

# Primeplus

SENIOR CENTERS

JULY - AUGUST  
2024

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505



## Best Of Show Winner



Nectar So Sweet  
Watercolor  
Karen Bess

Senior Artfest 2024

*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. - Chair Zumba w/ Amy **No class 7/8/24**  
 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 **No class 7/15/24**  
 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. - Dance Sit with Richelle  
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/Tomika  
**No class 7/8/24 & 7/15/24**

## 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  
 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 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

8:00 - 8:45 a.m. - Chair Pilates with Fere **\*\* NEW \*\***  
 8:15 - 8:45 a.m. - The Art of Stretching w/ Shawn  
 9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe  
 9:00 - 9:45 a.m. - Fitness Fundamentals with Fere  
 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  
 11:00 - 11:45 a.m. - Too Fit To Quit with Richelle **No class 7/17/24**  
 11:15 - 12:00 a.m. - Chair Yoga with Angie  
 12:00 - 12:45 p.m. - Chelsea's Challenge/ Bob's Boot Camp **\*\*NEW\*\*** (Starting 7/17/2024)

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 (\$\$)  
 12:00 - 2:00pm - Pickle Ball in NFWC Gym

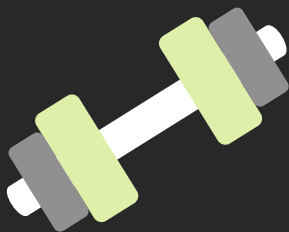
**Free Curbside Food Pantry - 12:00 - 1:30 p.m.**  
**Location: NFWC Parking Lot**

## Thursday - Primeplus will be closed on July 4, 2024

9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina  
 9:00 - 9:45 a.m. - Balance & Agility with Fere  
 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 **No class 7/18/24**  
 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere  
 11:00 - 11:45 a.m. - Beyond Barre with Richelle **No class 7/18/24**  
 11:00 - 11:45 a.m. - Essentrics with Peggy  
 12:00 - 12:45 p.m. - Dance Sit to Stand w/ Richelle **\*\*NEW\*\*** **No class 7/18/24**

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

# Chelsea's Challenge: Bob's Boot Camp



This high intensity class uses a combination of weight training and functional fitness based on technique and form.

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**NEW CLASS:**

Wednesdays

Starting July 17th

**@ Noon**

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**Prime**  
SENIOR CENTERS *plus*

7300 Newport Ave

## CHAIR PILATES WITH FERE

This 45 minute class focuses on the core abdominal muscles to help with posture, strength, and flexibility.

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**NEW CLASS:**

**Wednesday**

**8:00 AM**

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Pre-register weekly at the membership desk





**Donations Accepted**

# SUMMER FUN CRAFT WITH TONYA

**JULY 11TH @ 11 AM**

Come paint with a  
summer theme in  
our Art Studio with  
Tonya Hopson

Spaces are limited

Pre-registration  
is required!

**Prime***plus*  
SENIOR CENTERS

Call 757.625.5857 x103 for more details



YOU'RE INVITED TO

# END OF SUMMER ICE CREAM SOCIAL

**THURSDAY, AUGUST 29th**  
**12:00 - 1:00 PM**

**FREE TO ALL  
PRIMEPLUS MEMBERS!**

**PRE-REGISTRATION IS REQUIRED!**  
**CALL 757.625.5857 X 103 TO REGISTER**

7300 Newport Ave. Suite 100 Norfolk, VA 23505

DANCE

*Sit*



with Richelle

**Mondays @ 11 AM**



DANCE

*Sit to Stand*

**Thursdays @ Noon**

This class will incorporate the Chair in dance  
and yoga movements.

# HEALTHY EATING AT THE FARMERS MARKET

**July 23, 2024 @ Noon**



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

**Call 757.625.5857 x103 for more details**



August 22 - September 26  
5:30 - 6:30 p.m.  
Limited spots available!  
\$60/6 weeks

Primeplus  
SENIOR CENTERS



Instructor  
**Angie Spears**

# GENTLE YOGA CLASS

@ ME Cox Center  
644 N. Lynnhaven Road  
Virginia Beach, VA 23452

**JOIN NOW**

Pre- registration is Required:

**(757) 598 - 0063**

**kforbes@primeplus.org**

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