

**Prime**plus  
Senior Centers

Summer 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.

### Monday

9:00 - 9:45 a.m. - Inspirational ChairOne w/ Vanessa **No Class in August** 10:00 - 10:45 a.m. - Intro to Tabata with Patty  
 9:00 - 9:45 a.m. - Body Boot Camp with Chelsea 11:00 - 11:45 a.m. - Chair Yoga with Victoria  
 9:00 - 12:00 p.m. - Ceramics & More with Yvonne (\$\$) 10:00 - 2:00 p.m. - Open Bridge Play  
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$) 11:00 - 11:45 a.m. - Silver Sneakers Enerchi™ w/Patty  
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis) 11:00 - 11:45 a.m. - Core on the Floor w/Fere **No Class 7/10**  
 10:00 - 10:45 a.m. - Seated in Strength with Chelsea 11:00 - 11:45 a.m. - ChairOne with Suzanne  
 10:00 - 10:45 a.m. - Charged Up! Aerobics with Suzanne 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym  
 10:00 - 10:45 a.m. - Barre Basics with Fere 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere (Moderate)  
 10:00 - 10:45 a.m. - Gentle Yoga with Victoria

### Tuesday

9:00 - 9:45 a.m. - Coffee & Chat 10:00 - 11:00 a.m. - Beginning Tai Chi with Tidewater Tai Chi(\$\$)  
 9:00 - 9:45 a.m. - Aerobics with Sheina 11:00 - 11:45 a.m. - Too Fit To Quit with Fere  
 9:00 - 9:45 a.m. - Essentrics with Peggy 11:00 - 11:45 a.m. - Chair Aerobics with Sheina  
 9:00 - 12:00 p.m. - Ceramics & More with Yvonne (\$\$) 11:00 - 12:00 p.m. - Yin Yoga with Angie **No Class 8/1 & 8/8**  
 9:00 - 10:00 a.m. - Core on the Floor with Fere 11:00 - 12:00 p.m. - Intermediate Tai Chi with  
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$) Tidewater Tai Chi (\$\$)  
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis) 12:15 - 1:00 p.m. - Stretch, Flex & Tone Mixed Level  
 9:30 - 11:30 p.m. - Drawing w/ Shirley Confino-Rehder w/Angie  
 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

Afternoon at the Movies  
 Last Tuesday of the month at Noon

### Wednesday

8:15 - 8:45 a.m. - The Art of Stretching with Suzanne 10:00 - 10:45 a.m. - Balance & Agility with Fere **No Class 7/12**  
 9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe 11:00 - 11:45 p.m. - Too Fit To Quit with Fere  
 9:00 - 9:45 a.m. - Fitness Fundamentals with Jan 11:15 - 12:00 - Chair Yoga with Angie  
 9:00 - 9:45 a.m. - Abs, Abs, Abs with Angie 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym  
 9:00 - 12:00 p.m. - Ceramics & More with Yvonne (\$\$) 12:00 - 2:00 p.m. - Acrylic Painting Class with Nancy (\$\$)  
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis) 12:00 - 1:00 p.m. - Chair Zumba with Suzanne - **New Time**  
 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

**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 10:00 - 2:00 p.m. - Open Bridge Play  
 9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina 11:00 - 11:45 a.m. - Intermediate Tabata with Patty  
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$) 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere  
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis) 11:00 - 11:45 a.m. - Beyond Barre with Ann **New Class**  
 9:00 - 9:45 a.m. - Balance & Agility with Fere **No Class 7/13** 12:00 - 12:45 p.m. - Charged Up! Aerobics  
 10:00 - 10:45 a.m. - Intro to Tabata with Patty w/Suzanne  
 10:00 - 10:45 a.m. - Stretch Flex & Tone Chair Level 1 w/ Sheina 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere  
 10:00 - 10:45 a.m. - Stretch, Flex & Tone Level 2 w/ Fere  
 10:00 - 10:45 a.m. - Intro with Pilates with Ann

### Friday

9:00 - 9:45 a.m. - Ball Exercises w/ Fere (\$\$) **No Class 7/14** 11:00 - 11:45 a.m. - Too Fit To Quit with Fere **No Class 7/14**  
 10:00 - 10:45 a.m. - Stretch, Flex & Tone Level 1 w/Fere **No Class 7/14** 12:00 - 2:00 p.m. - Pickle Ball in NFWC  
 10:00 - 10:45 a.m. - Zumba with Amy  
 11:00 - 11:45 a.m. - Chair Zumba with Amy

Community Garden Club  
 Volunteers needed from 9:00 - 12:00 p.m.

