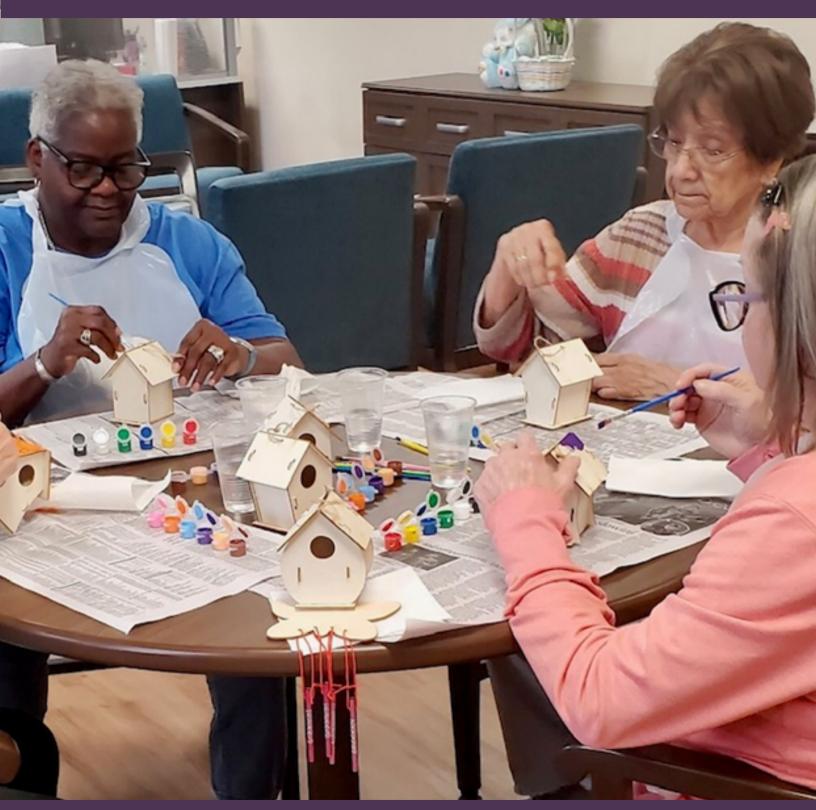




#### 7300 NEWPORT AVENUE #100 NORFOLK VA 23505



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 INTERESTEDD, PLEASE CALL (757) 625-5857 TO SCHEDULE AN APPOINTMENT TODAY!



9:00 - 9:45 a.m - Ball Exercises w/ Fere (\$\$)

10:00 - 10:45 a.m. - Zumba with Amy \*NEW\*

10:00 - 10:45 a.m.- Premium Boot Camp w/ Chelsea (\$\$)

10:00 - 10:45 a.m. - Stretch, Flex & Tone Level 1 w/Fere

#### **JUNE 2023**

11:00 - 11:45 a.m. - Too Fit To Quit with Fere

<u>Community Garden Club</u> Volunteers needed from 10:00 - 12:00 p.m.

12:00 - 2:00 p.m. - Pickle Ball in NFWC

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)
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	
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 6/10:00 - 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/ She 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	11:00 – 11:45 a.m. – Chair Zumba with Amy *NEW*

Domestic Violence and Elder Albuse 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



www.samaritanhouseva.org



WITH AMY, PRIMEPLUS NEW INSTRUCTOR

Beginner are welcomed!









EVERY FRIDAY

ZUMBA @ 10:00 A.M.
CHAIR ZUMBA @ 11:00A.M.

## 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 Wisunshine

Call 757.625.5857 for details!

ALL LEVELS
Chair & Standing



In honor of her beloved mom, MILDRED





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



#### **Fatima Tomlin**

Homeless Older Adults Program Manager

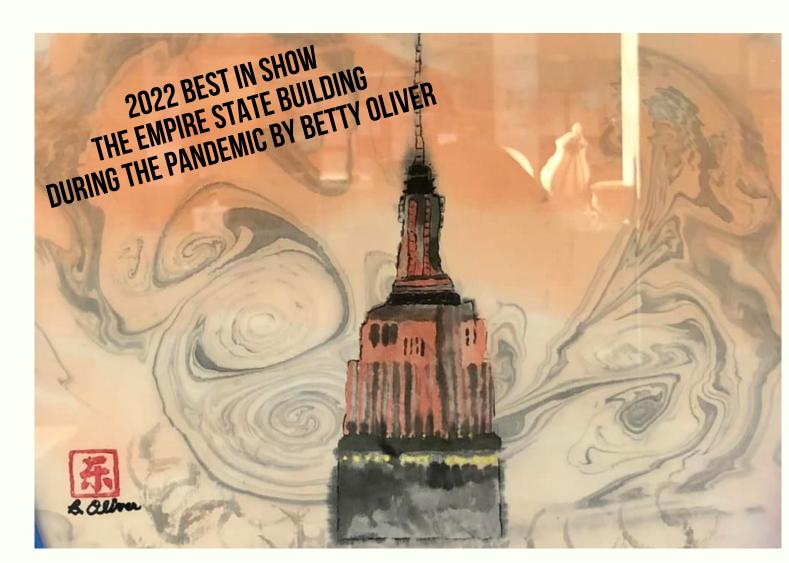
#### **Every other Wednesday**

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!

# Primerus Senior centers Authoritest



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.