

Primeplus

SENIOR CENTERS

MARCH - APRIL
2025

Life. Celebrated Daily

NORFOLK FITNESS & WELLNESS CENTER



Primeplus is dedicated to
providing quality care and
services for seniors to
maintain their best health
and independence
empowering them to live
and thrive in their
communities.



Monday

9:00 - 9:45 a.m. - Chair Zumba w/ Angel
 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

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/Suzanne

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
 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 (\$\$)
 11:00 - 11:45 a.m. - Chair Yoga with Shawn ****NEW Time****
 12:00 - 12:45 p.m. - Cardio Line Dance with Richelle

9:00 - 9:45 a.m. - Coffee & Chat with Steve
 9:00 - 1:00 p.m. - Game Room (Pool & Table Tennis)
 10:00 - 2:00 p.m. - Mexican Train Dominoes

Afternoon at the Movies
 Last Tuesday & Wednesday
 of each 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
 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
 12:15 - 1:00 p.m. - Charged Up! with Suzanne ****NEW****

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 - 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/ Tomika
 10:00 - 10:45 a.m. - Intro with Pilates with Fere
 10:00 - 10:45 a.m. - Sit n' Get Fit with Chelsea
 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
 12:00 - 12:45 p.m. - Zumba w/ Angel

9:00 - 9:45 a.m. - Coffee & Chat with Steve
 9:00 - 1:00 p.m. - Game Room (Pool & Table Tennis)
 10:00 - 2:00 p.m. - Open Bridge Play - Mexican Train

UNDERSTANDING FOOD LABELS

March 17, 2025 @ NOON

Nutrition Facts	
Approx. 14 servings per container	
Serving size 1 slice (48g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Total Sugar 1g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 25mg	0%
Iron .7mg	4%
Potassium 60mg	0%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Things to Look for First

Servings per Container: Servings per container tells you how many servings are in the package.

Serving Size: The serving size is how much a person usually eats or drinks.

In this food label, the container has 14 servings and each serving is 1 slice of bread.

Calories: Calories provide our bodies with energy. The three nutrients that provide calories are carbohydrates (carbs), fats, and protein.

How to Use the Serving Size Information

In this example, the serving size is 1 slice of bread, so 1 slice will provide you with 100 calories, 21 grams of carbs, and the same amounts listed of all other items on the nutrition facts label.

If you eat 2 slices, you are having 2 servings. This means you get 2 times the nutrients, so: 200 calories, 42 grams of carbs, and double the other items listed.

Ingredients: Ingredients are listed in descending order by weight. This means that the ingredient used the most is listed first and the ingredient that is used the least is listed last.

INGREDIENTS:
WHOLE WHEAT FLOUR, WATER,
CRACKED WHEAT, WHEAT BRAN, HONEY,
MOLASSES, SOYBEAN OIL, SALT, YEAST



**Join Kirsten Romero, MS, RDN
for a fun discussion on making
smart choices using food labels.**

Call 757.625.5857 x103 for more details



ADVANCED DIRECTIVES WORKSHOP

Thursday, March 20th @ 12:30 PM

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



CHARGED UP!

MONDAYS

12:00 P.M.

WEDNESDAYS

12:15 P.M.

NEW

This class is an energetic, upbeat aerobics class for the on-the-go active senior that is sure to get your body moving. A great work out that combines moderate level of dance and cardiodone to vibrant radio hits!

Come move and groove your way to a healthier and livelier you. **ARE YOU READY TO BE CHARGED UP!**

Instructor: Suzanne

Sponsored and hosted by





*Richelle Dickerson, CEO
Rhema Financial Solutions Inc
Speaker*

▶ **Lunch & Learn!** 

The 3 Power Moves to "BECOME YOUR OWN BANK"

How to increase your Tax-Free
Cashflow Income at retirement!

Only 30 Spots Available!

> **REGISTER NOW**



**At PrimePlus Senior's Center
Norfolk, VA**



**March 26, 2025
Wednesday, 12:30 PM EST**



**VISIT OUR WEBSITE
RhemaFinancialSolutuons.net**

JEWELRY MAKING WORKSHOP HOSTED BY D'ART CENTER

DETAILS TO BE ANNOUNCED

**Monday, March 31, 2025
@ Noon**



**CALL 625-5857
or visit our
office for more
details!**

Prime*plus*
Senior Center

7300 Newport Ave.
Suite 100,
Norfolk, Virginia 23505





TIDEWATER ARTS OUTREACH



presents

Trumpet Tunes with Chad McGill March 19th at 12:00 P.M.

Dr. Chad delivers a captivating trumpet performance featuring jazz, Latin, Dixie, and popular music. With dynamic backing tracks, his soulful melodies and engaging interpretations offer a versatile and unforgettable musical experience.

IN PARTNERSHIP WITH:

