

Primeplus SENIOR CENTERS

NOVEMBER - DECEMBER
2024

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505



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.

PRIMEPLUS WILL BE CLOSED DECEMBER 23rd - JANUARY 3rd FOR THE WINTER HOLIDAY

Monday - Primeplus Closed for Veterans Day on Nov. 11th

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

8:00 - 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 - Mexican Train

 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. - Zumba Gold Tone 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. - Turkey Tune-Up w/ Shawn ****NEW****
 11:00 - 11:45 a.m. - Too Fit To Quit with Fere
 11:00 - 11:45 a.m. - Chair Zumba 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
 12:00 - 12:45 p.m. - Bingocize with Sentara - Last Day 12/5/24

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

Afternoon at the Movies

Last Tuesday of the month @ Noon

Christmas with the Kranks
 Tuesday, Nov. 26th @ Noon

Medicare Counseling with Brad
 3rd Tuesday @ Noon

Wednesday

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/Boot Camp

8:00- 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 (\$\$)
 10:00 - 2:00 p.m. - Open Bridge Play - Mexican Train
 12:00 - 2:00pm - Pickle Ball in NFWC Gym

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

Thursday - Holiday Breakfast - December 19th - All Morning Classes Are Cancelled

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 w/ 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 - Mexican Train
 12:00 - 12:45 p.m. - Bingocize w/ Sentara - last day 12/5/24



POUR & PAINT WITH VANESSA GOLSON THURSDAY, Nov. 21ST @ NOON

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 Marble Masterpiece. We welcome newbies.

Cost: \$15.00

Pre-registration is required for both classes. Students can pay the day of class.

POUR & PAINT ORNAMENTS WITH VANESSA GOLSON



THURSDAY, DEC. 5TH @ NOON

Join us as we use the pour method to create a pretty marbled look with paint colors you choose. Mix paint brands, colors and types to create one painted ornament. This is a fun handmade holiday decor project idea and no two ornaments will be the same.

Cost: \$10.00 (hangers not included).

Both classes will be held at Primeplus at 7300 Newport Ave. Norfolk, VA 757.625.5857

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, Dec. 12th
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 12/9/2024****

Prime*plus*
SENIOR CENTERS

7300 Newport Avenue | Norfolk, VA 23505 | 757-625-5857 x103



Lakewood Tap Club

Dance Performance

TUESDAY, December 17th

@ 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





Christmas with the Kranks

Tuesday, Nov. 26th @ Noon

Call Me Mrs. Miracle

Tuesday, Dec. 3rd @ Noon

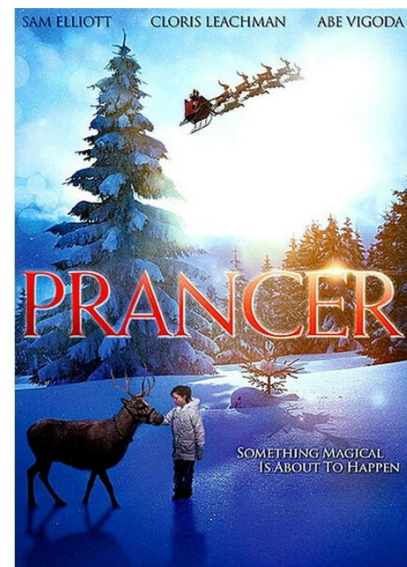


White Christmas

Tuesday, Dec. 10th @ Noon

Prancer

Tuesday, Dec. 17th @ Noon



Call 757.625.5857 x103

Free & Open To The Public

Pre – Registration Required!

7300 Newport Avenue, #100 Norfolk, VA 23505



Confused about your Medicare Options?

Part A, Part B, Part C and Part D? What about Plan G?

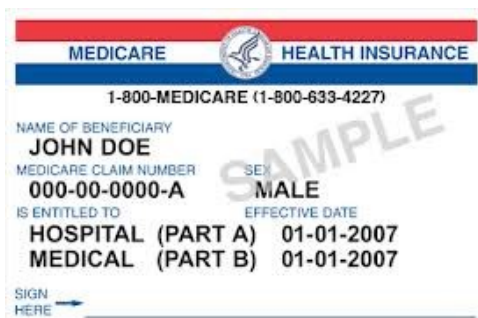
For 2025, some Medicare plan members will experience significant changes to their plans. It would be beneficial for you to attend one of our sessions or make an appointment with Brad Klavan during Open enrollment season.