YOU CAN PREVENT TYPE 2 DIABETES WITH

# Primeplus Diabetes Prevention Program



## Free Informational Sessions @ Primeplus

We are located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave. Suite 100, Norfolk, VA 23505

**Thursday August 10th  
at noon**

Type-2 Diabetes risks and Nutrition tips to prevent it.

**Thursday August 24th  
at noon**

Small Changes can make a BIG Difference.

**Thursday September 7th  
at noon**

Learn about Primeplus' Prevent T2 classes that are proven to reduce your risk of developing Type-2 Diabetes. Diabetes is on the rise, but it's mostly preventable.

**Call Mr. Jan Cline At  
757.625.5857 x104 To Find Out  
If You Are Eligible To Start The  
New Session in September!**

## This is a Free Program to Reduce Your Risk of Type 2 Diabetes

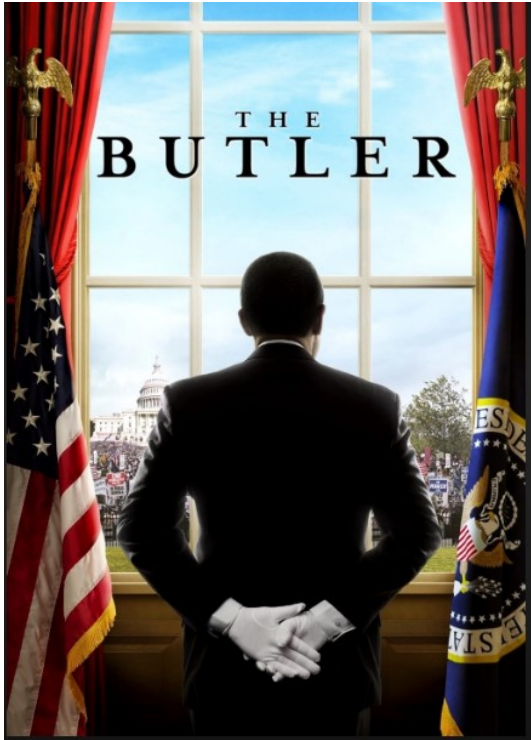
If you have prediabetes, now is the time to take charge of your health and make a change. Taking part in a structured lifestyle change program can help. And with Primeplus, it's free! Primeplus T2 program is a National Diabetes Prevention Program, led by the Centers for Disease Control and Prevention (CDC). It features an approach that is proven to prevent or delay type 2 diabetes. The program teaches you techniques to improve food choices and increase physical activity to at least 150 minutes a week to help you lose 5 to 7 percent of your body weight. (That is 10 to 14 pounds for a person weighing 200 pounds.) Years of research has shown that for people 60 years or older, these lifestyle changes can cut the risk of developing type 2 diabetes by more than 70 percent.

## Prediabetes Can Lead to Type 2 Diabetes

Having Prediabetes means your blood glucose (sugar) level is higher than normal, but not high enough yet to be diagnosed as diabetes. But don't let the "pre" in Prediabetes fool you into thinking it's not a problem.

Did you know:

- 37,300,000 Americans are living with Diabetes – 8.5 million of them don't even know it.
- 15,900,000 Senior Americans are living with Diabetes
- Nearly a million and a half people are diagnosed with Diabetes every year in the United States
- 96,000,000 Americans have pre-diabetes (was half this amount just a dozen years ago; it's getting worse).
- 1 in 10 Americans are living with Diabetes; within the next 25 years that number is expected to be 1 in 3.
- It's an epidemic, AND it's mostly preventable.



## Tuesday, July 25th @ Noon

This film tells the story of Cecil Gaines (Forest Whitaker), a White House butler who served eight American presidents over three decades. The film traces the dramatic changes that swept American society during this time, from the civil rights movement to Vietnam and beyond, and how those changes affected this man's life and family.

## Tuesday, August 29th @ Noon

Things don't seem to change much in Wabasha County: Max and John are still fighting after 35 years, Grandpa still drinks, smokes, and chases women, and nobody's been able to catch the fabled "Catfish Hunter", a gigantic catfish that actually smiles at fishermen who try to snare it. Six months ago John married the new girl in town (Ariel), and people begin to suspect that Max might be missing something similar in his life. The only joy Max claims is left in his life is fishing, but that might change with the new owner of the bait shop.



