

Primeplus SENIOR CENTERS

SEPTEMBER - OCTOBER
2024

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505



The Primeplus National Diabetes Prevention Program is designed to help prevent or delay the onset of Type 2 diabetes. Led by certified Lifestyle Coaches, this program offers several benefits, including: A complimentary yearlong Primeplus membership, Achieving a 5-7% reduction in total body weight, lowering HbA1C levels by 0.2%, Receiving free meals, and reducing the risk of developing Type 2 diabetes by more than 50%. Special thanks to our community partners City of Norfolk, Cosmopolitan Diabetes Foundation and Sentara.



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 September 2, 2024 for the holiday**

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.- 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

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 (\$\$)
12:00 - 12:45 p.m. - Chair Yoga with Shawn **NEW Starts 9/10/24**

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)
 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
 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
 11:15 - 12:00 a.m. - Chair Yoga with Angie
12:00 - 12:45 p.m. - Chelsea's Challenge/ Bob's Boot Camp **NEW Starts 9/11/24**

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

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 Marissa
 10:00 - 10:45 a.m. - Intro with Pilates with Fere
 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
 12:00 - 12:45 p.m. - Dance Sit to Stand w/ Richelle

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



Heart Healthy Seasonal Meal Planning

Presented by:
Kirsten Romero, MS, RDN



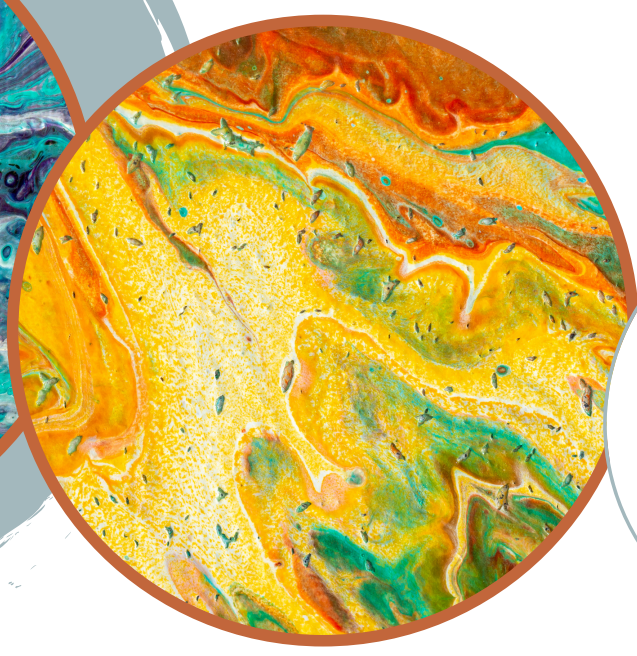
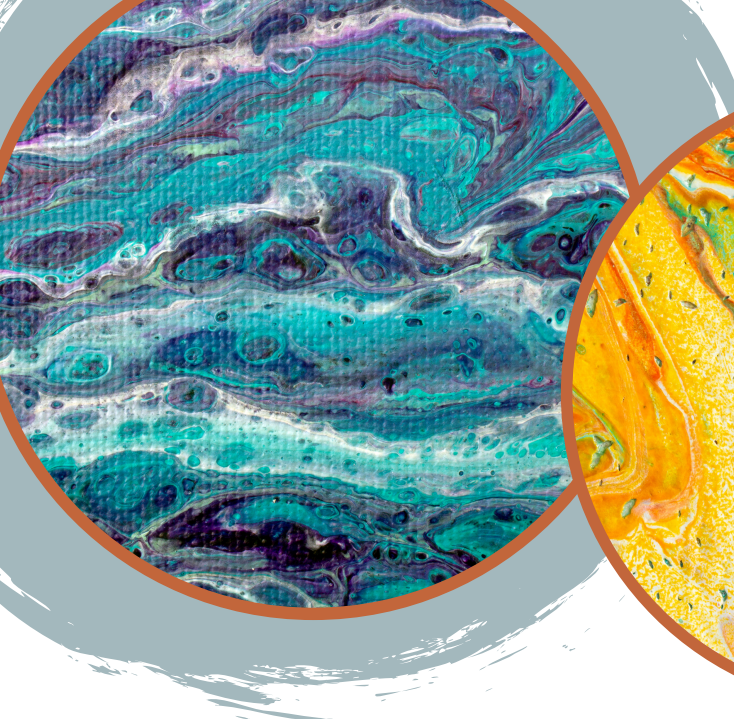
**Thursday,
October 17th
@ Noon**

Planning heart-healthy meals that align with the seasons can help you take advantage of fresh, nutrient-dense ingredients while supporting people living with pre-diabetes

**FREE & OPEN TO
THE PUBLIC**

**Call
757.625.5857 x103
to register**

7300 Newport Ave. #100 Norfolk



POUR & PAINT WITH VANESSA GOLSON

THURSDAY, SEPTEMBER 26, 2024 @ NOON
--- LIMITED SPACES AVAILABLE ---

Come get your paint on! Vanessa Golson's artistic style is representative of abstract painting. This is captured through the trending art form of acrylic paint pouring, as triple colors flow together to create a one-of-a-kind Masterpiece. We welcome newbies. See you there!



CHAIR YOGA EVERY TUESDAY

@10:00 AM

@ NOON

INSTRUCTOR : SHAWN

Noon Class starts Sept. 10th!

BINGO *cize*®

Bingo + Exercise = Bingocize

A fun 10-week health promotion program that combines the game of bingo with inclusive exercises for everyone!



Fall Prevention Workshop!

Every Tuesday
Starting October 1st
@Noon

Pre-registration Is Required!
Call 757.625.5857
for more details

Free
prizes
Lois of
smiles

Prime *plus* SENIOR CENTERS



\$20

Unisex Sizes Include Small - 3X

**PRE-ORDER
YOUR SHIRT
TODAY!**

Give us a call at 757-625-5857 or visit the office
to order and pay for your t-shirt.

PrimePlus
SENIOR CENTERS



BOOT CAMP

with Chelsea
WEDNESDAYS AT NOON

STARTING SEPTEMBER 11TH!

