

7300 NEWPORT AVENUE #100 NORFOLK VA 23505
CALL 757.625.5857 EXT 103 FOR MORE INFORMATION

CHAIRity

Fundraiser



**We Need Your
Support!**

**Help us purchase a dolly
and additional chairs for
our growing fitness
classes**

\$55 will help us to purchase one Chair

Every donation large or small is greatly appreciated!

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 **no class 4/17**

10:00 – 2:00 p.m. – Open Bridge Play
 11:00 – 11:45 a.m - Silver Sneakers Enerchi™ w/Patty **no class 4/17**
 11:00 - 11:45 a.m. - Core on the Floor w/Fere
 11:00 - 11:45 a.m. - ChairOne with Suzanne
 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– 12:00 p.m. – Ceramics & More with Yvonne (\$\$)
 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 **no class 4/11**
 11:00 – 12:00 p.m. – Intermediate Tai Chi with Tidewater Tai Chi (\$\$)
 12:15 - 1:00 p.m. - Stretch, Flex & Tone Mixed Level w/Angie

Afternoon at the Movies
Last Tuesday of the month at Noon

Wednesday

8:15 - 8:45 a.m. - The Art of Stretching 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 (Billards & Table Tennis)
 9:00 - 11:00 a.m. - Smart Money Meeting *2nd Wed
 10:00 – 4:00 p.m. – Mah Jongg Open Play
 10:00 - 10:45 a.m.- Line Dancing with Alice & Joe
 10:00 - 10:45 a.m. - Seated in Strength with Suzanne
 10:00 - 11:00 a.m. - Gentle Yoga with Angie **no class 4/12**

10:00- 10:45 a.m. - Balance & Agility with Fere
 11:00 - 11:45 p.m. - Too Fit To Quit with Fere
 11:15 - 12:00 - Chair Yoga with Angie **Suzanne will sub for Angie on 4/12**
 12:00-2:00 p.m. - Pickle Ball in NFWC Gym
 12:00 – 2:00 p.m. – Acrylic Painting Class with Nancy (\$\$) **New Time**
 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 **no class 4/13**
 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 **no class 4/13**
 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. - Intermediate Tabata with Patty **no class 4/13**
 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere
 11:00 - 11:45 a.m. - Restorative Yoga with Ann
 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

Supply Fee: \$20

SEASHELL WREATH

Instructor: Tammy Adelman

Monday, April 17, 2023 @ 10:00 AM

**Participants will learn how to create a
DIY Wreath using a wired hanger, fabric
and twine. Seashells will be provided.**

Tammy has a Bachelors Degree of Fine Arts and a Master Degree of
Arts. She has taught over 32 years in Elementary, Business and Art
creative in New York

Pre-registration Is Required!

Call 757.625.5857 x103 for more details

Prime
SENIOR CENTERS *plus*

Supply Fee: \$20

**7300 Newport Ave #100
Norfolk, VA**



OLD DOMINION UNIVERSITY UNDERGRADUATE
HUMAN MOVEMENT DEPARTMENT

Biometric Health Screenings & Balance Assessment

Thursday, April 6 & April 13

10:00 AM - 2:00 PM

Make your health your priority!

Participate in this screening to find out your body composition, body fat percentage, blood pressure and walking patterns, for more information about your overall well being!



Prime *plus*
SENIOR CENTERS

7300 Newport Ave Norfolk, VA 23505

To sign up:

Call 757.625.5857 x103

Intro to Batik Workshop



Instructor: Ann

Cost: \$20

Pre-registration is required by April 10th!

Call 757.625.5857 x103 for more details

Spring has sprung so join in the fun to learn the ancient craft of Batik. Batik is an Indonesian technique of wax-resist dyeing applied to the whole cloth. Students will create several pieces of art that will proudly be displayed as a wall hanging, garden flag or interior decorative pillow.



APRIL 13 - MAY 4

12:30 - 1:30 PM

**THIS CLASS WILL BE HELD
EVERY THURSDAY AT
PRIMEPLUS!**

7300 Newport Avenue #100 Norfolk, VA



Grief Support Group

Facilitated by **Ashley Ball MS LMFT**



Thursday

April 20, 2023

4:00 PM

@ Primeplus

Have you recently experienced a loss in your life? This can leave someone feeling a multitude of emotions and even isolated. Well, you are not alone. Please join our support group to share with others your feelings and experiences and get the support you need through this difficult time.

Don't stay on an island by yourself.

Contact Primeplus at 757.625.5857 x 103 for more details!

Prime*plus*
Senior Center

7300 Newport Avenue
Suite 100
Norfolk, Virginia 23505



THE CONFIDENCE GAMES

**FUN GAMES OF CHANCE AND SKILL SPECIFICALLY CHOSEN FOR
INDIVIDUALS LIVING WITH PARKINSON'S DISEASE.
EVERYONE IS WELCOME TO PLAY AND PARTICIPATE.**

PRIZES FOR TOP WINNERS!

7300 Newport Ave #100
Norfolk, VA 23505

APRIL 24TH, 12PM-3PM

To register or questions call 757-408-8921 or
email apdavirginia@apdaparkinson.org





Hosted by Insurance Advisors LLC
Medicare Solutions

April 25, 2023 at Noon

2023 Medicare Updates

When planning ahead for your healthcare expenses and how they align with your Medicare coverage, it's very important to stay informed on the changes to Medicare each year. Several aspects of Medicare - particularly related to out-of-pocket costs - can change on an annual basis. Join Brad for this informative seminar. If you want to schedule a private meeting, please contact Brad directly.

Bradford S Klavan (Brad)

Phone: (757) 390-4727 (office) or (757) 652-0912 (cell)

Email: bklavan@InsuranceAdvisorsLLC.net

WHAT'S GOOD FOR YOUR HEART & BRAIN IS GOOD FOR YOUR EYES



PLEASE JOIN KIRSTEN ROMERO, MS, RDN
WELLNESS DIETITIAN AT PRIMEPLUS!

Tuesday, April 4, 2023 @ Noon

Call 757.625.5857 x103 to register



7300 Newport Ave. #100 Norfolk, VA

Primeplus
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.

Parkinson's Disease Q & A Session

*Join the American Parkinson
Disease Association Virginia
Chapter for an educational
program on Parkinson's
Disease*

**Tuesday, April 11
12:00 - 1:00 p.m.**

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

What We Will Discuss:

- What is Parkinson's Disease?
- Symptoms
- Statistics
- Risk factors
- Treatments
- Managing PD
- APDA Programs and Services

**Contact APDA Virginia to explore education programs and
resources in your area**

apdavirginia@apdaparkinson.org or 757-495-3062

PRIMEPLUS PRESENTS:

RANDY AND HIS JAZZ BAND OF FRIENDS

WEDNESDAY, APRIL 26TH
AT 1:30 PM
PRIMEPLUS ATRIUM

Doc Talks: Get informed

Primeplus
Senior Centers


Anthem HealthKeepers

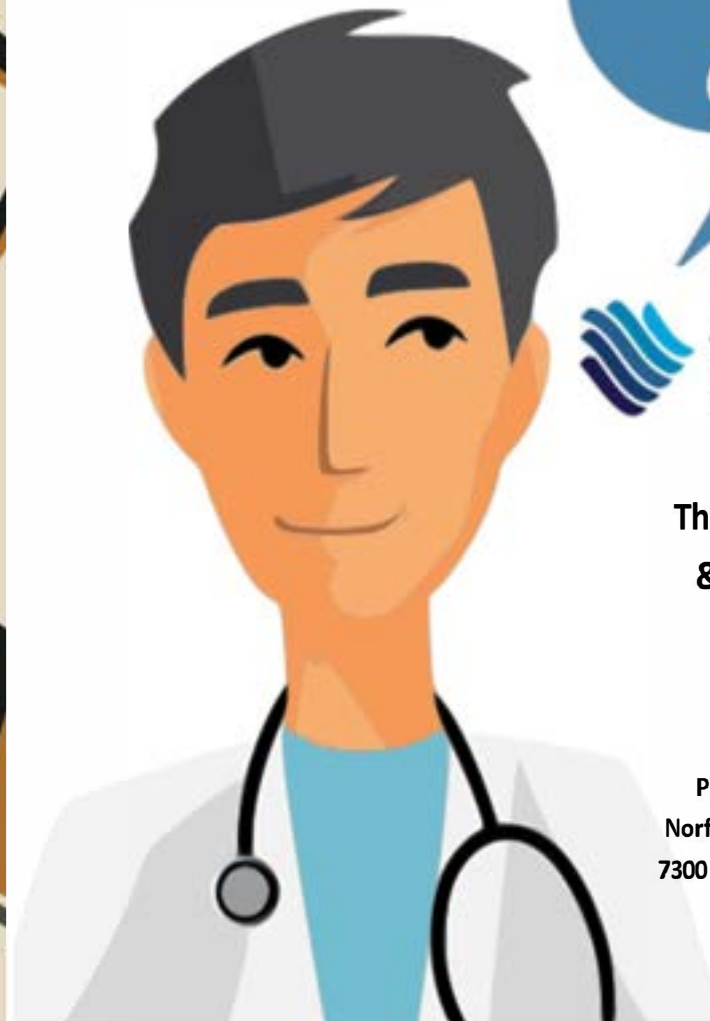
Tuesday
April 18th
@ Noon

 JenCare Senior
Medical Center
A CHENMED COMPANY

This Presentation is Free
& Open To The Public

Call 757.625.5857
for more details!

Primeplus is located inside the
Norfolk Fitness & Wellness Center at
7300 Newport Ave. Norfolk, VA 23505



Primeplus SENIOR CENTERS

ADVISORY COUNCIL MEETING

Stay informed and keep up on all the new happenings at Primeplus

04.27.2023

Thursday From 12:45 PM - 1:30 PM

7300 Newport Ave. #100

Norfolk, VA 23505

Training Room 306

Our Agenda

- Agency Report
- New Programming
- Q&A Session



ALL PRIMEPLUS MEMBERS ARE INVITED TO ATTEND.
CALL 757.625.5857 X104 FOR MORE DETAILS