

7300 NEWPORT AVENUE #100 NORFOLK VA 23505



THE ADULT DAY SERVICES (ADS) IS A STATE LICENSED, VETERAN'S ADMINISTRATION APPROVED PROGRAM FOR ADULTS OVER THE AGE OF 45 WITH CHRONIC CONDITIONS REQUIRING DAILY SUPERVISION, OUR LICENSED CAREGIVER RESPITE PROGRAM OPERATES EACH WEEKDAY IN BOTH NORFOLK AND VIRGINIA BEACH. IF YOU'RE INTERESTED, PLEASE CALL (757) 625-5857 TO SCHEDULE AN APPOINTMENT TODAY!

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
 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
 11:00 - 12:00 p.m. - Yin Yoga with Angie **No Class 6/27**
 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 & 3rd 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 **No Class 6/7**
 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 **No Class 6/7**
 10:00 - 10:45 a.m. - Seated in Strength with Suzanne
 10:00 - 11:00 a.m. - Gentle Yoga with Angie **No Class 6/28**

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 **No Class 6/28**
 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
 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

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 Amy ***NEW***

11:00 – 11:45 a.m. – Chair Zumba with Amy *NEW*****

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.

*Domestic
Violence and
Elder Abuse
Awareness and
Prevention* ♥



Join Larissa Sutherland of Samaritan House for a discussion on healthy relationships, abusive behavior, and the resources available to help.

**June 13, 2023, 12:00 p.m.
Primeplus Senior Center
7300 Newport Ave
Norfolk, VA**

**SAMARITAN
HOUSE** 

www.samaritanhouseva.org

Primeplus
SENIOR CENTERS

ZUMBA

&

CHAIR ZUMBA

WITH AMY, PRIMEPLUS NEW INSTRUCTOR

Beginner are
welcomed!



**IT'S
BACK!**

EVERY FRIDAY

REGISTER NOW :

Call 757.625.5857 x103

ZUMBA @ 10:00 A.M.

CHAIR ZUMBA @ 11:00A.M.

BOTH CLASSES WILL BE HELD AT 7300 NEWPORT AVE. NORFOLK, VA 23505

1st & 3rd Tuesday Each Month
Starting In June!
Free & Open To All Members

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

African Dance
w/sunshine

Call
757.625.5857
for details!

ALL LEVELS
Chair & Standing



In honor of her beloved mom, MILDRED



JOIN US FOR A

SUMMER POTLUCK

BRING SOMETHING TO SHARE

(i.e. Food, Paper Products, Dessert, or Beverages)

THURSDAY, JUNE 22, 2023

@ NOON

CALL 757.625.5857 X 103

FOR MORE DETAILS



Insurance Advisors LLC
Medicare Solutions



Bradford S Klavan (Brad)
 Phone: (757) 390-4727 (office) or (757) 652-0912 (cell)

Email: bklavan@InsuranceAdvisorsLLC.net

2023 Monthly Presentations

	Topic
June 20 th @Noon	Medicaid Changes Affecting Medicare
July 18 th @Noon	Age 65 Now or Turning 65 Next Year, What do I do?
August 15 th @Noon	ABCs of Medicare
September 19 th @Noon	Medicare Supplement vs. Medicare Advantage
October 17 th @Noon	2024 Medicare - What's New?
November 21 st @Noon	2024 Medicare - What Should I be Doing Now?
December 19 th @Noon	Medicare Late Enrollments



Fatima Tomlin

Homeless Older Adults Program Manager

Every other Wednesday

10:00 a.m. – 12:00 p.m.

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 * Option Counseling * Benefits Counseling & more!**

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

Don't forget to vote!

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.