

# Prime *plus* Senior Centers

## JANUARY - FEBRUARY ACTIVITY GUIDE

Happy  
New Year!



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 - Primeplus will be closed on Jan. 15th & Feb. 19th

8:00 - 8:45 a.m. - Ball Exercise (\$\$) **\*\*NEW\*\***

9:00 - 9:45 a.m. - Inspirational ChairOne with Vanessa

9:00 - 9:45 a.m. - Balance with Fere **\*\*NEW\*\***

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. - Stretch, Flex & Tone Chairi with Fere **\*\*NEW\*\***

10:00 - 10:45 a.m. - Gentle Yoga with Victoria - no class 1/8

10:15 - 10:45 a.m. - Art of Stretching with Suzanne **\*\*NEW\*\***

10:00 - 10:45 A.M. - Too Fit To Quit with Richelle **starting 1/22**

10:00 - 2:00 p.m. - Open Bridge Play

11:00 - 11:45 a.m. - Chair Yoga with Victoria - no clas 1/8

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

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 with Sunshine

1st & 3rd Tuesday of each Month @ Noon

Afternoon at the Movies

Last Tuesday of the month @ Noon

Wednesday

8:15 - 8:45 a.m. - The Art of Stretching w/ Suzanne

8:30 - 9:15 a.m. - Boot Camp with Fere **\*\*NEW TIME\*\***

9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe

9:00 - 9:45 a.m. - Fitness Fundamentals with Suzann

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

10:00 - 11:00 a.m. - Gentle Yoga with Angie

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

11:15 - 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 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

12:00 - 12:45 p.m. - Charged Up! Aerobics

w/Suzanne

12:00 - 12:30 p.m. - Sit n' Get Fit with Fere **\*\*NEW\*\***

1:00 - 1:45 p.m. - ChairOne with Suzanne **\*\*NEW\*\***

1:00 - 1:45 p.m. - Tabata Aerobics with Fere **\*\*NEW\*\***

**\*\* Friday Fitness Classes Are Canceled Until Further Notice. \*\***





DO IT YOURSELF

# Wooden Bead Bracelets



**Instructor: Tammy Adelman**

Monday, February 12, 2024

10:00 AM

Supply Fee: \$10.00  
(up to 3 bracelets)



# Kindness Rock Painting

**Tuesday, January 23, 2024  
@ Noon**



*Hosted by Kathi Thomas, Administrator of  
Norfolk Rocks (HR), Leah Harris & Patsy Henson*

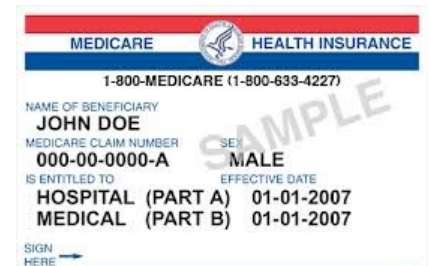
**Students will learn about the Kindness Rock Project. You will also receive step by step instruction on how to draw and paint encouraging rocks in celebration of Valentine's Day and Black History month.**

**No artistic ability needed; however having fun is required!**

## **Your Medicare - Last Year in Review & What's New in 2024**

**Tuesday, Jan. 23, 2024 at 12:00 noon**

Medicare beneficiaries can expect their premiums, deductibles, and cost sharing amounts to change each calendar year. We'll review the changes from 2023 to 2024 so you know what to expect when utilizing your Medicare benefits this year. Get answers to many of your questions!



Join Bradford S. Klavan, of Insurance Advisors, LLC. He is an independent insurance agent licensed in the Commonwealth of Virginia. He will here be on site to lead the seminar and to answer your general questions.

Bradford S Klavan (Brad)  
Phone: (757) 390-4727 (office) or (757) 652-0912 (cell)  
Email: [bklavan@InsuranceAdvisorsLLC.net](mailto:bklavan@InsuranceAdvisorsLLC.net)

Sponsored and hosted by

**Prime**plus  
Norfolk Senior Center

7300 Newport Avenue, #100  
Norfolk, Virginia 23505

**FREE & OPEN  
TO THE  
PUBLIC**



**OUR MEMBERS ARE THE MISSION**

# Free Financial Workshop

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

 **WORKSHOP**

(Part 2)

 **DATE/TIME**

 **ADDRESS**

 **TO RSVP**



3-day

Primeplus  
SENIOR CENTERS

# AYURVEDA

Yoga Workshops



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

**Tuesday, Jan. 30th, Thursday, Feb. 1st & Tuesday, Feb. 6th**  
**12:00 p.m. - 1:00 p.m.**

This workshop will use Ayurveda (Yoga's sister science) to get more out of your yoga practice. You will learn how to understand Your Dosha (disposition), which means changing up your yoga routine to make it fit your needs in life. Andrea Trank is an experienced yoga practitioner who has studied Ayurveda extensively. She will provide you with a dosha test so that you can see where your imbalances are and then share ways to make any yoga class more healing to you.

Session 1 will be a powerpoint and test with some examples of Vata, Pitta and Kapha routines.

**Premium Series: \$20/person, minimum class size 8.**

Price includes both premium sessions; not sold separately.

**Call 757.625.5857 x103 for more information**

**7300 Newport Ave. Norfolk, VA 23505**



# MASTERING YOUR MONEY



SENIOR EDITION 55+

## WORKSHOP TOPICS

With AARP Tax-Aide  
District Coordinator

Prepare for tax season

Avoid tax scams

Free filing options & tips

**BankOn**  
Norfolk

**Prime***plus*  
SENIOR CENTERS

**AARP** Foundation

**TAX-AIDE**

Free tax assistance for those  
who need it most



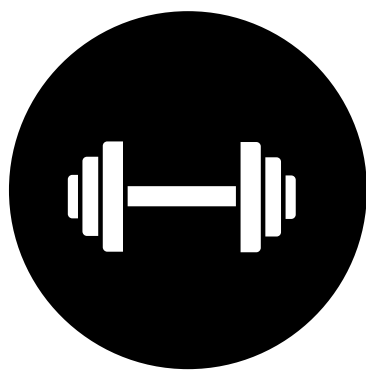
**TUESDAY  
JAN. 9**

**1 - 2 p.m.**

**Norfolk Fitness &  
Wellness Center**

7300 Newport Ave. #100





# NEW YEAR. NEW YOU.

CHECK OUT THE NEW CLASSES:

## MONDAY

**8 A.M. - BALL EXERCISES WITH FERE (\$\$) (\$5 per class)**

**9 A.M. - BALANCE & AGILITY WITH FERE**

**10 A.M. - STRETCH, FLEX & TONE - MIXED LEVEL**

**10:15 A.M. - THE ART OF STRETCHING W/ SUZANNE - STARTING 1/22/24**

## WEDNESDAY

**8:30 A.M. - BOOT CAMP WITH FERE**

## THURSDAY

**12 P.M. - SIT N'GET FIT WITH FERE (30 MINUTES)**

**1 PM - CHAIRONE WITH SUZANNE**

**1 PM - TABATA AEROBICS WITH FERE**

**JOIN US**

