

Primeplus SENIOR CENTERS

FEBRUARY
2023

| 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.

Monday

9:00 – 9:45 a.m. - Inspirational ChairOne with Vanessa
 9:00 – 9:45 a.m. - Body Boot Camp with Chelsea
 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! Aerobics with Suzanne
 10:00 – 10:45 a.m. - Barre Basics with Fere
 10:00 - 10:45 a.m. - Intro to Tabata with Patty

10:00 – 2:00 p.m. – Open Bridge Play
 11:00 – 11:45 a.m. - .Silver Sneakers Enerchi™ w/Patty
 11:00 - 11:45 a.m. - Core on the Floor w/Fere
 11:00 - 11:45 a.m. - ChairOne with Suzanne
 11:00 -11:45 a.m. - Too Fit To Quit with Chelsea
 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 p.m. - Sit n' Get Fit with Fere (Moderate)

Tuesday

9:00 - 9:45 a.m. - Coffee & Chat
 9:00 - 9:45 a.m. - Essentrics with Peggy
 9:00 - 10:00 a.m. - Core on the Floor with Fere
 9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)
 9:00 – 1:00 p.m.– Game Room (Pool Table & Table Tennis)
 9:30 - 11:30 p.m. – Drawing w/ Shirley Confino-Rehder
 10:00 - 2:00 p.m. - Mexican Train Dominoes
 10:00 - 10:45 a.m. - Balance & Agility w/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 with Tidewater Tai Chi (\$\$)
 10:00 – 10:45 a.m. – Aerobics with Tomika

11:00 - 11:45 a.m. - Chair Aerobics with Tomika
 11:00 - 11:45 a.m. - Too Fit To Quit with Fere
 11:00 - 12:00 p.m. - Yin Yoga with Angie
 11:00 – 12:00 p.m. – Intermediate Tai Chi with
 Tidewater Tai Chi (\$\$)
 11:00 – 12:30 p.m. – Congregate Lunch sponsored
 by Senior Services (donations accepted)
 12:15 - 1:00 p.m. - Stretch, Flex & Tone Mixed Level
 w/Angie

Afternoon at the Movies
Last Tuesday of the month at Noon
"Guess Who's Coming to Dinner"

Wednesday

8:15 - 8:45 a.m. - Morning Warm up with Jan **NEW***
 9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe
 9:00 - 9:45 a.m. - Fitness Fundamentals with Jan
 9:00-9:45 a.m.- Abs, Abs, Abs with Angie
 9:00– 12:00 p.m. – Ceramics & More with Yvonne (\$\$)
 9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)
 10:00 – 4:00 p.m. – Mah Jongg Open Play
 10:00 - 10:45 a.m.- Line Dancing with Alice & Joe
 10:00 – 12:00 p.m. – Acrylic Painting Class with Nancy (\$\$)
 10:00 - 10:45 a.m. - Seated in Strength with Suzanne
 10:00 - 11:00 a.m. - Gentle Yoga with Angie

10:00- 10:45 a.m. - Balance & Agility 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 - Chair Yoga with Angie
 12:00-2:00 p.m. - Pickle Ball in NFWC Gym
 12:30 - 1:15 p.m. - Chair Zumba with Suzanne

Free Curbside Food Pantry - 10:00 - 11:30 a.m.
Location: Right side parking lot

Thursday

9:00 - 9:45 a.m. - Coffee & Chat with Steve
 9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina
 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
 10:00 - 10:45 a.m. - Intro to Tabata with Patty
 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 w/ Fere
 10:00 - 10:45 a.m. - Intro with Pilates with Ann *NEW*

10:00 – 2:00 p.m. – Open Bridge Play
 11:00 - 11:45 a.m. - Tabata for Seniors with Patty
 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere
 11:00 - 11:45 a.m. - Restorative Yoga with Ann
 11:00 – 12:30 p.m. – Congregate Lunch sponsored
 by Senior Services of SEVA (donations accepted)
 12:00 - 12:45 p.m. - Charged Up! Aerobics
 w/Suzanne
 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere

Friday

9:00 - 9:45 a.m - Ball Exercises w/ Fere (\$\$)
 10:00 – 10:45 a.m.– Premium Boot Camp w/ Chelsea (\$\$)
 10:00 – 10:45 a.m.– Stretch, Flex & Tone Level 1 w/Fere
 10:00 - 10:45 a.m. - Zumba with Tomika

10:00 – 12:00 p.m. – Bridge or Mah Jongg Open Play
 11:00 – 11:45 a.m. – Too Fit To Quit with Fere
 11:00 – 11:45 a.m. – Chair Aerobics w/Tomika
 12:00 - 2:00 p.m. - Pickle Ball in NFWC



PRIMEPLUS NORFOLK SENIOR CENTER

SINGING SONGS

WITH TINA AND FRIENDS

February 7th AT 12 PM

Tina and Jim do interactive singalongs with favorites including jazz standards, acoustic favorites and even some show tunes!



