

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



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
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. - **Aerobics with Sheina ***NEW*****
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
11:00 – 11:45 a.m. - Too Fit To Quit with Fere
11:00 – 11:45 a.m. - **Chair Aerobics with Sheina ***NEW*****
11:00 – 12:00 p.m. - Yin Yoga with Angie
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

African Dance with Sunshine
1st Tuesday of each Month at Noon
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

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
12:00-2:00 p.m. - Pickle Ball in NFWC Gym
12:00 – 2:00 p.m. – Acrylic Painting Class with Nancy (\$\$)
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 5/11**
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

10:00 – 2:00 p.m. – Open Bridge Play
11:00 – 11:45 a.m. - Intermediate Tabata 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
12:00 – 12:45 p.m. - Charged Up! Aerobics
w/Suzanne
12:00 – 12:30 p.m. - Sit n' Get Fit with Fere

Grief Support
3rd Thursday at 4:00 p.m.

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 – 12:00 p.m. – Bridge or Mah Jongg Open Play

11:00 – 11:45 a.m. – Too Fit To Quit with Fere
12:00 – 2:00 p.m. - Pickle Ball in NFWC

Community Garden Club
Volunteers needed from 10:00 - 12:00 p.m.

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.



Prime*plus* SENIOR CENTERS

Join us for a

Tea & Watch Party

in celebration of

CORONATION OF CHARLES III
AND CAMILLA

Tuesday, May 9th at Noon
7300 Newport Ave. Suit 100
Norfolk, VA 23505

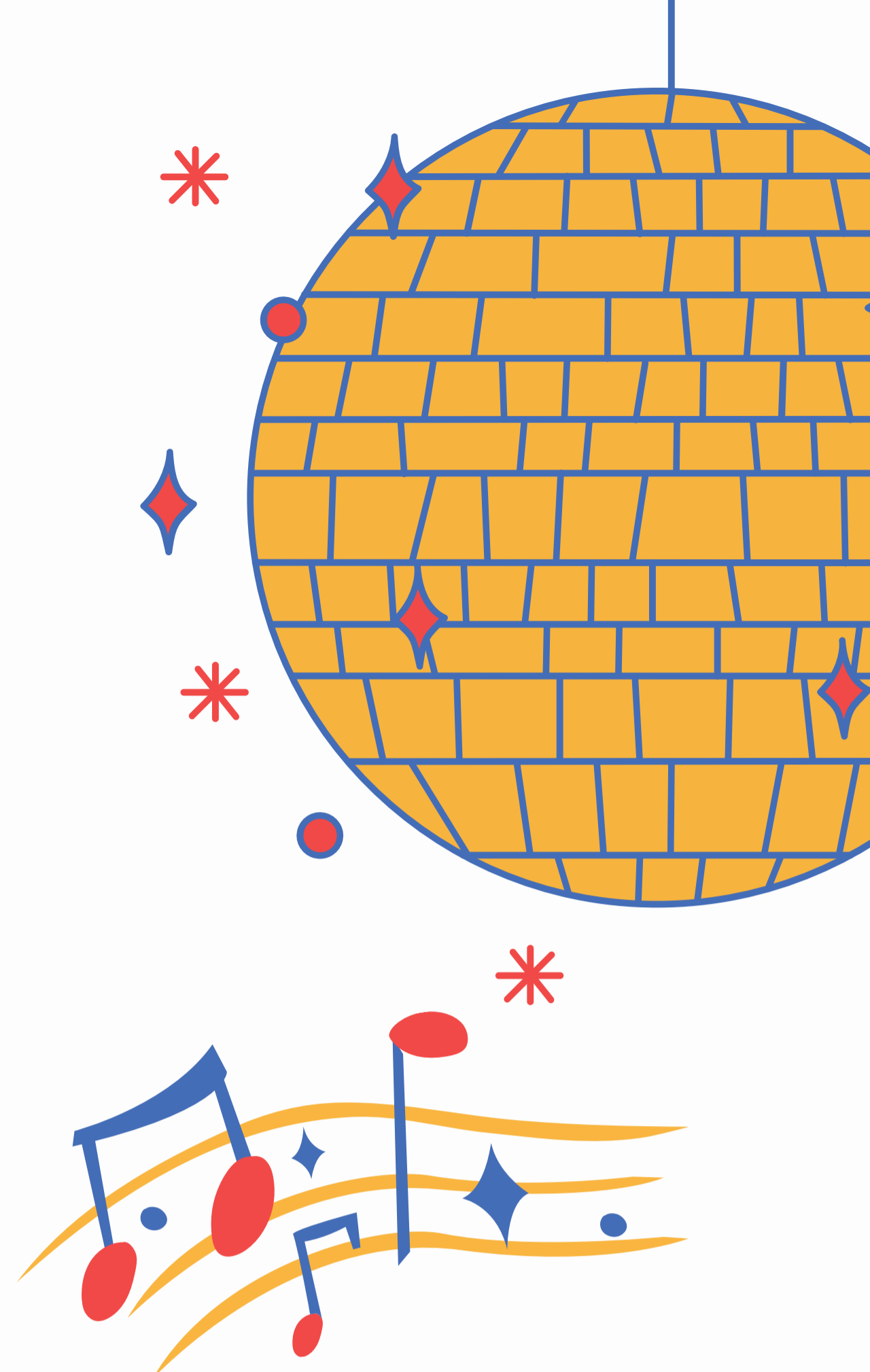
On Saturday, May 6th, Charles will be crowned King of England. In celebration, Primeplus will host an English Tea Time as we watch the video recording of the coronation.

