

Primeplus

SENIOR CENTERS



EVERY SHIRT TELLS A STORY OF STRENGTH, SPIRIT, AND COMMUNITY.



OUR MISSION

Primeplus is committed to delivering high-quality care and services that support seniors in maintaining their health, independence, and overall well-being, enabling them to live and thrive within their communities.

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02 NOVEMBER - DECEMBER 2025

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ENVIRONMENTAL SERVICES

Randy Morgan

MESSAGE FROM OUR EXECUTIVE DIRECTOR

For over half a century, Primeplus has proudly served the older adult community, creating a supportive environment where seniors can thrive. Our mission has always been rooted in promoting health, independence, and dignity for all we serve. In March 2018, Primeplus Senior Centers merged with the M.E. Cox Center for Elder Care, uniting our shared commitment to seniors. This journey reached another milestone in February 2025 when we consolidated all Adult Day Services (ADS) operations at our expanded location: 644 N. Lynnhaven Road in Virginia Beach. I write to you today to reaffirm the vital role Primeplus plays in the lives of older adults and how your continued support directly contributes to life-changing impact.

Why Our Services Matter

- Support for Caregivers - Our Adult Day Services significantly reduce job loss and lost wages among caregivers, offering them peace of mind while their loved ones receive safe, structured care.
- Enabling Independent Living - ADS helps low- to moderate-income seniors living with dementia remain in their homes longer, delaying or even avoiding institutional care.
- Reducing Food Insecurity - Our program provides nutritious meals and snacks, a critical lifeline for many seniors at risk of malnutrition.
- Improving Well-being - Participants in our social model ADS report higher levels of life satisfaction and social connection compared to those not in similar programs.
- Responding to a Growing Need - As the senior population continues to grow exponentially, so too does the demand for our services.
- Overcoming Challenges - While we have the capacity to serve 40 seniors each day, we are currently serving just 18, primarily due to the burden of payroll costs, limited transportation access, and reduced funding for outreach and growth.

The period between the post-COVID recovery and today has brought both opportunity and challenge for nonprofits like Primeplus. While funding resources are becoming more limited, the need for our services continues to grow. That's why we are actively reimagining our future, finding new ways to expand our reach, strengthen our programs, and serve more seniors across our community.



Your ongoing support is essential in this work. As a valued financial partner, you are helping us deliver critical services to those who need it most, and ensuring that older adults not only age in place, but thrive in the place they call home.

HOLIDAY CLOSING SCHEDULE - PLAN AHEAD!



As we approach the holiday season, please take note of our upcoming closures at the Senior Center in Norfolk so you can plan accordingly. Please be aware that the Adult Day Services schedule in Virginia Beach may vary.

- **Tuesday, November 4** – Election Day
- **Tuesday, November 11** – Veterans Day
- **Thursday & Friday, November 28 & 29** – Thanksgiving
- We will be closed for Winter Break from **Monday, December 22 through Friday, January 2**. Regular operation will resume on Monday, Jan. 5, 2026.
- The **Food Pantry** will be handing out food in the parking lot on **Monday, Dec. 22nd & 29th at 1:00 PM** during winter break.

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04 PRIMEPLUS ONGOING FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM Step to the Beat: Walking Club with Tunes	8:00 AM Step to the Beat: Walking Club with Tunes	8:00 AM ChairOne Suzanne Art of Stretching Shawn - 8:15 am	8:00 AM Step to the Beat: Walking Club with Tunes	8:00 AM Step to the Beat: Walking Club with Tunes
9:00 AM ChairOne Cristeta Balance & Agility Fere Boot Camp Chelsea	9:00 AM Pilates Fere Zumba Gold Sheina Essentrics Peggy	9:00 AM Fitness Fundamentals Fere Abs, Abs, Abs Angie Folk Dancing Alice	9:00 AM Coffee & Music Steve Kolb Zumba Gold Sheina Balance & Agility Fere	9:00 AM Ball Stability Fere
10:00 AM Gentle Yoga Amy Seated n' Strength Chelsea Stretch, Flex & Tone Fere	10:00 AM Balance & Agility Angie Stretch, Flex & Tone I Sheina Stretch, Flex & Tone II Fere	10:00 AM Balance & Agility Fere Seated n' Strength Chelsea Gentle Yoga Angie Line Dancing Alice	10:00 AM Stretch, Flex & Tone I Sheina Pilates Fere Sit n'Get Fit Chelsea	10:00 AM Seated n' Strength Fere Barre Richelle Zumba Earl
11:00 AM Zumba Amy Core on the Floor Fere Chair Dance Fit Richelle	11:00 AM Too Fit Too Quit Fere Chair Aerobics Cristeta Yin Yoga Angie	11:00 AM Too Fit Too Quit Richelle Chair Yoga -11:15 Angie	11:00 AM Too Fit Too Quit Fere Essenrics Peggy	11:00 AM Too Fit Too Quit Fere Pilates Richelle Chair Yoga Shawn
12:00 PM Charged Up! Aerobics Suzanne Tai Chi Open Studio Tidewater Tai Chi Bingocize Sentara	12:00 PM Charged Up! Aerobics Suzanne Beginning Tai Chi Tidewater Tai Chi	12:00 PM Boot Camp Chelsea Bingocize Sentara Walking Poles Demo (11/19)	12:00 PM Charged Up! Aerobics Suzanne	12:00 PM Closed
1:00 PM Seated n' Strength Suzanne	1:00 PM Intermediate Tai Chi Tidewater Tai Chi	1:00 PM	1:00 PM	

Please note that classes are subject to change. To receive the latest updates, we encourage you to register for the class and provide your email address to the Membership Office.

STAY ACTIVE, STAY YOUNG: DISCOVER FITNESS PROGRAMS JUST FOR YOU!

Staying active as we age is one of the best ways to boost energy, improve balance, reduce stress, and maintain independence. That's where programs like SilverSneakers, Renew Active, and Silver & Fit come in, all designed with seniors in mind! The open enrollment season ends on December 7th. Be sure to review your Medicare Advantage plan to see if you're eligible, and take the next step toward a healthier, more active lifestyle!

Primeplus proudly accepts all three plans and members can enjoy our group fitness classes tailored for different fitness levels and abilities for FREE!



MEMBERSHIP CORNER

WELCOME BACK & EXCITING UPDATES AT PRIMEPLUS!

We're thrilled to welcome back **Anne Bousquet, Helen Hardin,** and our dedicated team member, **Annie Marshall**, who have all returned after hip and knee surgeries. It's wonderful to see you all back with us! We're also eagerly awaiting **Mabel Robinson's** return and sending her our best wishes as she recovers, hurry back, Mabel, you're truly missed! A heartfelt thank you to everyone who stepped in while Annie was out, and an extra special thanks to all our volunteers who helped at recent events. Your support proves, once again, that Primeplus has the best members!

A big congratulations to our wonderful first-time Grandmas!

SUZANNE
"Suki"



**JOHNNY LANE'S GREAT-GRANDSON,
ROMAN JAMES, RECENTLY
TURNED ONE**



**BARBARA
FOSTER**



**TOMIKA HARRIS IS CELEBRATING
THE ARRIVAL OF HER 5TH GRANDCHILD**



**CHERYLL
ISAACS**

06 PRIMEPLUS CLUBS & GROUPS SCHEDULE

MONDAY

9:00 - 2:00 pm - Billiards, Ping Pong & More

10:00 - 2:00 pm - Bridge Open Play

10:00 - 2:00 pm - Mexican Train Open Play

TUESDAY

9:00 - 2:00 pm - Billiards, Ping Pong & More

10:00 - 2:00 pm - Bridge Open Play

10:00 - 2:00 pm - Mexican Train Open Play

WEDNESDAY

9:00 - 2:00 pm - Billiards, Ping Pong & More

9:00 - 12:00 pm - Smart Money Club (2nd Wed)

