



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.

7300 NEWPORT AVENUE SUITE #100 NORFOLK, VIRGINIA 23505

Monday - Primeplus will be closed December 25th

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. - Too Fit To Quit with Richelle **NEW**

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/ Fere
 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

Tuesday

9:00 - 9:45 a.m. - Pilates with Fere **NEW**
 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 - 10:45 a.m. - Stretch, Flex & Tone Chair with Fere
 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
 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 @ Noon

Afternoon at the Movies

Last Tuesday of the month at Noon

Wednesday

8:15 - 8:45 a.m. - The Art of Stretching w/ Suzanne no class 12/20
 9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe
 9:00 - 9:45 a.m. - Fitness Fundamentals with Suzann no class 12/20
 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 w/ Suzanne no class 12/20
 10:00 - 11:00 a.m. - Gentle Yoga with Angie no class 12/20

10:00 - 10:45 a.m. - Balance & Agility with Fere
 10:00 - 12:00 p.m. - Acrylic Painting Class w/ Nancy (\$\$)
 11:00 - 11:45 p.m. - Too Fit To Quit with Richelle
11:00 - 11:45 a.m. - Boot Camp with Fere **NEW**
 11:15 - 12:00 p.m. - Chair Yoga with Angie no class 12/20
 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym
 12:00 - 12:45 p.m. - Chair Zumba with Suzanne no class 12/20

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

Location: NFWC Parking Lot

Thursday - Primeplus will be closed November 23rd

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 Fere
 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
 10:00 - 10:45 a.m. - Intro with Pilates with Richelle

10:00 - 2:00 p.m. - Open Bridge Play
 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere
11:00 - 11:45 a.m. - Beyond Barre with Richelle *NEW*
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Suzanne

Friday - Primeplus will be closed November 10th & 24th and December 22nd & 29th

9:00 - 9:45 a.m. - **Ball Exercise w/Fere (\$\$)**
 10:00 - 10:45 a.m. - Stretch, Flex & Tone with Fere
 10:00 - 10:45 a.m. - Zumba with Amy
 11:00 - 11:45 a.m. - Chair Zumba with Amy

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 9:00 - 12:00 p.m.



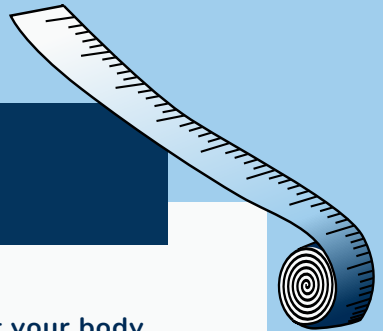
OLD DOMINION UNIVERSITY UNDERGRADUATE
HUMAN MOVEMENT DEPARTMENT

Biometric Health Screenings & Walk Assessment

November 15th & 16th

9:30AM - 12:30 PM

Make your health your priority!
Participate in this screening to find out your body
composition, body fat percentage, blood pressure and
walking patterns, for more information about your overall
well being!



Prime*plus*
SENIOR CENTERS

To sign up:

7300 Newport Ave Norfolk, VA 23505

Call 757.625.5857 x103

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

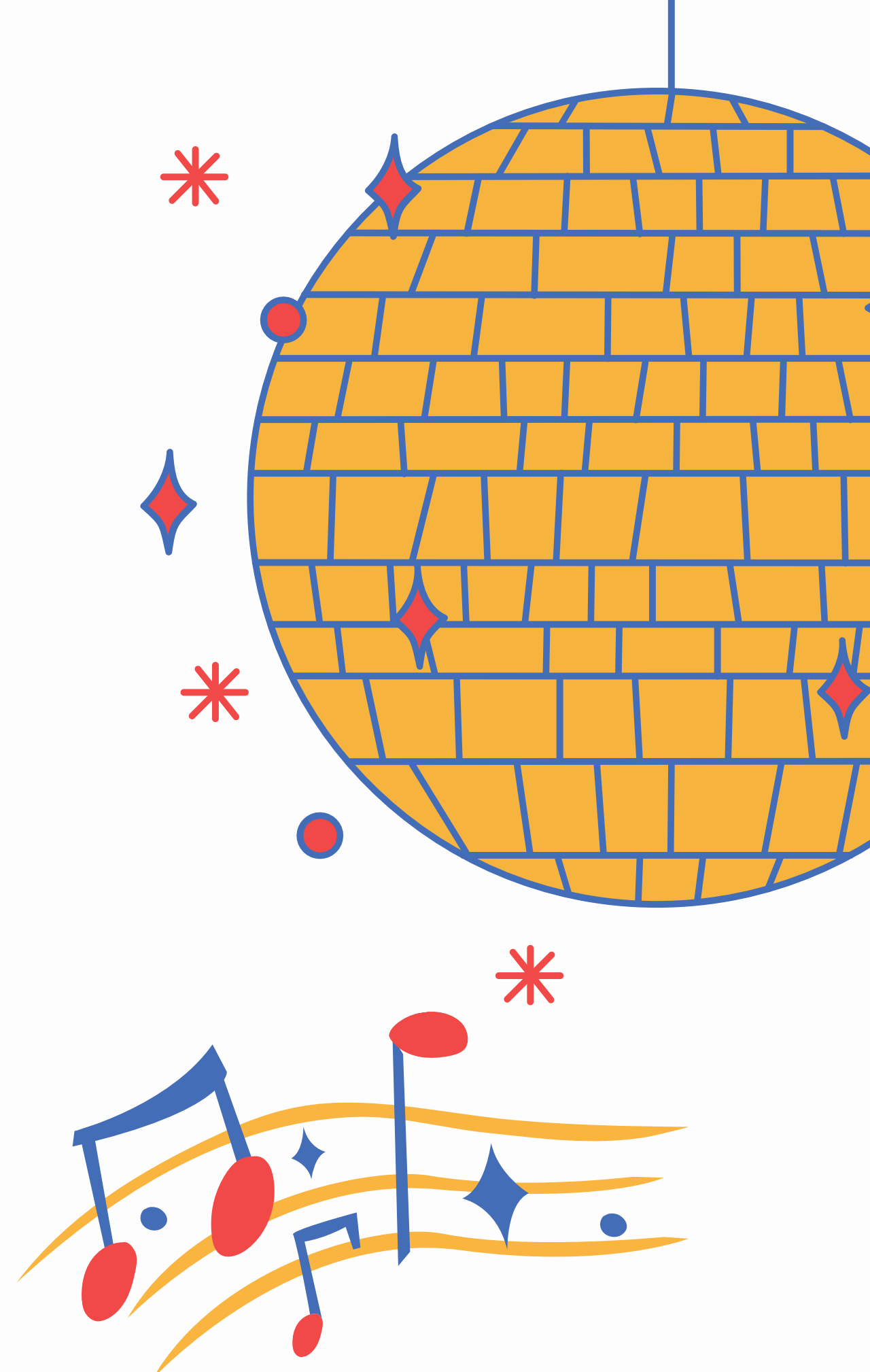


****OPEN TO THE PUBLIC****

****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



Lakewood Tap Club

TUESDAY, DECEMBER 12TH

@ NOON

Bring your lunch and meet us in the social hall to watch the Lakewood Tap Club perform at Primeplus Senior Center.

Call 757.625.5857 x103



SELF-DEFENSE Workshop (PART 2)

Tuesday, November 14, 2023 @ Noon



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/>

MASTERING YOUR MONEY



SENIOR EDITION 55+

Tuesday, November 14th

WORKSHOP TOPICS

With Legal Aid Society of Eastern VA

Power of Attorney

Trusts

Estate Planning

Advanced Care Directives

BankOn
Norfolk

Prime*plus*
SENIOR CENTERS



POWER OF ATTORNEY



ADVANCE HEALTH CARE DIRECTIVE

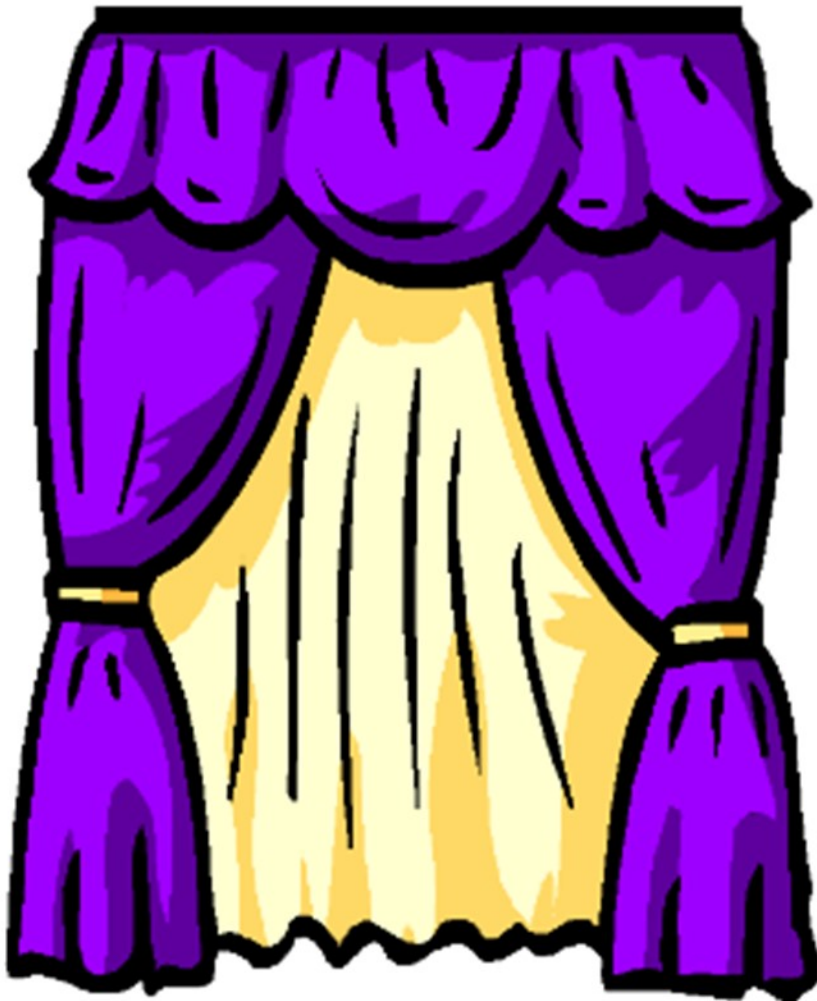
TUESDAY
NOV. 14

1 - 2 p.m.

Norfolk Fitness & Wellness Center

7300 Newport Ave. #100

BEHIND THE CURTAINS
WEDNESDAY, NOVEMBER 29, 2023
AT 12:00 P.M.



Have you ever wondered how much work goes into putting together a production for the Virginia Stage Company at the Wells Theatre?

Join us at Primeplus and meet some of the cast/crew of **A Christmas Carol**

A Christmas Carol

It wouldn't be the holidays without Dickens' *A Christmas Carol* at the Wells Theatre. Experience the childlike wonder of this heartwarming story that follows the Ghosts of Christmas Past, Present, and Future as they take Ebenezer Scrooge on a journey of redemption where he learns the power of kindness and compassion.

Sponsored and hosted by

Primeplus
Senior Center

7300 Newport Avenue, #100
Norfolk, Virginia 23505



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



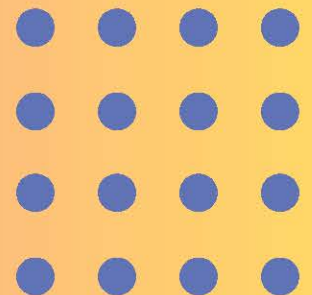
**Don't get left
Holding the Bag!
Life Insurance & Investment
Myth Busters**



Facilitator
Richelle Dickerson
Financial Expert &
CEO Rhema Financial Solutions



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



Give a child
you love a
unique gift.



Give a child you love a gift for which you will always be remembered—the gift of a strong financial foundation.

Date: 11/20/2023

Time: 12:00pm est

Location: PrimePlus senior center
7300 Newport Ave Ste 100, Norfolk, VA 23505

RSVP: (757) 975-2092 (Alijah Coleman)

Alijah Coleman
Agent, New York Life Insurance Company

Bob Strittmatter
Partner, New York Life Insurance Company

Office: 999 Waterside Dr.
Mobile: (757) 975-2092
Email: Acoleman06@ft.newyorklife.com

This seminar and insurance sales presentation is for informational purposes only. Neither New York Life nor its affiliates or their professionals provide, tax, legal, or accounting advice. Please consult your own professionals for advice specific to your circumstances. Attendees are not required to purchase any products or services.

AR08982.032022 SMRU1746609 (Exp.04.01.2024)



MASTERING YOUR MONEY



SENIOR EDITION 55+

Tuesday, December 12th

WORKSHOP TOPICS

With Senior Medical Patrol

Errors and Abuse

Protecting Finances

Healthcare Fraud

BankOn
Norfolk

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SENIOR CENTERS



**TUESDAY
DEC. 12**

1 - 2 p.m.

**Norfolk Fitness &
Wellness Center**

7300 Newport Ave. #100

NEW

PILATES

with Fere

Starting November 7th

Tuesdays

9:00 a.m.

PILATES

with Richelle

Thursdays

10:00 a.m.

This class is great for strengthening and toning with a focus on your core. Pilates exercises include becoming stronger, longer, leaner, and more able to do anything with grace and ease.



Call 757.625.5857 x103 to register

NEW

Boot camp with Fere

Wednesdays at 11 AM

New class starts November 1st



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	
November 21 st @Noon	2024 Medicare -What Should I be Doing Now?
December 19 th @Noon	Medicare Late Enrollments

Contact Brad or call 757.625.5857 X103 If you would like to schedule a face-to-face meeting at PRIMEPLUS



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!



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!



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:

Ceramics	Jewelry	Crafts
Mixed media	Photography	Painting
Textiles	Woodworking	Sculpture

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 for an application



December 4, 2023

@ Noon

**EATING
HEALTHY
DURING
THE
HOLIDAYS**



**Join Kirsten Romero, MS, RDN from
Senior Services of Southeastern VA
for a fun discussion on on making
healthy nutrition choices throughout
the holidays.**

Call 757.625.5857 x103 for more details

Holiday Breakfast Party at Primeplus

**PLEASE BRING A
SMALL UNWRAPPED
GIFT (\$5 OR MORE),
IF YOU WOULD LIKE
TO PARTICIPATE
IN THE GIFT EXCHANGE**

**CALL 625.5857
EXT. 103**

Primeplus
SENIOR CENTERS

Wear your
favorite Holiday
Sweater and bring
a holiday dessert
to share!

WEDNESDAY

12.20.2023

10:00 AM - 11:30AM

**Waffle Breakfast
Prepared by
Suzanne
\$5.00 per plate**

Please R.S.V.P by Thursday, December 14th

