



Thank You to our Supporters!

The work we did in **2024** was not possible without the generous support of the community

- ◆ Friends of Primeplus (Individual Donors)
- ◆ E.C. Wareheim Foundation
- ◆ Thistle Foundation
- ◆ The Treasure Shop Naval Station Norfolk
- ◆ Ocean View Democratic & social Club
- ◆ American Legion Post 327

Thank You

Monday - Primeplus Closed January 20th for MLK Day

9:00 - 9:45 a.m. - Chair Zumba w/ Angel ***NEW INSTRUCTOR***
 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
 11:00 - 11:45 a.m. - Zumba with Amy ****NEW****

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 - 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 with Sheina
 9:00-9:45 a.m. - Essentrics with Peggy - no class 1/7/25
 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
 12:00 - 12:45 p.m. - Cardio Line Dance with Richelle ****NEW****

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

8:15 - 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 p.m. - Chair Yoga with Angie
 12:00 - 12:45 p.m. - Chelsea's Challenge/Boot Camp

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 (\$\$)
 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

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
 10:00 - 10:45 a.m. - Sit n' Get Fit with Chelsea ****NEW****
 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. - Pilates level 2 w/ Richelle ****NEW****
 12:00 - 12:45 p.m. - Zumba Gold w/ Angel ****NEW****

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

Keep Calm and

Let's Walk!

**LACE UP YOUR SNEAKERS
AND GET MOVING!!**

If you're going to talk the talk, you've got to walk the walk

**You can walk at your own pace,
starting as early as 8:00 a.m.**

Just follow the PRIMEPLUS walking signs on the wall

READY...SET...GO!!!!



Prime*plus*
Senior Centers

7300 Newport Ave. 100,
Norfolk, Virginia 23505

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
February 2025

This class will be
held in-person at Primeplus



- 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!

FUEL YOUR HEALTH

Prime
SENIOR CENTERS *plus*

JANUARY 23, 2025

@ Noon



**Join Kirsten Romero, MS, RDN
for a fun discussion on fighting
inflammation with food.**

Call 757.625.5857 x103 for more details

Jan. 13th - Feb. 23rd
No Class 1/27/25
6 weeks/\$60
5:30 - 6:30 p.m.

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

www.facebook.com/askprimeplus

January 13, 2025 @ 12:30 PM

- Pre-registration is required -



*"An Easy Million"
By Richelle Dickerson*



*Vision Board Party
and Meditation
with
Financial Coach
Richelle Dickerson*

MDRT

Call 757.625.5857 x103 for more information !

NEW FITNESS CLASSES!



MONDAYS

9:00 AM
CHAIR ZUMBA
NEW INSTRUCTOR: ANGEL

11:00 A.M.
ZUMBA GOLD
INSTRUCTOR: AMY

TUESDAYS

12:00 P.M.
CARDIO LINE DANCE
INSTRUCTOR: RICHELLE

THURSDAYS

10:00 A.M.
SIT N' GET FIT
INSTRUCTOR: CHELSEA

12:00 P.M.
PILATES LEVEL 2
INSTRUCTOR: RICHELLE

12:00 P.M.
ZUMBA GOLD
INSTRUCTOR: ANGEL

ALL CLASSES WILL BE HELD WEEKLY AT
PRIMEPLUS AT 7300 NEWPORT AVE.
NORFOLK, VA 23505