10:00 - 2:00 pm - Mah Jongg

10:00 - 2:00 pm - Mexican Train Open Play

THURSDAY

9:00 - 10:00 am. - Coffee & Music w/ Steve

9:00 - 2:00 pm - Billiards, Ping Pong & More

10:00 - 2:00 p.m. - Open Bridge Play

10:00 - 2:00 p.m. - Mexican Train

FRIDAY

9:00 - 12:00 p.m. - Open Bridge Play

9:00 - 12:00 pm - Billiards, Ping Pong & More

9:00 - 12:00 p.m. - Mexican Train Open Play



BEAT THE **HOLIDAY** BLUES

The holiday season, with all its lights and festivities, isn't always filled with joy for everyone. For many seniors, it can bring feelings of loneliness, sadness, or stress. Whether it's missing loved ones, dealing with physical limitations, or feeling overwhelmed by the hustle and bustle, it's important to acknowledge these feelings and find ways to cope. Here are a few tips to help you beat the holiday blues and embrace the season with a lighter heart:

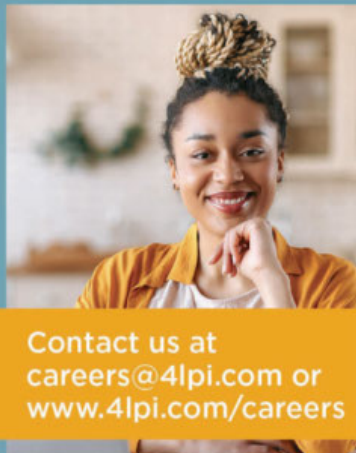
- 1. Stay Connected** - Social isolation is a common challenge for seniors, especially during the holidays. While you may not be able to attend every gathering, reaching out to friends or family through a quick phone call, video chat, or even a handwritten card can make a big difference.
- 2. Create New Traditions** - Even if your old traditions have changed, it's never too late to start new ones. Whether it's watching your favorite holiday movie, baking a batch of cookies, or starting a daily gratitude journal, new rituals can provide comfort and give you something to look forward to each day.
- 3. Take Care of Your Body** - Physical well-being is closely tied to emotional well-being. Try to get some exercise, even if it's a short walk, stretching, or simple chair exercises. Eating balanced meals, staying hydrated, and getting enough rest will help you feel better both physically and mentally.
- 4. Volunteer or Give Back** - Helping others can be a great way to lift your spirits. Consider volunteering at a local food bank, church, or senior center. Not only will it make a positive impact on others, but it will also give you a sense of purpose and connection during the holiday season.
- 5. Seek Support if Needed** - If the holiday blues start to feel overwhelming, it's important to talk to someone. Reach out to a counselor, a support group, or a loved one. Sometimes just sharing how you feel can make a world of difference. Remember, the holidays don't have to be picture-perfect to be meaningful. Embrace what feels good, find new ways to connect, and take care of yourself. You deserve a joyful season, no matter how you choose to celebrate.

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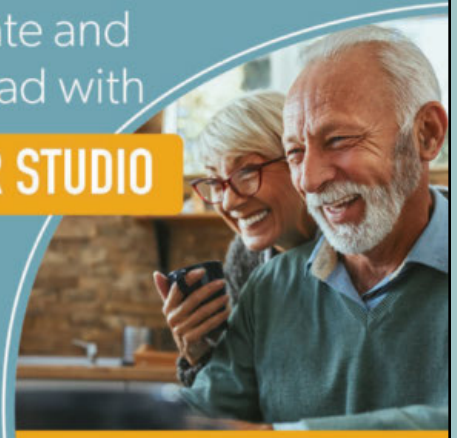
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LOCALLY**



08 EXERCISE CLASSES

WHICH CLASS IS RIGHT FOR YOU?

STRETCH, FLEX & TONE

SEATED N' STRENGTH

SIT N' GET FIT

Daily

The key to an effective chair workout is using exercises that engage multiple muscle groups while staying seated.

CHAIR YOGA

Wednesdays & Fridays

A gentle, seated yoga practice that improves flexibility, balance, and relaxation, perfect for all levels.

CHAIRONE

CHAIR AEROBICS

CHAIR DANCE FIT

Mondays, Tuesdays & Wednesdays

A fun, chair-based dance fitness program that blends daily activities into every move.

ESSENTRICS

Tuesdays & Thursdays

A low-impact, full-body workout that combines stretching and strengthening to improve mobility, posture, and flexibility.

BALANCE & AGILITY

Daily

A focused class to improve stability, coordination, and confidence through balance and agility exercises.

FITNESS FUNDAMENTALS

Wednesdays

A beginner friendly class focused on building strength, balance, and flexibility through essential fitness movements.