Understanding and Responding to Dementia-Related Behavior

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

The program is designed to provide practical information and resources to help dementia caregivers learn to decipher behaviors and determine how best to respond. It also offers a four-step process to follow and provides details that may be applied to any behavior.

The Four Steps Are:

- » Detect and connect.
- » Address physical needs first.
- » Address emotional needs next.
- » Reassess and plan for next time.

**Thursday, February 23
12:00 - 1:00 p.m.**

**Primeplus Senior Center
7300 Newport Ave #100
Norfolk, Virginia 23505**

Visit alz.org/CRF to explore additional education programs online and in your area.

Presented by, Brandi Smith, General Manager of WayForth and Certified Dementia Practitioner with over 14 years' experience working with individuals diagnosed with Alzheimer's or Dementia and their families.



Southeastern
Virginia Chapter



Good
Morning

Wednesday Morning Warm Up!

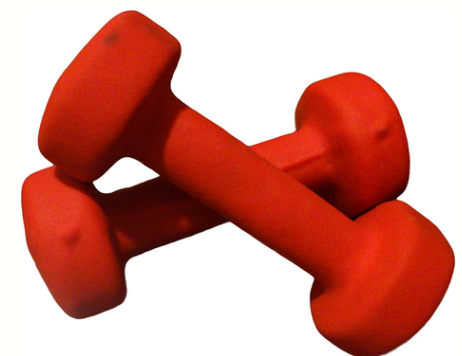
Instructor: Jan Cline

8:15 a.m. - 8:45 a.m.

Join us for some stretching and vigorous movement first thing to set your day in motion! Students will first do an all-over stretch, followed by a fast-paced heart-pumping quickie-workout that will warm you up for your next class and pump you up for your whole day.

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Call 757.625.5857 to register!



SMART MONEY INVESTMENT CLUB

Second Wednesday
of each month
9:00 - 11:00 a.m.

We are looking for new Members! Come learn about strategies for investing in the stock market, how changes in the financial markets affect your budget, and how to potentially navigate those changes.

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**This Group meets
7300 Newport Ave.
Norfolk, VA 23505**





Peoples Pharmacy LLC

COVID & FLU CLINIC

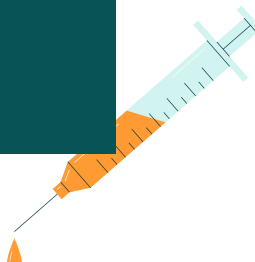
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February 13th
10am - 12pm

Please bring your ID,
Medicare, or Insurance
Card

Flu and Covid Shots will be
administered by
Peoples Pharmacy LLC at
7300 Newport Ave. Norfolk VA

Call 757.625.5857 x103
for more details



African Dance w/Sunshine

1ST
TUESDAY
EACH
MONTH @ 12:00

ALL LEVELS
Chair & Standing



In honor of her beloved mom, MILDRED

12:00 - 1:00 p.m.

Influencing the Outcome
through Engaging Stories

1:00 - 1:30 p.m.

Addressing your Estate
Planning Questions

Monday, February 27th @ Noon

Hosted by Jeff Byrd of Jeff Byrd Coaching, is an International Keynote Speaker,
Motivational Educator & Trainer, and Development Coach.

Everyone has a story that matters as much to them as yours does to you and mine does to me. Be inspired by the process of stories and their tremendous power to influence the outcome of a situation. Join us at Noon

The second topic for this presentation will provide concrete answers to the most-asked estate planning questions.

With Attorney Donna L. Wilson, founder of Wilson Law, PLC

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Free

Call 757.625.5857 x103 for details

FASCIA YOGA WORKSHOP

Taught by Angie Spears

Come explore your fascia (connective tissue) and learn how it directly relates to our emotional and physical wellbeing through yoga poses and breath.

Materials For the Class:

2 Tennis Balls

**Thursday, February 16, 2023
11:00 AM - 12:30 PM**

Fee: \$5 per person

We need a minimum of 10 students,
so please help spread the word



****OPEN TO THE PUBLIC****

****PRE-REGISTER By calling the office or
emailing us by 2/13/2023**

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7300 Newport Avenue | Norfolk, VA 23505 | 757-625-5857 x103

HEALTHWISE

Eastern Virginia Medical School



WHAT: In person
technology training for
older adults

WHEN: 12-2pm on February
7th, 14th, 21st, 28th

WHERE: Prime Plus
7300 Newport Ave #100,
Norfolk, VA 23505

CONTACT: Lucy Fyfe

757-524-1646 by February
7th (space is limited)



Senior Services
of Southeastern Virginia



Valentine's Partner Game Day

Bag Darts

12:00 pm

Name 3 Game

1:00 pm

February 14, 2023

12:00 pm-2:00pm



*Hosted by
Basha Taylor*

*You're going to
Love these games!*

Call 757.625.5857 x103 to register your team!