**Please bring your
own teacup!**

RSVP at 757.625.5857 x103



Contest with prizes for best hat and overall costume!



Lakewood Tap Club

Dance Performance

MONDAY, MAY 22ND

NOON

**Bring your lunch and
meet us in the social hall
to watch the Lakewood
Tap Club perform at
Primeplus Senior Center.**

Call 757.625.5857 x103





Fatima Tomlin

Homeless Older Adults Program Manager

2nd & 4th Wednesday

10:00am – 12:00pm

A Senior Services Representative will be here to meet with you to discuss options and resources available for individuals over the age of 60.

- Transportation
- Options Counseling
- Benefits Counseling
 - Resources
 - ...and more!



Insurance Advisors LLC Medicare Solutions

2023 Monthly Presentations at



Month	Topic
May 16 th	New to Medicare?
Medicare can be very confusing. Are you approaching the age for it? Are you unsure if you need to sign up for it? If you do need it, and you don't know where to start, this seminar is for you! Good information to help you make the right decisions! Even if you have Medicare benefits now, it will be a good refresher for you.	
June 20 th	Medicaid Changes Affecting Medicare
July 18 th	Age 65 Now or Turning 65 Next Year, What do I do?
August 15 th	ABCs of Medicare
September 19 th	Medicare Supplement vs. Medicare Advantage
October 17 th	2024 Medicare - What's New?
November 21 st	2024 Medicare - What Should I be Doing Now?
December 19 th	Medicare Late Enrollments

If there is a topic that you have a questions about, but its not listed above or if you have general questions about Medicare, or if you want to schedule a private meeting, please feel free to attend a meeting or please contact Brad directly. He can be reached at the numbers or email listed below.

Bradford S Klavan (Brad)

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

Email: bklavan@InsuranceAdvisorsLLC.net



**Monday, May 8th @ Noon
&
Tuesday May 23th @ Noon**

INSANELY FUN
GAMES OF
CHANGE
OR SKILLS

GRAB A
PARTNER!



Hosted by Basha Taylor

Call 757.625.5857 x103

alzheimer's  association®

HEALTHY living

*For Your Brain and
Body*

IN PERSON EVENT

**Thursday, May 18
12 PM - 1:00 PM**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement.

Registration is required for this program.

To Register for this program Click [HERE](#)
or Call 1.800.272.3900

**PrimePlus Senior Center
7300 Newport Avenue, Ste 100
Norfolk VA 23505**

alzheimer's 
association®

24/7 HELPLINE 800.272.3900

Grief Support Group

Facilitated by Ashley Ball MS LMFT



Thursday

May 18, 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!



Kindness Rock Painting

Monday, June 5, 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 May 31st



Wednesday, May 31, 2023
9:00 a.m. to 1:15 p.m.

Senior Health & Fitness Day Activities Include:

- Community Vendors * Curbside Food Pantry *
- * Fitness Class Demonstrations offered just for Seniors every hour * Table Tennis/Billiards *
- * Corn Hole Toss * Pickleball at 12:00 p.m. *
- * Tours of Primeplus Adult Day Services *

Bring a Friend and Be Entered in our Drawing

Call 757.625.5857 ext. 103

for more details!

Sponsored by



All events will be located within the Norfolk Fitness & Wellness Center at
7300 Newport Ave. Norfolk, VA 23505