TOO FIT TO QUIT

Tuesday - Friday

A high-energy cardio workout that boosts endurance, burns calories, and improves overall fitness.

ZUMBA

ZUMBA GOLD

Mondays, Tuesdays, Thursdays

& Fridays

A fun, high-energy dance workout that blends Latin rhythms with cardio for a full-body burn.

CHARGED UP! AEROBICS

Mondays, Tuesdays & Thursdays

A fun, choreographed dance class that boosts coordination, balance, and memory.

LINE DANCING

FOLK DANCING

Wednesdays

A fun, social dance class featuring traditional folk steps and line dancing to improve coordination and memory.

TAI CHI

Tuesdays

A gentle, flowing practice that improves balance, flexibility, and inner calm through mindful movement. (additional fees apply)

PILATES

Tuesdays, Thursdays & Fridays

A core-focused workout that builds strength, flexibility, and posture through controlled movements.

BOOT CAMP

Mondays & Wednesdays

A high-intensity, full-body workout that combines strength and cardio for maximum results.

ABS, ABS, ABS

CORE ON THE FLOOR

Mondays & Wednesdays

A targeted workout to strengthen and tone your core muscles.

BALL STABILITY

Fridays

Improve balance, coordination, and core strength using stability ball exercises.

GENTLE YOGA

YIN YOGA

Mondays, Tuesdays & Wednesdays

A calming practice that enhances flexibility, strength, and mental focus.

BINGOCIZE

SPONSORED BY SENTARA

Mondays & Wednesdays

This program combines the game of bingo with inclusive exercises for everyone. Free prizes



COMMUNITY SUPPORT

YOUR SUPPORT MAKES OUR PROGRAMS POSSIBLE!



Primeplus depends on the support of our community partners, members and friends. We are grateful to receive program funding from the City of Norfolk, United Way of South Hampton Roads, Senior Services of Southeastern Virginia, Sentara, E.C. Wareheim Foundation, Norfolk Southern Foundation, Food Lion, Helen Gifford Foundation, Kay & Al Abiouness Foundation, Friends of Norfolk Fitness & Wellness Center, Thistle Foundation, Virginia Natural Gas, Costco, Cosmopolitan Club, Neighborhood Assistance Program and YOU!

We're proud to be an approved Neighborhood Assistance Program (NAP) Tax Credit organization, meaning your generous gift can come with valuable tax advantages! Whether you're donating monetary gifts or appreciated stock, your contribution can go even further. And if your employer offers a Matching Gift Program, you can double your support to Primeplus with no extra cost to you. Interested in learning more? We'd love to talk with you about how your gift can make a difference.



SUPPORT THE ADVERTISERS that Support our Community!

10 PROGRAM UPDATES

You Can Prevent Type 2 Diabetes

with the
PreventT2 Program

CDC's National Diabetes Prevention Program, can help you reduce your risk of type 2 diabetes by more than 50% through simple lifestyle changes.

One in three U.S. adults has Prediabetes, yet most don't know it. Prediabetes means your blood sugar is higher than normal but not yet in the diabetes range, increasing your risk of type 2 diabetes, heart disease, and stroke. Without weight loss or regular exercise, many with Prediabetes develop type 2 diabetes within five years, a condition linked to serious health issues like heart attack, stroke, and kidney failure.

To determine if you're at risk call Tomika today at 757.625.5857 x104 or email tharris@primeplus.org



Making Poinsettia Wreaths with Denise Bluser Thursday, December 11th at 12:00pm

Denise is a crafter at heart with a passion for sharing her skills with others. She will guide you to create a unique wreath!
Open to public through PrimePlus Norfolk Senior Center.

IN PARTNERSHIP WITH:

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ACCLAIM
AT EAST BEACH



Meet our newest members from September and October

It's never easy being new to something, so why not take a moment to say "hi" to the newest members of Primeplus when you meet them. Membership is \$180/year and is open to anyone 50 & better!

