

Prime*plus* SENIOR CENTERS

JUNE
2025

NEW BEGINNINGS



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. - ChairOne w/ Cristeta	10:00 - 2:00 - Bridge - Open Play
9:00 - 9:45 a.m. - Balance with Fere	11:00 - 11:45 a.m. - Zumba with Amy
9:00 - 9:45 a.m. - Body Boot Camp with Chelsea	11:00 - 11:45 a.m. - Core on the Floor w/ Fere
10:00 - 10:45 a.m. - Gentle Yoga with Amy	11:00 - 11:45 a.m. - Dance Sit with Richelle
10:00 - 10:45 a.m. - Seated in Strength with Chelsea	12:00 - 12:45 p.m. - Charged Up! Aerobics w/ Amy
10:00 - 10:45 a.m. - Stretch, Flex & Tone Chair with Fere	12:00 - 1:00 p.m. - Tai Chi Open Studio

Tuesday

9:00 - 9:45 a.m. - Pilates with Fere	12:00 - 2:00 p.m. - Diabetes Prevention T2 Class
9:00 - 9:45 a.m. - Zumba Gold with Sheina	10:00 - 2:00 p.m. - Mexican Train - Open Play
9:00 - 9:45 a.m. - Essentrics with Peggy	12:00 - 1:00 p.m. - Beg. Tai Chi w/Tidewater Tai Chi (\$)
10:00 - 10:45 a.m. - Balance & Agility w/Angie	1:00 - 2:00 p.m. - Inter. Tai Chi w/ Tidewater Tai Chi (\$)
10:00 - 10:45 a.m. - Stretch Flex & Tone w/ Sheina	
10:00 - 10:45 a.m. - Stretch, Flex & Tone II w/ Fere	
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	
12:00 - 12:45 p.m. - Urban Moves & Broadway Grooves w/ Richelle	

Medicare Counseling with Brad Klavan

3rd Tuesday @ 12:00 p.m.

Wednesday

9:00 - 9:45 a.m. - Fitness Fundamentals with Fere	11:15 - 12:00 p.m. - Chair Yoga with Angie
9:00 - 9:45 a.m. - Abs, Abs, Abs with Angie	12:00 - 12:45 p.m. - ChairOne with Cristeta
9:00 - 12:00 p.m. - Smart Money Meeting *2nd Wed	12:00 - 2:00 p.m. - Conversational Spanish Club
9:00 - 2:00 p.m. - Mah Jongg Open Play	12:00 - 12:45 p.m. - Boot Camp w/ Chelsea
10:00 - 10:45 a.m. - Balance & Agility w/ Fere	
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	

Free Curbside Food Pantry

1:00 - 2:00 p.m.

Location: Parking Lot

Thursday

9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina	11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere
9:00 - 9:45 a.m. - Balance & Agility with Fere	11:00 - 11:45 a.m. - Essentrics with Peggy
10:00 - 10:45 a.m. - Stretch Flex & Tone w/Sheina	11:00 - 12:30 p.m. - Diabetes Prevention T2 Class
10:00 - 10:45 a.m. - Intro with Pilates with Fere	12:00 - 12:45 p.m. - Line Dancing w/ Alice ** NEW DAY**
10:00 - 10:45 a.m. - Sit n Get Fit w/ Chelsea	1:00 - 1:45 p.m. - Folk Dancing with Alice **NEW DAY**
10:00 - 2:00 p.m. - Bridge - Open Play	

Friday

9:00 - 9:45 a.m. - Ball Stability w/ Fere	11:00 - 11:45 a.m. - Pilates w/ Richelle
9:00 - 12:00 p.m. - Mexican Train - Open Play	11:00 - 11:45 a.m. - Too Fit Too Quit w/ Fere
10:00 - 11:45 a.m. - Seated & Strength w/Fere	
10:00 - 10:45 a.m. - Barre w/ Richelle	

Hours of Operation:

Monday to Thursday:

8:00 AM - 2:00 PM

Friday:

8:00 AM - 12:00 PM

New Address:

7545 Diven Street Norfolk, VA 23505

Phone: 757.625.5857

Additional Parking

More parking is available if you drive down W Little Creek Rd and turn onto Tapley Ave (Friendship Veterinary Hospital)



Arcade Room

The game/arcade room will be closed June - August due to summer camp

Food Pantry

The food pantry will be distributing food in the front parking lot from 1:00 to 2:00 PM. Due to limited parking, members cannot line up their cars or be served prior to this time.

Summer Camp

From June 9 to August 15, we will be sharing the building with the City of Norfolk's summer camp. To maintain our high level of service, some classes may be rescheduled or have adjusted hours. Please note that youth will be present in the building and will be supervised during this time. There will be no contact with summer campers, and the bathrooms will be closed during their designated bathroom break times.

City of Norfolk Art Programs

Until further notice, Primepus will not be offering art programs. Instead, we will be supporting the Visual Art Center's classes. For an updated schedule, please visit <https://www.norfolk.gov/5293/Visual-Arts>

Lockers

Lockers are available inside the bathrooms. You must bring their own lock and must remove their items at the end of each day. Items cannot be left overnight.



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Monday, June 23 at 12:30
Primeplus Seniors Center
7545 Diven Drive, Norfolk, VA
1 (757) 625-5857

WELCOMING NEW FACES ONLY!

VISIT OUR WEBSITE
www.rhemafinancialsolutions.net

