



Primeplus  
SENIOR CENTER

Thank You!



Special thanks to everyone for your donations. The Garden looks so good for the Fall!



Paula Howie, Dorothy Pittard, Claudia Cary, Gail Juren, Leilani Barna, Robin Bailey, Ramona Bassett, Gini Harter, Eileen Mandel, Toni Coleman, Steve Hubner, Bill Clendenin, Candace Skinner, Patsy Henson, & Priscilla Livingston



## NORFOLK ROCKS!

Thanks for spreading the movement at Primeplus!

OCTOBER WELLNESS PROGRAMS ARE SPONSORED BY SENTARA HEALTH PLANS

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

7300 NEWPORT AVENUE SUITE #100 NORFOLK, VIRGINIA 23505

# October 2023

## 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 no class 10/30
- 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 no class 10/30
- 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
- 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 – 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 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 Suzanne
- 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 no class 10/26
- 10:00 - 10:45 a.m. - Stretch Flex & Tone Chair w/ Sheina
- 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 Last class 10/12
- 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere/Richelle
- 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Suzanne

## Friday

- 10:00 – 10:45 a.m. – Zumba with Amy
- 11:00 – 11:45 a.m. – Chair Zumba with Amy
- 12:00 - 2:00 p.m. - Pickle Ball in NFWC

### Community Garden Club

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



# WINTER ART EXHIBITION

**December 4 - 31, 2023**

**Artwork Intake: November 27-28th**

Primeplus is open Monday - Thursday from 10:00 a.m. - 1:00 p.m.

**Artist can submit up to 2 pieces of artwork**

**Entry Fee: \$20 for Primeplus Members  
and \$25 for Non-Members**

Ribbons will be awarded to the artist with the most People's Choice ballots in each level of achievement of Amateur or Professional. One winners will receive a cash prize.

Voting ends Dec. 15th

**Showcasing The Talent of Artists Age 50 & Better!**

**Exhibit Categories include but not limited to:**

<b>Ceramics</b>	<b>Jewelry</b>	<b>Crafts</b>
<b>Mixed media</b>	<b>Photography</b>	<b>Painting</b>
<b>Textiles</b>	<b>Woodworking</b>	<b>Sculpture</b>

Primeplus is located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave. #100. Call 757.625.5857 x103 for more details  
Email [crandolph@primeplus.org](mailto:crandolph@primeplus.org) for an application

**LUNCH & LEARN**  
**LIVE FROM PRIMEPLUS SENIOR CENTER**  
**7300 NEWPORT AVE. #100**  
**NORFOLK, VIRGINIA**



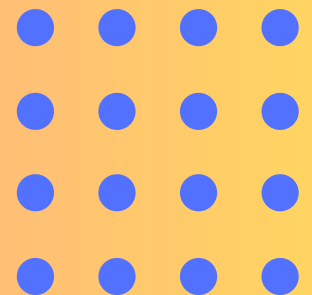
**Don't get left  
Holding the Bag!  
Life Insurance & Investment  
Myth Busters**



**Facilitator**  
**Richelle Dickerson**  
**Financial Expert &**  
**GEO Rhema Financial Solutions**



**Monday,**  
**Nov 6th @ 11a Central**  
**12pm EST**



# CERAMIC STUDIO

**WHY PAY FOR EXPENSIVE HOLIDAY GIFTS WHEN YOU CAN MAKE A FAMILY HERILOOM FOR THE HOLIDAYS IN OUR CERAMIC STUDIO. FOR MORE INFORMATION, PLEASE STOP BY THE STUDIO TO TALK WITH YVONNE TODAY!**

Supplies are not included/Fees vary

**STUDIO APPONTMENTS ONLY  
ON MONDAYS & WEDNESDAYS**

**Prime***plus*  
SENIOR CENTERS

**7300 Newport Ave. Suite 100 Norfolk, VA23505**

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

# 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

# Personal Safety & Awareness Workshop

**Tuesday, October 10, 2023 @ Noon**

## PERSONAL SAFETY



Over the past few years there has been a steady increase in the crime rate of most cities. People are searching for solutions that will help keep them and their loved ones safe. Luckily, there are things that you can do that will reduce your chances of becoming a victim.

**Pre-registration required. Call 757.625.5857 x103  
for more information**

About your instructor: Dawna Ellis is an Instructor at Virginia Martial Arts Center in Chesapeake, Virginia. She has 28 years of experience and holds a fifth-degree black belt in Karate and a first-degree black belt in Iaido, the Art of the Japanese Sword. She is nationally certified to teach by Kuniba Kai International.

Virginia Martial Arts Center is a 6,000 sq ft training facility in the Western Branch section of Chesapeake. Chief Instructor Darren Myers is a ninth-degree black belt with 48 years of experience. Virginia Martial Arts Center has evening and transported after-school classes in Karate, Jiu Jitsu, Tai Chi, and martial art weapons. For more information please contact Jamillah at 757-483-0195 or visit Virginia Martial Arts Center at <http://www.karate-family.com/>





# 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	
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



## Medicare Open Enrollment Appointments at Primeplus Every Tuesday from 9 AM – 4 pm starting 10/24

Let's review your 2023 Medicare prescription drug or Medicare Advantage plan and see if that is still the best option for you for

2024-new plan drug formularies and prices are available

to review and we can also review changes to the Medicare Advantage plans co-pays and extra benefits.

Sign up Today!



**Join us for a special presentation @ Primeplus  
"Medicare Open Enrollment: All things to Consider"  
October 24th @ Noon**

## 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**

**@ Noon**

**Free & Open To All Members**

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

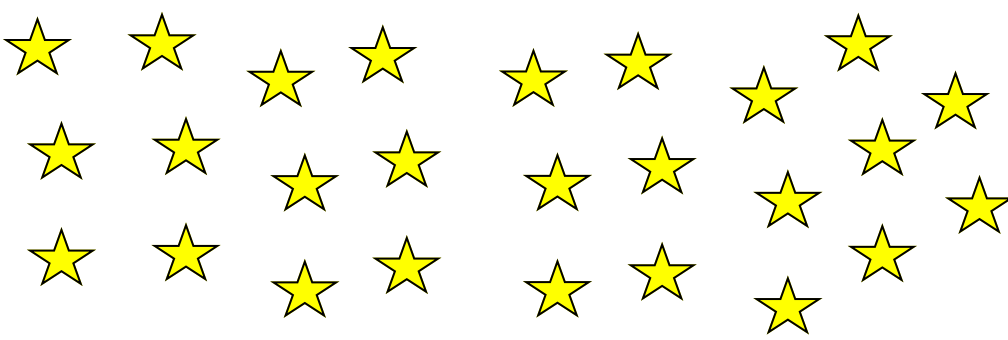
**African Dance  
w/Sunshine**

**Call  
757.625.5857  
for details!**

**ALL LEVELS  
Chair & Standing**

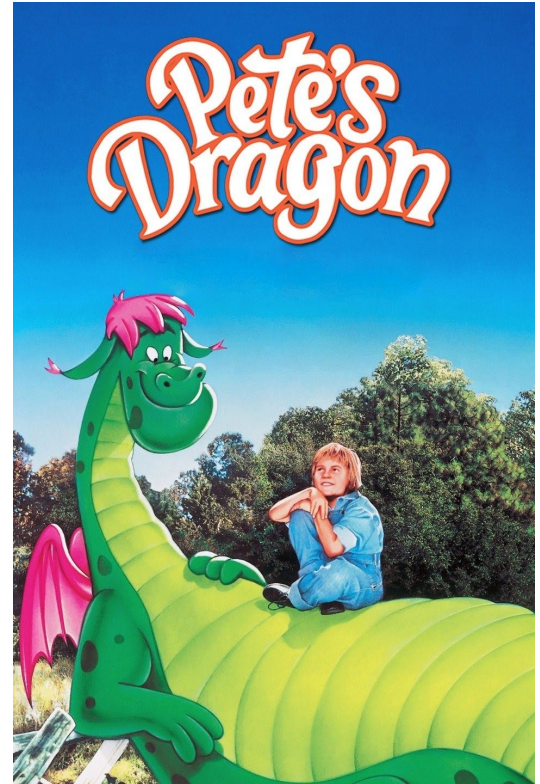


**In honor of her beloved mom, MILDRED**



## Tuesday, October 31st @ Noon

In this Disney classic, a 9-year old orphan Pete escapes his brutal adoptive parents, the Gogans, with his only friend, a dragon named Elliott. They successfully escape to Passamaquoddy and live with the lighthouse keeper, Lampie, and his daughter, Nora, but the corrupt Dr. Terminus seeks Elliott for medical purposes.

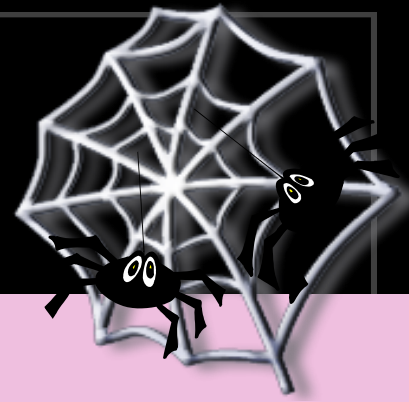


## Free & Open To The Public

Sponsored and hosted by

**Prime***plus*  
Norfolk Senior Center

1500 Newport Avenue, #100  
Norfolk, Virginia 23505



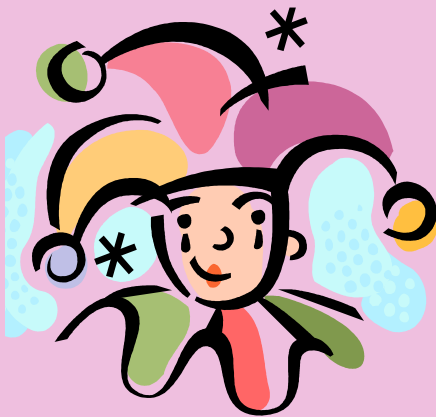
# Happy Halloween

## Potluck

**TUESDAY OCTOBER 31, 2023  
11:45 A.M.**

**BRING YOUR FAVORITE TREAT TO SHARE**

**FREE & OPEN TO THE PUBLIC!**



### COSTUME CONTEST

Most  
"Out of the Box"  
Costume



**Prime**plus  
SENIOR CENTERS



**Sentara**<sup>®</sup>  
Health Plans

The Party will take place at 7300 Newport Ave, # 100 Norfolk, VA 23505