Seminar Dates:

Tuesday, Nov. 12th @ 10 a.m.

Thursday, Nov. 19th @ 11 a.m.

Tuesday Dec. 3rd @ Noon



**One - on One appointments are available from
October 1st - December 5th!**

Bradford S. Klavan of Insurance Advisors, LLC is an independent insurance agent licensed in the Commonwealth of Virginia. He will be leading the seminar and will be available for one-on-one questions. To register for a seminar or schedule an appointment, please call 757-625-5857 x 103.



DEATH CAFE

**Wednesday, Nov. 20th
@ 12:30 PM**

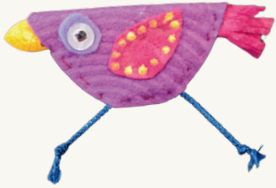
At a Death Cafe people gather to eat cake, drink tea and discuss death. A Death Cafe is a directed discussion of all things related to death. There is no agenda, no objectives other than to inspire participants to make the most of their finite lives. It is not a support group or a counseling session. There is no intention of leading people to any conclusion, product or course of action. It is just a place where people can join in an open, safe, respectful and confidential discussion of their views, thoughts or concerns about death. Martha Shore, a retired HR professional and volunteer with Compassion & Choices will lead the cafe.

**Please join us to talk about all things
death related and eat cake!**

A white ceramic cup filled with a latte, featuring a heart-shaped latte art design on the surface. The cup is sitting on a matching white saucer.

**7300 Newport Ave.
Norfolk, VA 23505
757.625.5857 x103**

Monday, November 18th
12-1pm at PrimePlus



CREATE YOUR OWN

Bird Broch

FELT BIRD

BROCH



Prime *plus*
Senior Centers

&

d'Art
CENTER



ADVANCED DIRECTIVES WORKSHOP

December 11, 2024 @ Noon

HOW WE LIVE THE FINAL CHAPTER OF OUR LIVES, AND HOW WE DIE, ARE AMONG THE MOST DEEPLY PERSONAL CONSIDERATIONS OF OUR LIVES. WHEN ASKED, MOST PEOPLE SAY THEY WOULD LIKE TO DIE PEACEFULLY, AT HOME, SURROUNDED BY THEIR LOVED ONES, WITH THEIR PAIN AND DISCOMFORT MANAGED. THEY WOULD LIKE THEIR SPIRITUAL NEEDS MET AND AVOID FINANCIAL OR EMOTIONAL BURDENS FOR THEIR LOVED ONES. THE REALITY IS OFTEN QUITE DIFFERENT. THE ONE THING YOU CAN DO TO ASSURE THAT THE END OF YOUR LIFE IS PEACEFUL AND IN LINE WITH YOUR VALUES IS TO COMPLETE A DETAILED ADVANCED DIRECTIVE.

JOIN US WHEN VOLUNTEERS WITH COMPASSION & CHOICES LEAD US IN A WORKSHOP ON ADVANCED DIRECTIVES. LEARN WHAT THEY ARE, WHAT SHOULD BE INCLUDED, WHAT TO DO WITH YOURS ONCE COMPLETED. WE WILL EVEN WORK THROUGH CLARIFYING YOUR VALUES AND WISHES FOR THE END OF LIFE - THE FIRST STEP IN COMPLETING AN ADVANCED DIRECTIVE.

EVEN IF YOU HAVE ALREADY COMPLETED AN ADVANCED DIRECTIVE, THIS WORKSHOP COULD BE HELPFUL TO YOU IN ASSURING YOU WERE THOROUGH ENOUGH IN YOUR ORIGINAL DIRECTIVE AND THAT YOUR WISHES ARE CLEAR FOR THOSE WHO MAY NEED TO ACT ON YOUR BEHALF.