Call 757.625.5857 x103 to register



Monday, September 9th
@ Noon

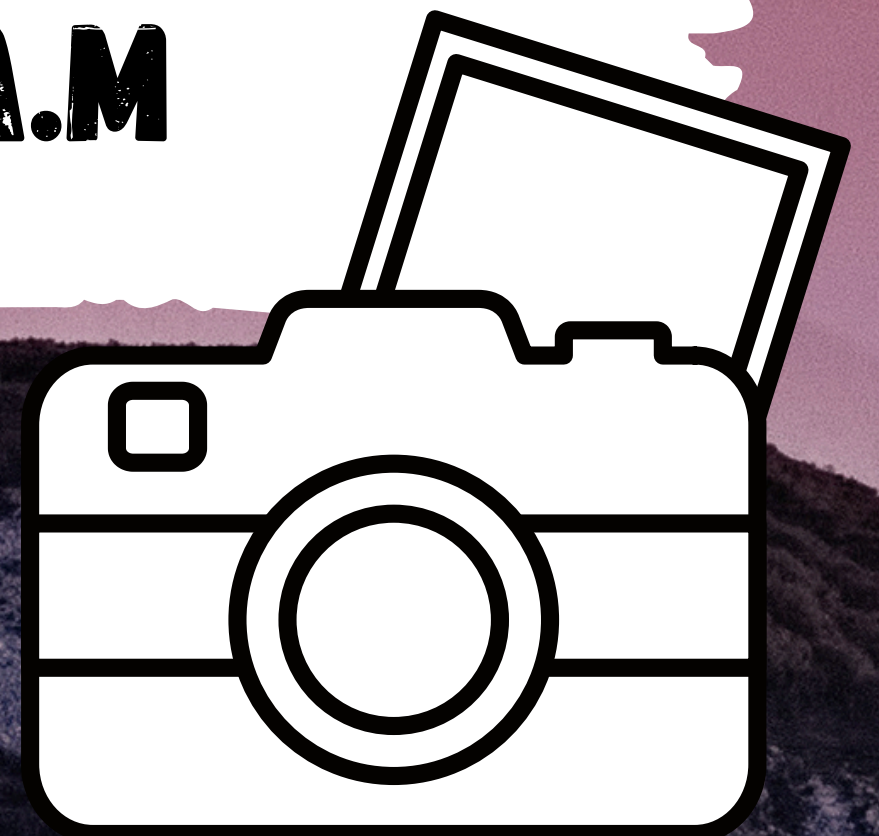
Instructor: Deidre Love

Explore breathing techniques, meditation practices, and African-inspired yoga worksop.

JOIN THE GOLDEN GETAWAY CREW

To Experience the joy of trips!

**AN INFORMATIONAL SESSION
IS SCHEDULED @ PRIMEPLUS FOR
WEDNESDAY, SEPTEMBER 11TH, 2024
FROM 9:00 TO 9:45 A.M**



Diabetes Prevention Program Informational Session with Kim

1 in every 3 adults
in Virginia has
Pre-Diabetes
Is it You?

Two-thirds of people with
it don't even know it!

Make your one-on-one appointment with
Kim our Wellness Coordinator Today!

New Class Starts
September 26th

This class will be held via Zoom
every Thursday for 12-weeks



- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- Support from others like you as you learn new skills
- Free yearlong Primeplus Membership
- Free Food

Primeplus
SENIOR CENTERS

THE CITY OF
NORFOLK



Primeplus is located inside the Norfolk Fitness & Wellness Center
7300 Newport Ave, Norfolk

Call 757.598.0063 to register!



THERAPEUTIC YOGA

BALANCE

YOUR

BODY

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

OCTOBER 17 - NOVEMBER 7
5:30 - 6:30 P.M.

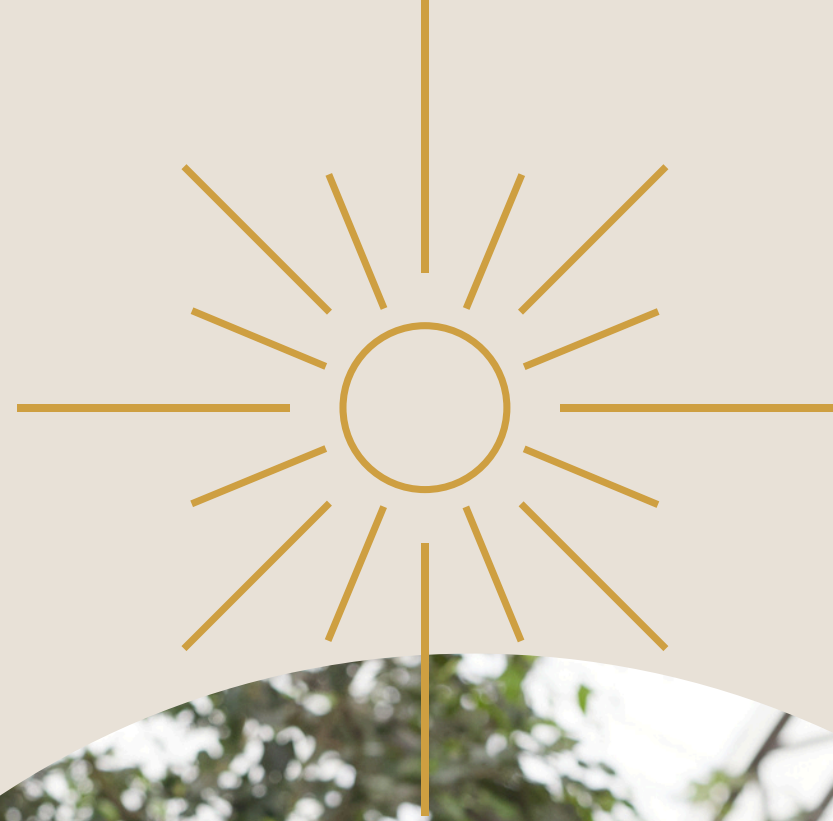
INSTRUCTOR: LYDIA TALLEY

Pre- registration is Required:

(757) 598 - 0063

kforbes@primeplus.org

www.facebook.com/askprimeplus





Financial Fitness Power of Budgeting

Prime*plus*
SENIOR CENTERS

Power of Budgeting is a 60-minute interactive seminar where we will explore the importance of creating and maintaining a budget, examine the difference between wants and needs, and set goals for personal spending, savings and debt repayment. Call 757.625.5857 for more details.

