





**Monday - Primeplus will be closed on Monday, May 27, 2024**

9:00 – 9:45 a.m. - Chair Zumba w/ Amy  
 9:00 - 9:45 a.m. - Balance with Fere  
 9:00 – 9:45 a.m. - Body Boot Camp with Chelsea  
 10:00-10:45 a.m.- Gentle Yoga with Amy  
 10:00- 10:45 a.m.- Too Fit To Quit with Richelle  
 10:00 -10:45 a.m.- Seated in Strength with Chelsea  
 10:00 -10:45 a.m.- Stretch, Flex & Tone Chair with Fere  
 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym

9:00 - 12:00 p.m. - Ceramics 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 – 2:00 p.m. – Open Bridge Play  
 11:00 - 11:45 a.m. - Core on the Floor w/ Fere  
 11:00 - 11:45 a.m. - ChairOne with Richelle  
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Tomika

**Tuesday**

9:00-9:45 a.m. - Pilates with Fere  
 9:00-9:45 a.m. - Aerobics with Sheina  
 9:00-9:45 a.m. - Essentrics with Peggy  
 10:00 -10:45 a.m. - Balance & Agility w/Angie  
 10:00 - 10:45 a.m. - Chair Yoga w/ Shawn  
 10:00-10:45 a.m. – Stretch Flex & Tone Chair with Sheina  
 10:00-10:45 a.m. - Stretch, Flex & Tone Chair with Fere **No class 5/21/24**  
 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 **No class 5/21/24**  
 11:00 – 12:00 p.m. – Intermediate Tai Chi w/ Tidewater Tai Chi (\$\$)

9:00 - 9:45 a.m. - Coffee & Chat with Steve  
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$)  
 9:00 - 1:00 p.m. - Game Room (Pool & Table Tennis)  
 9:30 - 11:30 a.m. - Drawing with Shirley  
 10:00 - 2:00 p.m. - Mexican Train Dominoes

Afternoon at the Movies  
 Last Tuesday of the month @ Noon

Medicare Counseling with Brad  
 3rd Tuesday @ Noon

**Wednesday - Primeplus will be closed on June 19, 2024**

8:15 - 8:45 a.m. - The Art of Stretching w/ Shawn  
 8:30 - 9:15 a.m. - Boot Camp with Fere  
 9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe  
 9:00 - 9:45 a.m. - Fitness Fundamentals with Chelsea  
 9:00 - 9:45 a.m.- Abs, Abs, Abs with Angie  
 10:00 - 10:45 a.m. - Balance & Agility with Fere  
 10:00 - 10:45 a.m.- Line Dancing with Alice & Joe  
 10:00 - 10:45 a.m. - Seated in Strength w/ Chelsea  
 10:00 - 11:00 a.m. - Gentle Yoga with Angie  
 10:00 - 11:00 a.m. - Gentle Flow Yoga with Shawn **No class 5/22/24**  
 11:00 - 11:45 p.m. - Too Fit To Quit with Richelle  
 11:15 - 12:00 p.m. - Chair Yoga with Angie  
 12:00 - 2:00pm - Pickle Ball in NFWC Gym

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 – 12:00 p.m. – Acrylic Painting Class w/ Nancy (\$\$)

**Free Curbside Food Pantry - 12:00 - 1:30 p.m.**  
**Location: NFWC Parking Lot**

**Thursday**

9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina **No class 5/2/24**  
 9:00 - 9:45 a.m. - Balance & Agility with Fere **No class 5/2/24**  
 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  
 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere  
 11:00 - 11:45 a.m. - Beyond Barre with Richelle  
 11:00 - 11:45 a.m. - Essentrics with Peggy **\*NEW\***  
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/ Richelle  
 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere

9:00 - 9:45 a.m. - Coffee & Chat with Steve  
 9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)  
 9:00 – 1:00 p.m. – Game Room (Pool & Table Tennis)  
 10:00 – 2:00 p.m. – Open Bridge Play

# Crafting With Love

**Thursday, May 9th @ 11 a.m.**

Come paint a wood craft  
with a Mother's Day  
theme in our Art Studio  
with Tonya Hopson

Spaces are limited  
Pre-registration  
is required!



**Prime**  
SENIOR CENTERS *plus*

**NEW CLASS  
ADDED!!**



**Tuesdays  
9:00 a.m.**

**Thursdays  
11:00 a.m.**

**ESSENTRICS®**

Instructor: Peggy Troyer





**Would you like to get involved?  
The Garden Group meets  
every Friday at 10:00 a.m.**

**Location:** The back of the Norfolk Fitness & Wellness Center at  
7300 Newport Ave. Norfolk, VA 23505

**Items To Bring:**

- \* Gloves
- \* Hat
- \* Tools (if you have any)
- \* Water

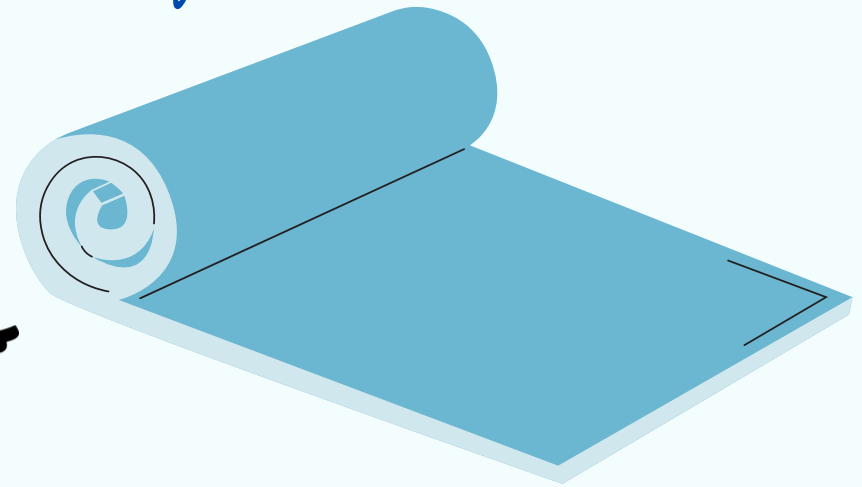


**For more information contact Primeplus at  
757.625.5857 ext. 103 or email us at  
[membership@primeplus.org](mailto:membership@primeplus.org)**