Prime*plus*
SENIOR CENTERS

7300 NEWPORT AVE. SUITE 100 NORFOLK, VA 757.625.5857

SELF-DEFENSE Workshop

Tuesday, November 19, 2024 @ 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/>



Prime
SENIOR CENTERS *plus*

**PURCHASE
YOUR ONLINE
DISCOUNTED
TICKETS
TODAY!**



To Purchase Tickets Online use this link:

<http://tickets.vastage.org/?promo=PrimePlus24>

Or you can manually add **PrimePlus24 in the promo code box located on the upper right side corner on the Virginia Stage's ticket page.**

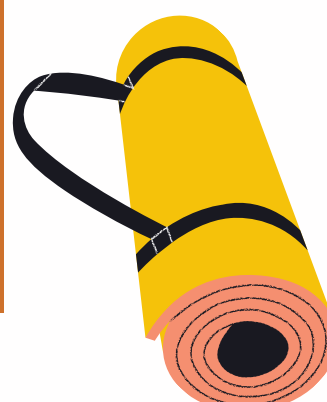
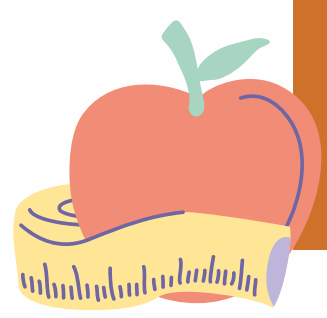
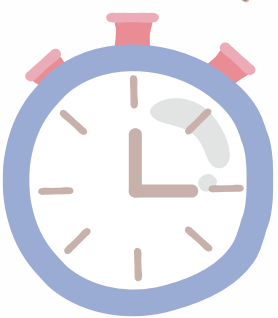
Members will Receive a 20% discount. This is good for any performance of "A Sherlock Carol" and "A Merry Little Christmas Carol"



PLEASE JOIN FOR A

TURKEY TUNE - UP

WITH SHAWN



Every Tuesday
Nov, 12 - Dec. 17th
@ 11:00 A.M.



**This 6-week Workshop consists
of alternating sessions of
Strength Conditioning and
Stretch technique**



**7300 NEWPORT AVE. #100
NORFOLK, VA 23505
CALL 757.625.5857**





OUR MEMBERS ARE THE MISSION

Free Financial Workshop

What You Can Do Now
for a Bright Financial Future



WORKSHOP

Identity Theft / Fraud Prevention



DATE/TIME

Monday, December 9th / 12:00 pm



ADDRESS

Primeplus Senior Center
7300 Newport Ave. #100 Norfolk, VA 23505



TO RSVP

Call 757.625.5857 ext. 103

Senior Artfest: Winter Edition

November 18th - December 16th

Artist can submit up to 2 pieces of artwork.

Entry Fee: \$20 for Primeplus Members and \$25 for Non-Members

Art Intake: November 12th & November 13th

Artwork Pick Up: December 16th - 19th

Art Intake will be held at Primeplus from 9:00 a.m. to 1:00 p.m.



People's Choice voting ends December 6th. Ribbons will be awarded to the artist with the most People's Choice ballots in each level of achievement of Amateur or Professional on December 9th. \$100 Cash Prize will be awarded to (1) "Best of Show" Winner.



**SHOWCASING THE
TALENT OF ARTISTS
AGE 50 & BETTER!**

EXHIBIT INCLUDES:

**CERAMICS
JEWELRY
POTTERY
MIXED MEDIA
PHOTOGRAPHY
PAINTING
SCULPTURE
TEXTILES
WOODWORKING
CRAFTS & MORE!**

Primeplus is located within the Norfolk Fitness & Wellness at 7300 Newport Ave.
Call 757.625.5857 or E-mail crandolph@primeplus.org

Primeplus Holiday Breakfast

Thursday,
Dec. 19th
9:00 to 12:00 P.M.

- ⇒ Breakfast
- ⇒ Holiday Cheer
- ⇒ Entertainment
- ⇒ Cost: \$5 members

\$7 non-members

**Please bring a Breakfast
Danish/Holiday Treat
to share**

*Attire: Relaxed, casual,
and seasonal attire*

***Pre-registration
is mandatory by
December 12, 2024***