Monday, September 23, 2024 at Noon

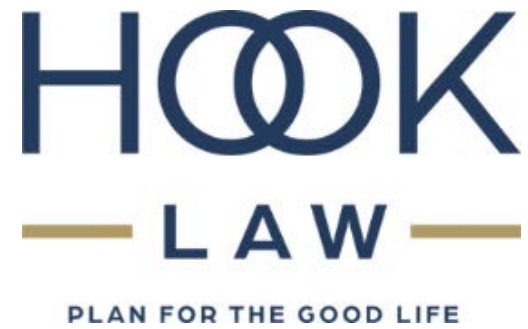
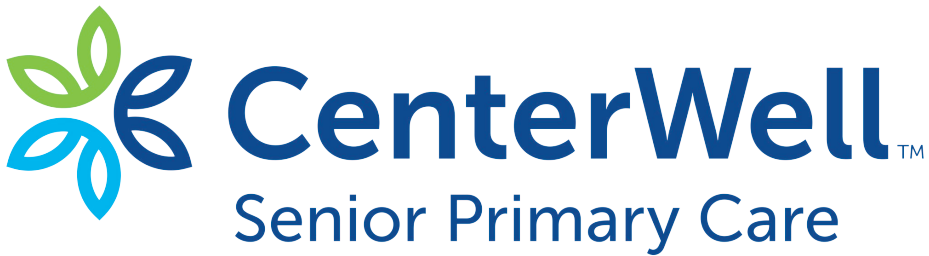
Outline

- Welcome
 - Introduction and our purpose
 - Building confidence and creating resilience
 - Workshop goals
- Overview of budgeting and money strategies
 - Gross and net income
 - Budgeting and its importance
 - Expenses and money-saving strategies
 - Debt and debt-management strategies
- Creating a budget and saving
 - Financial goals
 - The 50/30/20 rule
 - The Categories Method
 - Saving strategies
- Conclusion
 - Additional financial education at edwardjones.com/financialfitness
 - Key takeaways

Free & Open To The Public

September is National Senior Center Month

Presented By:



Outreach tables will be located in the Lobby @ Primeplus

Tuesdays

- Centerwell - Every Tuesday
- Hook Law - Every Tuesday
- Senior Services of Southeastern Virginia - Every Tuesday
- Comfort Keepers - September 10th
- Norfolk Sheriff Office - September 10th

Thursdays

- Hook Law - Every Thursday
- CapTel: Captioned Telephone - Every Thursday
- Talbot on Granby - Lisa Byrd – Just September 19th
- Voter Registration – City of Norfolk – Just Sept. 26

MORE EVENTS TBA....

THE TALBOT
ON GRANBY





Happy Halloween

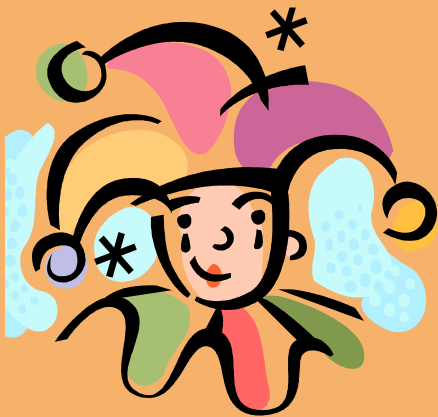


Pizza Party

**THURSDAY, OCTOBER 31, 2024
NOON**

BRING YOUR FAVORITE SWEET TREAT TO SHARE

FREE & OPEN TO THE PUBLIC!



COSTUME CONTEST

Most
"Out of the Box"
Costume



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