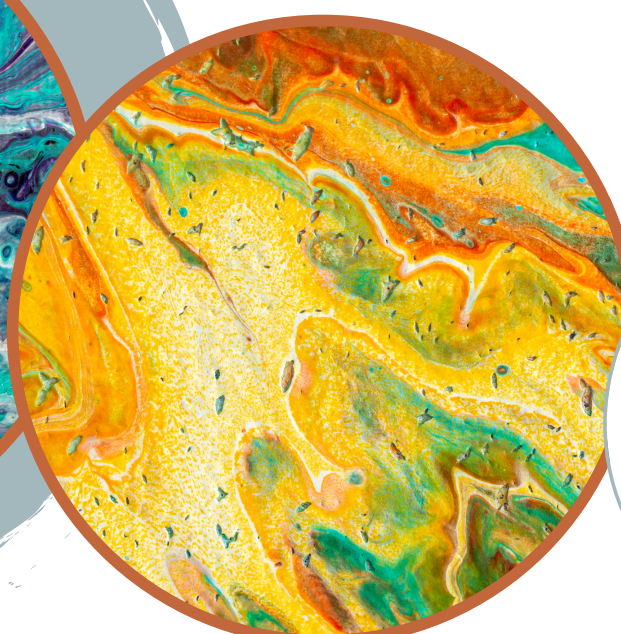
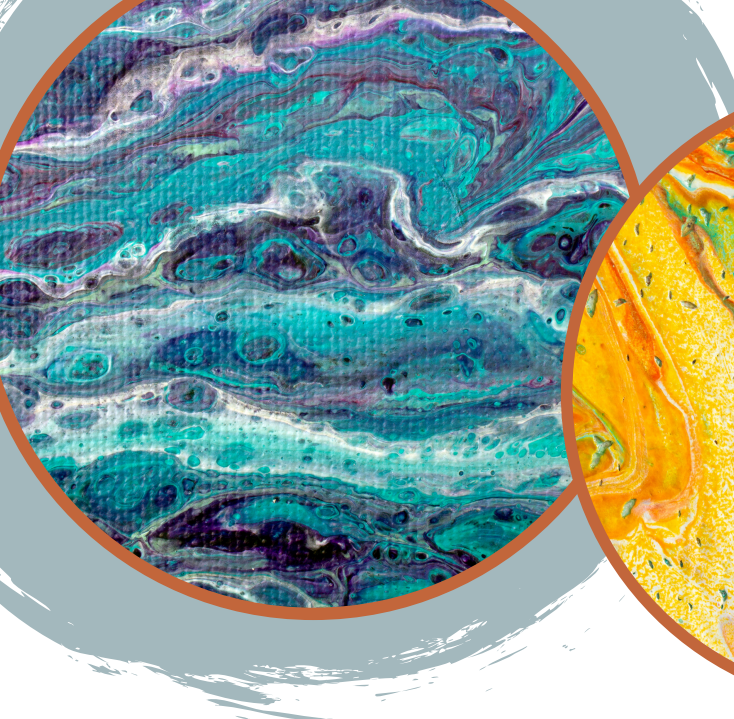
**Location: Right side parking lot of the NFWC 10:00 a.m. - 11:30 a.m.**

**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 a.m. - Balance & Agility with Fere **\*NEW\***  
9:00 – 9:45 a.m. - Body Bootcamp with Brittany  
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**)  
12:00 – 12:45 p.m. - Charged Up! Aerobics w/Suzanne  
12:15 – 12:45 - Sit n' Get Fit with Britt





# PRIMEPLUS NORFOLK SENIOR CENTER FLUID LOVE

FEATURING VANESSA GOLSON

FEBRUARY 10, 2022 AT 10 AM EST

Come get your paint on!

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. We welcome newbies.

See you there!





**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.





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.



We are located at 7300 Newport Ave. Norfolk, VA



# 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**

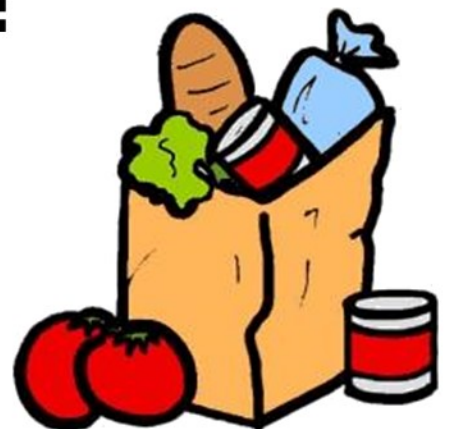
**10:00 a.m. to 11:30 a.m.**

**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**

