

Primeplus SENIOR CENTERS

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505

Mayor Kenneth Cooper Alexander and Tidewater Tech show their appreciation of seniors and Primeplus Senior Centers by installing new floors in our Norfolk Adult Day Service Center.



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.

Class Cancellations for March: Gentle Yoga - 3/9 Chair Yoga - 3/9, 3/16, 3/23 & Yin Yoga - 3/8, 3/15, 3/22

Monday

9:00 - 10:00 a.m. - Coffee & Chat – Lobby (free coffee) ***NEW***
 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 – 2:00 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 p.m. - 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 & Chat – 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 p.m.– Game Room (Pool Table & Table Tennis)
 10:00 - 1:00 p.m. - Mexican Train Dominioes
 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 - 11:45 a.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, and Tone Mixed with Angie/Fere (**Moderate**)

Wednesday

9:00 - 10:00 a.m. - Coffee & Chat – Lobby (free coffee) ***NEW***
 9:00-9:45 a.m.- Abs, Abs, Abs with Angie/Fere/Lydia
 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/Lydia (**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

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 **3/7 & 3/30**
 12:30 - 12:45 Functional Fitness with Chelsea ***New Time***
 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 a.m. - Balance & Agility with Fere ***NEW***
 9:00 - 9:45 a.m. - Body Boot Camp 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. - Yoga for Strength with Natasha (**Advanced**)

10:00 – 2:00 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. - Foundational Yoga with Natasha (**Moderate**)
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Suzanne
 12:15 - 12:45 p.m. - Sit n' Get Fit with Britt
 1:00 - 3:00 p.m. - Pickle Ball in NFWC Gym ***NEW***



PUBLIC WORKSHOP: ENHANCED NORFOLK FITNESS & WELLNESS CENTER

RECREATION – FITNESS – WELLNESS – LIBRARY

COME SHARE YOUR THOUGHTS ON WHAT YOU ENVISION FOR THE NEW
COMBINED FITNESS AND LIBRARY CENTER.

Now is the time to start the conversation about the importance of senior programs in Norfolk. Please let your feelings be known by responding to the survey. Primeplus has been a vital tenant in the NFWC since it opened and partner with the City of Norfolk for close to 50 years. We value that relationship and we want to continue that relationship by designing and building a state of the art Senior Center at this location.



**Surveys Open through
March 15, 2022**

Survey Link:

https://www.opentownhall.com/portals/77/Issue_11622

Coffee & Music

Monday - Thursday

New Days Added

9:00 - 10:00 a.m.

*** Continental Breakfast * Coffee *
sponsored by SSSEVA**



Steve Kolb, pianist, will be performing live & taking requests every Thursday morning.

To enter the building, please use the ramp on the right side of the building.



LIVE



7300 Newport Avenue, #100
Norfolk, Virginia 23505

 **Senior Services**
of Southeastern Virginia

Primeplus
SENIOR CENTERS

You're invited

Join me for a special bingo event.



At UnitedHealthcare®, we have Medicare Advantage plans for many kinds of people, including people who also qualify for Medicaid. We invite you to stop by and join the fun. Discover the right Medicare plan for you as you participate in:

- Giveaways
- See what benefits you may be missing



Bingo

Tuesday, March 15
12:00 PM

Primeplus

7300 Newport Ave. #100
Norfolk, VA

Please call to let us know you're coming.

Jenette Mucker

Licensed Sales Agent

757-277-8361, TTY 711

Primeplus - Host

757.625.5857 ext. 103



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies. For Medicare Advantage Plans: A Medicare Advantage organization with a Medicare contract. For Dual Special Needs Plans: A Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal. For accommodations of persons with special needs at meetings call 757-277-8361 TTY 711. Eligible for a free drawing, gift, or prizes with no obligation to enroll. © 2021 United HealthCare Services, Inc. All Rights Reserved.

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Sound Immersion Meditation



with Lynn Gilbert

**Thursday, March 10th
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

Keep Calm and
Let's Walk!

**LACE UP YOUR SNEAKERS
AND GET MOVING!!**

**JOIN THE PRIMEPLUS INDOOR
WALKING GROUP!!**

If you're going to talk the talk, you've got to walk the walk

Daily Schedule: 8:45 a.m. to 9:15 a.m. (Early Bird Walkers) 12:45 p.m. to 1:15 p.m. (Afternoon Walkers)

Groups will meet in the lobby of PRIMEPLUS and follow the PRIMEPLUS walking signs on the wall

READY...SET...GO!!!!





**Thursday
May 19, 2022
5:30p to 8:30p**



THREE GREAT CAUSES. ONE GREAT PARTY.

THURSDAY, MAY 19

5:30 – 8:30 P.M.

@ NORFOLK BOTANICAL GARDEN



ROTARY CLUB OF NORFOLK



**norfolk
botanical
garden**

To buy tickets or donate online
visit:

www.sudsandbuds.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

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

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**



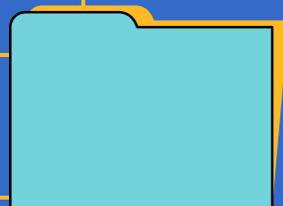
 **Foodbank**
of Southeastern Virginia
and the Eastern Shore

A Member of
**FEEDING™
AMERICA**

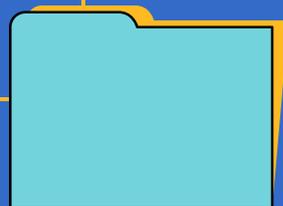
1 bag per household

**FIRST COME
FIRST SERVE**

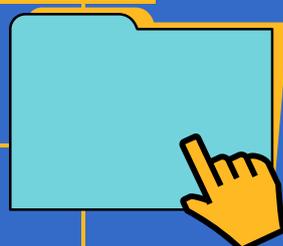
DIGITAL TALK:
TECHNOLOGY
FOR SENIORS



Tuesday,
March 22, 2022



12:00 PM (Noon)



Sponsored by
Humana

Primeplus
SENIOR CENTERS

Senior Artfest



SHOWCASING THE
TALENT OF
ARTISTS AGED 50 &
*older in South
Hampton Roads.*

CALL FOR ENTRY

~SAVE THE DATES~

ARTFEST EXHIBIT

PEOPLES' CHOICE EXHIBIT

June 6th - June 27th

June 28th - July 25th

APPLICATION DEADLINE/ARTWORK INTAKE

May 23rd - May 26th from 10 to 2 p.m. (closed Friday)

Entry Fee: \$30 for members and \$40 for non-members

EXHIBIT INCLUDES: CERAMICS, JEWELRY, POTTERY,
MIXED MEDIA, PHOTOGRAPHY, PAINTINGS,
SCULPTURE, TEXTILES, WOODWORKING & MORE.

Primeplus is located within the Norfolk Fitness & Wellness Center at
7300 Newport Ave. Call 757.598.0058 or e-mail Chantel at
crandolph@primeplus.org for an application.