



SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

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. - Gentle Yoga with Victoria

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. - Chair Yoga with Victoria
 11:00 – 11:45 a.m. - Silver Sneakers Enerchi™ w/Patty
 11:00 - 11:45 a.m. - Core on the Floor w/ Richelle
 11:00 - 11:45 a.m. - ChairOne with Suzanne
 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Suzanne

New Time

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 - **no class 9/26**
 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 with Sheina
 10:00 - 10:45 a.m. - Stretch, Flex & Tone Chair with Fere/Jorge
 10:00 – 11:00 a.m. – Beginning Tai Chi w/Tidewater Tai Chi (\$\$)

11:00 - 11:45 a.m. - Too Fit To Quit with Fere/Richelle
 11:00 - 11:45 a.m. - Chair Aerobics with Sheina
 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

1st & 3rd Tuesday of each Month

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 Jorge
 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 (Pool Table & 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/Richelle
 10:00 – 12:00 p.m. – Acrylic Painting Class with Nancy (\$\$)
 11:00 - 11:45 p.m. - Too Fit To Quit with Fere/Richelle
 11:15 - 12:00 p.m. - Chair Yoga with Angie
 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym
 12:00 - 12:45 p.m. - Chair Zumba with Suzanne

Free Curbside Food Pantry - 12:00 - 1:30 p.m.

Location: NFWC 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 Tennis)
 9:00 - 9:45 a.m. - Balance & Agility with Richelle
 10:00 - 10:45 a.m. - Intro to Tabata with Patty
 10:00 - 10:45 a.m. - Stretch Flex & Tone Chair w/ Sheina
 10:00 – 10:45 a.m.– Stretch, Flex & Tone with Fere/Jorge
 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/Richelle
 11:00 - 11:45 a.m. - Beyond Barre with Ann
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Suzanne
 12:00 - 12:45 p.m. - Sit n Get fit w/Fere **-last class 9/7**

Friday

9:00 – 9:45 a.m.– Ball Exercise w/Fere **last class 9/8**
 10:00 – 10:45 a.m.– Stretch, Flex & Tone with Fere/Jorge
 10:00 – 10:45 a.m. – Zumba with Amy **no class 9/8 & 9/29**
 11:00 – 11:45 a.m. – Chair Zumba with Amy **no class 9/8 & 9/29**

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

Community Garden Club

Volunteers needed from 9:00 - 12:00 p.m.



You're invited

National Senior Center Month

Please join me for a free special event to find answers to your Medicare questions. We'll talk about which benefits are important to you and explore your Anthem Medicare Advantage plan options.

Prime Plus Norfolk Month of
September 2023
7300 newport Ave suite 100,
Norfolk VA 23505
Tuesdays, Thursdays, and Fridays
9:00 AM - 12 PM



BRANDON SHOLAR
757-469-8699, TTY: 711
VA Lic. # 604697 Authorized Agent

BRANDONS@RBINSURANCESERVICE.COM

2-day

Primeplus
SENIOR CENTERS

YOGA *for Brain Health Workshops*



Presented by: Andrea Trank, Certified Integrative Medicine Health Coach, e-RYT Yoga Teacher, Certified Gentle Somatic Yoga Teacher

Tuesday October 24th & Thursday October 26th
12:00 - 1:00 p.m.

This workshop includes practical tips and practices that you can do daily to keep your brain sharp as you age. Students will learn simple lifestyle changes and how to improve their Memory through researched yoga & meditation practices.

Premium Series: \$15/person, minimum class size 10.

Price includes both premium sessions; not sold separately.

Call 757.625.5857 x103 for more information
7300 Newport Ave. Norfolk, VA 23505

ARE YOU



INTERESTED IN
CHAIR CLASSES?

Tuesdays & Thursdays
10:00 a.m. - 10:45 a.m.

Stretch, Flex & Tone Chair
with Fere/Jorge

This gentle seated exercise program is suitable for seniors with Alzheimer's as well as for people who want a gentle workout.

Stretch, Flex & Tone Chair
with Sheina

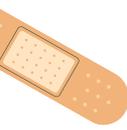
Full body invigorating moderate impact workout held in the lobby using weights.



