



Primeplus

SENIOR CENTERS

MARCH
2023



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.

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505
CALL 757.625.5857 FOR MORE INFORMATION

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 – 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
 Singing In the Rain**

Wednesday

8:15 - 8:45 a.m. - Morning Warm up with Suzanne
 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)
 9:00 - 11:00 a.m. - Smart Money Meeting *2nd Wed of each month*
 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

SPRING INTO FUN!
TALENT
SHOW

This event is intended to showcase the talents of our members. So have fun!

THURSDAY. MARCH 23, 2023

LUNCH STARTS AT 11:45AM

THE SHOW STARTS AT 12:30 PM

\$5.00 PER PERSON (Lunch is included)

1-HOTDOG, BAG OF CHIPS, DESSERT & DRINK WILL BE SERVED

IF YOU ARE INTERESTED IN SHOWCASING YOUR
TALENT, EMAIL US AT CRANDOLPH@PRMEPLUS.ORG

THE REGISTRATION DEADLINE IS MARCH 21ST.

FOR MORE INFO, CALL 757.625.5857 X103

Prime *plus* SENIOR CENTERS

GLITTER GLOBES WITH VANESSA



\$6.00 PER PERSON

**Call
757.625.5857 x103
to register**

**MARCH 9TH
@ 10:00 AM**

7300 Newport Ave. Norfolk, VA 23505

Prime
SENIOR CENTERS *plus*



Kindness Rock Painting

Monday, March 13, 2023

12:00 - 1:00 PM

Hosted by Kathi Thomas, Administrator of Norfolk Rocks (HR), Leah Harris & Patsy Henson

Students will learn about the Kindness Rock Project. You will also receive step by step instruction on how to draw and paint encouraging rocks.



No artistic ability needed; however having fun is required!

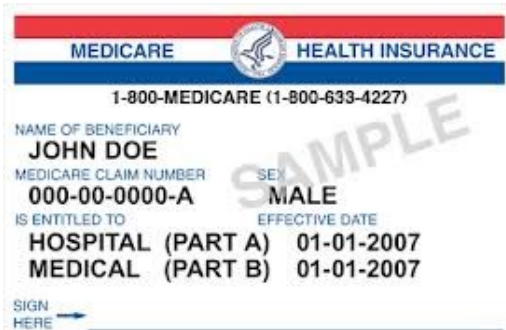
Call 757.625.5857 x103 to register by March 9th

Confused about your Medicare Options?

Part A, Part B, Part C and Part D? What about Plan G?

Wednesday, March 15th at Noon

- 1) Are you just turning 65 & you don't know what to do?
- 2) Are you over 65, & you put off the decision, because you didn't know what to do?
- 3) Was it so confusing that you just about gave up?
- 4) Was it so much to think about that you just did nothing?



If you answered "YES" to any of the above questions, then you need to come to this educational event.

Join Bradford S. Klavan, of Insurance Advisors, LLC, an independent insurance agent, licensed in the Commonwealth of Virginia. He will be here to lead the seminar and available to answer your general questions

Call 757.625.5857 for more details!

For accommodations of persons with special needs at meetings call 757-625-5857 TTY 711

Sponsored and hosted by

Primeplus
Norfolk Senior Center

7300 Newport Avenue, #100
Norfolk, Virginia 23505

**FREE & OPEN
TO THE
PUBLIC**

Join us Tuesday, March 7th at Noon

Free & Open To All Members!

This class will be held at Primeplus Senior Center at 7300 Newport Ave.

**African Dance
w/Sunshine**

1ST
TUESDAY
EACH
MONTH @ 12

ALL LEVELS
Chair & Standing

Call
757.625.5857



In honor of her beloved mom, MILDRED

Prime*plus*
SENIOR CENTERS

Senior Artfest



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

SAVE THE DATES

ARTFEST EXHIBIT

June 6th - June 26th

PEOPLE'S CHOICE EXHIBIT

July 5 - July 26th

APPLICATION DEADLINE/ARTWORK INTAKE

Entry Fee: \$35 for members and \$40.00 for non-members

May 22 - May 25th from 10 to 2 p.m. (closed Friday)

ARTISTS' RECEPTION & RIBBON ANNOUNCEMENT

THURSDAY, JUNE 8TH from 3:00 - 5:00 p.m.

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

This show is judged based on the different categories and (1) Overall Best in Show winner will be selected. The winner will also receive a \$250 cash prize and a chance to host a 2 week Solo Art Exhibit at Primeplus in the Fall

Primeplus is located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave. Norfolk, VA 23505. Call **757.598.0058** or e-mail Chantel at **crandolph@primeplus.org** for more details.