*2-day*  
**AYURVEDA 2.0**

**Prime**  
SENIOR CENTERS *plus*

*Yoga Workshops*



Presented by: Lydia Talley, a therapeutic yoga instructor and holistic health coach

**Thursday, June 6th & Thursday, June 13th**

**12:00 PM - 1:30 PM**

Lydia Talley will help you develop a basic understanding of Ayurveda. Each class will begin with a lecture/Q&A covering exercise and emotional wellness principles of Ayurveda followed by a practical, relevant, intermediate pose (asana) practice.

**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





2023 BEST OF SHOW WINNER VILLAGE CELEBRATION BY HERMAN A. COX, JR.

## SAVE THE DATES

### ARTFEST EXHIBIT

June 6th - July 26th

*Entry Fee: \$40 for members and \$45.00 for non-members*

**APPLICATION DEADLINE/ARTWORK INTAKE**

**May 20 - May 23 from 10 am to 2 pm (closed Friday)**

EXHIBIT INCLUDES: CERAMICS, JEWELRY, POTTERY, MIXED MEDIA, PHOTOGRAPHY,  
PAINTINGS, SCULPTURE, TEXTILES, WOODWORKING & MORE

This show is judged based on the different categories and (1) Overall Best in Show winner will be selected for a cash prize on 6/6/24. People's Choice ribbons will be awarded on 6/24/24. All artwork will be on display during the entire exhibit.

Primeplus is located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave. Norfolk, VA 23505. Call **757.598.0058** or e-mail Chantel at **crandolph@primeplus.org**



# Keeping the Keys® Workshop

Join us for a Keeping the Keys Workshop, a free hour-long presentation that will help older drivers and their families plan to keep mature drivers on the road for as long as safely possible.

**Free Resources and Giveaways for Attendees!**



#### Topics include:

- How driving changes with age
- How to safely adapt driving
- How medications may impact driving
- Vehicle safety, comfort and fit
- Resources to extend driving career

## Thursday, May 23, 2024 at Noon

Primeplus is located inside the Norfolk Fitness & Wellness Center at 7300 Newport Ave. #100

**Call 757.625.5857 or email [crandolph@primeplus.org](mailto:crandolph@primeplus.org) for more information**

Hosted by Vickye Parker, Traffic Safety Specialist with AAA

**Afternoon  
at the  
Movies**

**Tuesday, May 28th  
12:00 p.m.**

## Free & Open to the public

**Feature Film: TO HELL AND BACK**

The true WWII story of Audie Murphy, the most decorated soldier in U.S. history.  
Based on the autobiography of Audie Murphy who stars as himself in the film.



# Adult Day Services Open House

Wednesday, May 22, 2024

4:00 PM – 6:00 PM

7300 Newport Avenue #100, Norfolk, VA

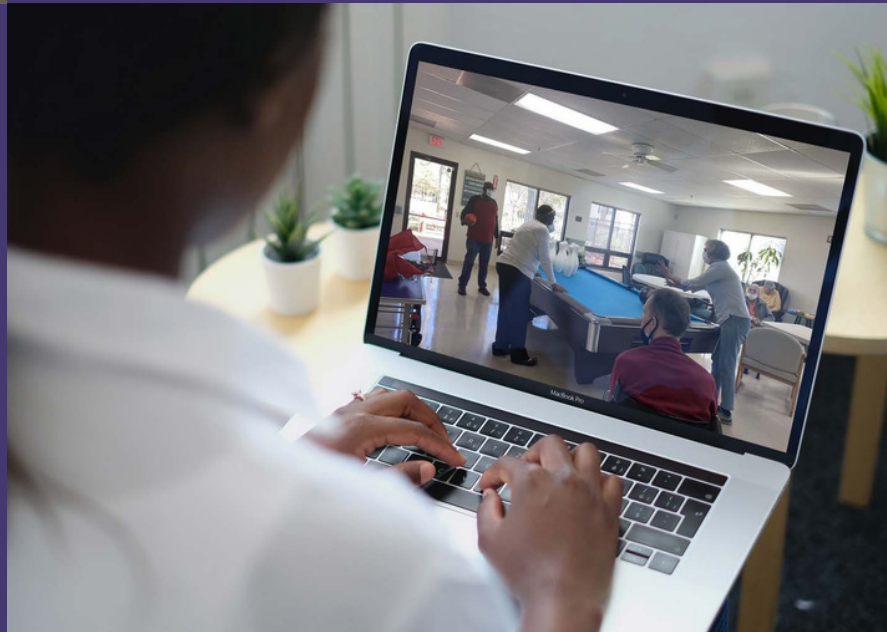


For all professional and caregivers who work with the elderly. You're invited to come and see what unique services our Adult Day Program has to offer.



Our Adult Day Center provides the care, support, interaction, and engagement the participants need.

We are not just a center but a community that cares about the health and happiness of older adults, those with disabilities, and their families.



**PRE - REGISTRATION IS ENCOURAGED:**

(757) 598 - 0064    (757) 625.5857 x409    [swhite@primeplus.org](mailto:swhite@primeplus.org)