Peoples Pharmacy LLC



COVID & FLU CLINIC



Prime*plus*
SENIOR CENTERS

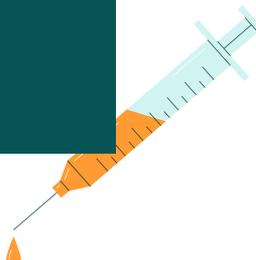
Wednesday, Sept. 27th
10:00 am - 12:00 pm

Please bring your ID,
Medicare, or Insurance
Card

Flu and Covid Shots will be
administered by
Peoples Pharmacy LLC at
7300 Newport Ave. Norfolk VA



Call 757.625.5857 x103
for more details



KNOW *the* 10 SIGNS *of hearing loss*

EARLY DETECTION MATTERS



10 TIPS *for* COMMUNICATING *with* PEOPLE WITH HEARING LOSS

- 1 People seem to mumble more frequently.
- 2 You experience ringing in your ears.
- 3 You often ask people to repeat themselves.
- 4 Your family complains that you play the radio or TV too loudly.
- 5 You no longer hear normal household sounds, such as the dripping of a faucet or the ringing of a doorbell.
- 6 You have difficulty understanding conversations when in a group or crowd.
- 7 You have trouble understanding all the words in conversations.
- 8 You find a telephone conversation increasingly difficult.
- 9 You have trouble hearing when your back is turned to the speaker
- 10 You have been told you speak too loudly.

- 1 Get their attention before speaking.
- 2 Make eye contact.
- 3 Speak clearly - don't shout.
- 4 Keep your hands away from your face.
- 5 Rephrase, don't just repeat.
- 6 Avoid excess background noise.
- 7 Talk into their "good ear".
- 8 Watch your listener.
- 9 Speak to the person, not the interpreter.
- 10 Be understanding!

Beltone Hearing Aid Centers
Virginia Beach • Suffolk • Norfolk
Churchland • Chesapeake
(757) 852-0264

FASCIA YOGA WORKSHOP

Taught by Angie Spears

Come explore your fascia (connective tissue) and learn how it directly relates to our emotional and physical wellbeing through yoga poses and breath.

Materials For the Class:

2 Tennis Balls

**Thursday, November 30th
12:00 PM - 1:30 PM**

Fee: \$5 per person

We need a minimum of 10 students,
so please help spread the word



****OPEN TO THE PUBLIC****

****PRE-REGISTER** By calling the office or
emailing us by 11/27/2023

Prime*plus*
SENIOR CENTERS

7300 Newport Avenue | Norfolk, VA 23505 | 757-625-5857 x103



Kindness Rock Painting

Tuesday, September 12, 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

INTERACTIVE FALL PREVENTION WORKSHOP

Patty Worthy Benson, Health Fitness Specialist
and Holistic Wellness Coach



September 12th @ Noon

Falls are the leading cause of fatal and nonfatal injuries for older adults. But they're not inevitable! Join us to learn simple guidelines to stay safe and active.

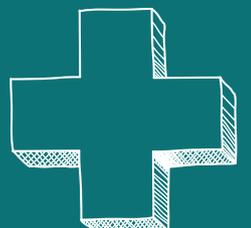
Free & Open to the Public

CONTACT US

 757.625.5857 x103

 7300 Newport Ave. Suite 100
Norfolk, VA 23505

Prime*plus*
SENIOR CENTERS





Assisted Living at Commonwealth Means Living a *Good Life* with Assistance

Commonwealth Senior Living

Commonwealth Senior Living is committed to providing the highest quality of care and strongly focuses on providing services which help residents age in place. Our communities are licensed to care for both ambulatory and non-ambulatory residents. Most residents never require long-term nursing home care and can receive end-of-life care, including hospice services, in a Commonwealth community.

- Licensed nurse supervised staffing 24 hours a day:
 - Staff-to-patient ratio exceeds state requirements
 - Non-ambulatory/ambulatory
- Assistance with medication management, including diabetes monitoring and insulin
- Assistance with incontinence
- Assistance with activities of daily living (ADLs)
- Secure Memory Care Neighborhood: specializing in care for Alzheimer's and dementia patients
- Home health can be ordered (Medicare pays)
- Physical, Speech and Occupational Therapies can be ordered (Medicare pays)
- Oxygen-dependent patients accepted
- End-of-life care – can bring in hospice or can move into community with hospice
- Help with financial assistance/ Veterans Aide and Attendance
- Caregiver Support Groups (for families)
- Respite or long-term stays available

COST: The cost of assisted living is often less than half of the cost of a nursing home.