# Free & Open To The Public

Sponsored and hosted by



7300 Newport Avenue, #100  
Norfolk, Virginia 23505



# **COLORING WORKSHOP WITH TONYA**

**MONDAY, JULY 10TH**

**INSTRUCTOR: TONYA HOPSON**

**PRE-REGISTRATION REQUIRED**

**CALL 757.625.5857 X103 FOR MORE DETAILS!**

**7300 NEWPORT AVE. #100 NORFOLK, VA 23505**



PODIATRY CARE IN THE COMFORT OF  
PRIMEPLUS SPONSORED BY



# NEW ERA HEALTHCARE

*Every Other Friday starting July 28th*

**9:00 - 12:00 pm (20 minute slots)**

**Call 757.625.5857 to schedule an appointment**

Here is a list of services:

- Evaluation of Foot and Ankle  
Related Conditions
- Toe Nail Clipping
- Diabetic Foot Care
- Corn and Callous Treatment and  
Removal
- Treatment of Hammertoes
- Treatment of Ingrown Toenail
- Treatment of Athletes Foot



**New Era  
Healthcare**

Appointments are held at  
7300 Newport Ave. # 100  
Norfolk, VA

List of insurance we accept:

Medicare  
Railroad Medicare  
Virginia Medicaid  
Anthem  
Humana  
Tricare and Tricare for Life  
United Healthcare/AARP  
Aetna  
Aetna Better Health  
Cigna  
Optima/Sentara Health  
Virginia Premier  
Cardinal Health Plan  
Molina Complete Care of Virginia  
Caremore  
VA Community Care Network  
CHAMPVA  
Multiplan

The copays are determined by the insurance that the patient has. If the patient has a copay, it would be whatever the insurance copay is for a specialist visit. The copay would be due at the time of visit. If the patient does not have an insurance copay, then the patient will not have any cost associated with the visit.

**OUR MEMBERS ARE THE MISSION**

# Free Financial Workshop

**What You Can Do Now  
for a Bright Financial Future**

 **WORKSHOP**

 **DATE/TIME**

 **ADDRESS**

 **TO RSVP**



Researchers from Old Dominion University are interested in learning more about the risk factors for cybercrime. We need your help to gather more information about people's experiences with cybercrime such as identity theft, fraud, or other crimes you may have experienced over the internet. We are asking you to please complete a cyber victimization risk instrument. Your participation is voluntary and your responses are anonymous. The survey should only take about 5-10 minutes to complete. Please contact Tancy Vandecar-Burdin at 757-683-3802 or tvandeca@odu.edu if you have any questions.

To begin the survey, please visit this website:

<https://tinyurl.com/ODUCyber2023>

Or scan the QR code below:



If you believe you have been the victim of cybercrime, please visit the FBI's Internet Crime Complaint Center (IC3) at <https://www.ic3.gov/Home/FAQ>







**Thursdays  
@ 11 A.M.**

# BEYOND BARRE

**Instructor: Ann**

Barre class is an intermediate workout inspired by elements of ballet, yoga, and Pilates. It focuses on low-impact, high-intensity movements designed to strengthen your body in ways that few other workouts can.

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CALL 757.625.5857  
TO REGISTER

7300 NEWPORT AVE. #100  
NORFOLK, VA

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Prime *plus*  
SENIOR CENTERS

# CURBSIDE FOOD PANTRY

EVERY WEDNESDAY @ 10:00 AM THROUGH JULY 31ST

**\*\*NEW HOURS STARTING AUGUST 2, 2023\*\***

**12:00 P.M. - 1:30 P.M.**

WE ACCEPT MONETARY DONATIONS, PLASTIC BAGS AND DONATIONS OF NON-PERISHABLE FOOD IN PLASTIC JARS AND CANS. WE RECOMMEND SAUCES, SOUPS, FRUIT, BEANS, HONEY, PEANUT BUTTER, AND RICE.

**\*\*No Glass Jars\*\***



WE ARE LOCATED IN THE PARKING LOT OF THE NORFOLK FITNESS & WELLNESS CENTER AT 7300 NEWPORT AVENUE, SUITE 100 NORFOLK, VA



# Insurance Advisors LLC Medicare Solutions



Bradford S Klavan (Brad)

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Email: [bklavan@InsuranceAdvisorsLLC.net](mailto:bklavan@InsuranceAdvisorsLLC.net)

## 2023 Monthly Presentations

	Topic
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 21 <sup>st</sup> @Noon	2024 Medicare -What Should I be Doing Now?
December 19 <sup>th</sup> @Noon	Medicare Late Enrollments



# Fatima Tomlin

Homeless Older Adults Program Manager

## 1st & 3rd 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!**



YOU'RE INVITED TO

# SUMMER ICE CREAM SOCIAL

TUESDAY, JULY 25th

12:00 P.M.

THURSDAY, AUGUST 31ST

12:45 P.M.

**FREE TO ALL  
PRIMEPLUS MEMBERS!**

**PRE-REGISTRATION IS REQUIRED!  
CALL 757.625.5857 X 103 TO REGISTER**

7300 Newport Ave. Suite 100 Norfolk, VA 23505