Welcome Home

Michelle Kim
Sales Director
michelle.kim@commonwealthsl.com



7211 Granby Street
Norfolk, VA 23505
CommonwealthSL.com

757-440-4700 ext 107
757-374-4140
757-257-0468



Sentara Cares

Our Mission is to
Improve Health Every Day.

We Are Proud to Support the Primeplus Senior Centers

Sentara believes our community thrives when we all come together to improve the health and well-being of our residents. Thank you, Primeplus Senior Centers, for your commitment as you continue to encourage and support the well-being of the seniors in our local communities.

SentaraCares.com





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	
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



Medicare Benefits Counseling

- Apply for Medicare benefits
- **COVID-19 Medicare Related Issues**
- File Medicare claims and resolve billing issues
- Enroll in a Medicare Prescription Drug Program (Part D)
- Choose a Medicare Advantage Plan
- Choose Medigap (Supplemental) Plan
- Understand your Medicare premiums
- Explain the differences between Original Medicare, Medicare Advantage Plans and Medigap Plans
- Check Eligibility for assistance with Medicare Cost and assist with applications Direct to other Services that might be available through Senior Services of Southeastern Virginia

Counseling is FREE!

Availability

2nd & 4th Tuesdays PrimePlus Senior Center

Our VICAP Certified Benefits Counselors are here to help!

1st & 3rd Tuesday Each Month

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
**A TAST OF HOME
POTLUCK**

EVERYONE BRINGS HIS OR HER
FAVORITE CHILDHOOD FOOD
TO SHARE

**THURSDAY
SEPTEMBER 28TH
@ 11:45 A.M.**

**CALL 757.625.5857
TO REGISTER**

September is National Senior Center Month



Anthem HealthKeepers

Presented By:



CenterWell™
Senior Primary Care

Come celebrate with Health and Wellness Activities all month!



Activities and outreach tables will be located @ Primeplus, 7300 Newport Avenue, Norfolk VA

- Tuesday, September 5 **African Dance Class Returns** with instructor Sunshine @ Noon
- Thursday, September 7 **Prevent T2, Diabetes Prevention Class Begins**, year-long health education class (Pre-registration Required)
- Monday, September 11 **HealthWise**, Tech training for seniors, 4 week course with Lucy Fyfe from Senior Services of Southeastern Virginia (Pre-registration Required)
- Tuesday, September 12 **Interactive Fall-Prevention Workshop** with instructor Patty Benson, @ Noon
- Thursday, September 14 **Lobby Games @ Noon**, Come test your skill and memory! Win prizes w/Jan
- Saturday, September 16 **“Vintage Heat” Primeplus’ Aerobics team** promo performance at Norfolk Neighborhood Expo at Northside Park, 10am-3pm with show @ Noon
- Tuesday, September 19 **Beltone™ Hearing Health Screening, 9am-12pm and, Medicare Supplement Vs Medicare Advantage** w/Brad Klavan, @Noon
- Thursday, September 21 **Fall Prevention Safety Tips**, presented by the Injury Prevention Program at Sentara Norfolk General Hospital, @ Noon
- Tuesday, September 26 **Beltone™ Hearing Health Screening, 9am-12pm**
- Wednesday, September 27 Flu and Covid Clinic, presented by Peoples Pharmacy , 10 am - 12 pm
- Thursday, September 28 **A Taste of Home Potluck** - Everyone shares his or her favorite childhood food @ 11:45 am

Special exhibits every Tuesday, sponsored by Beltone™, CenterWell and Anthem HealthKeepers.

Special Exhibits every Thursday, sponsored by Injury Prevention Program at Sentara Norfolk General Hospital, Commonwealth Senior Living - The Ballentine, CenterWell and Anthem HealthKeepers.

Presenting Sponsors CenterWell and Anthem HealthKeepers will also exhibit on Fridays at Primeplus.



Sentara®
Injury Prevention Program
Sentara Norfolk General



COMMONWEALTH
SENIOR LIVING

Welcome Home