**Sherri Brooks
Paula Englert-McQuillen
Tim Haycox
Lorry Kempf
Juana Tirado Paredes
Sandy Stutz
Sigur Whitaker**

**Leslie Dunn
Promila Fisk
Philip Liebman
Debbie Nichols
Cleo Reep
Rufe Vanderpool**

**Helena Durham
Jenny Haycox
Jerry Kempf
Pat Orange
Gail Rigney
Beth Vinson**

THINKING OF DOWNSIZING?

Having a **Seniors Real Estate Specialist**(^{SRES}), who is a **Norfolk Native**, assisting you when buying or selling a home means a **PRO** on your side. **I have been successfully assisting seniors with housing needs for two decades, since 2005**, managing all aspects of preparing your home for a stress-free transaction while going through years of memories to an easy closing.

"Having an experienced professional REALTOR® like Cindy Caskey on your side, who prioritizes tasks and treats you like family, is a formula that works. We highly recommend Cindy Caskey."

SELLER - NORFOLK



Contact me to talk about your next steps!

Cindy Caskey

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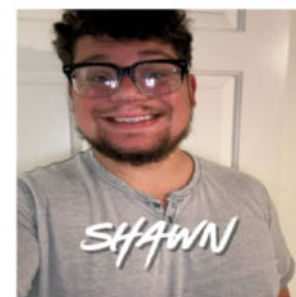
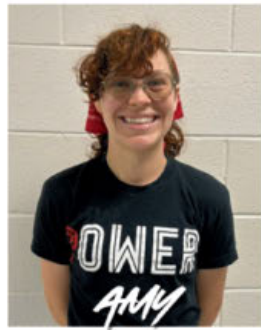
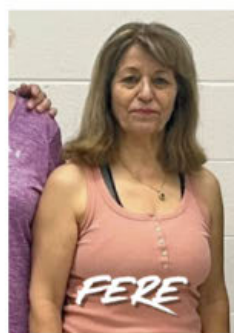
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12 WELLNESS CORNER

CELEBRATING OUR CERTIFIED INSTRUCTORS: THE HEART OF OUR CENTER!

At our Senior Center, we know that keeping our members active, healthy, and engaged is a team effort, and at the heart of that team are our incredible certified contracted fitness instructors and lifestyle coaches. Today, we want to take a moment to shine a well-deserved spotlight on these dedicated professionals who make every class, every stretch, and every smile count. Our instructors bring more than just expertise to the table, they bring passion, compassion, and creativity, all while focusing on the unique needs of our senior population. They are true champions of wellness, guiding our members toward healthier, happier lives with personalized attention, encouragement, and a whole lot of heart. What sets our instructors apart is how deeply they understand and cater to the diverse needs of our senior members. Whether it's a gentle yoga class, a chair class, or a high impact Zumba class, they take the time to adjust exercises for individual needs, ensuring every participant feels comfortable and confident. They've got a knack for creating an atmosphere of inclusivity and support, where members not only thrive physically, but also build lasting friendships and a sense of community. So here's a huge **THANK YOU** to all of our amazing certified instructors who pour so much energy, expertise, and care into every class. You are the reason our Senior Center is such a vibrant and active place. You show up every day with a smile, a plan, and a determination to make a difference in the lives of our members. You go above and beyond, and it shows in the way our community thrives.



PRIMEPLUS CARES CAREGIVER SUPPORT

Participants can attend our Zoom meetings on the 1st, & 3rd, & 4th Wednesday of every month at 7 PM

The caregiver support group hosted by Primeplus Senior Centers is open to all caring for a loved one.

This group is a safe space to discuss the stresses, challenges, and rewards of caregiving.

It's simple, just email at cpayton@primeplus.org and we will send you the Zoom Link!



WEATHER ALERT!

IF ROAD CONDITIONS ARE POOR, OUR PARKING LOT COULD BE HAZARDOUS. BEFORE MAKING THE TRIP, CHECK LOCAL TV CHANNELS FOR CLOSINGS AND YOUR EMAIL FOR UPDATES. IF THE CITY OF NORFOLK'S PARKS & RECREATION FACILITIES ARE CLOSED, PRIMEPLUS IS ALSO CLOSED. IN THE EVENT WE'RE OPEN, PLEASE BE AWARE THAT SOME CLASSES MAY BE CANCELED, ESPECIALLY IF INSTRUCTORS ARE UNABLE TO MAKE IT.

EVERYTHING YOU NEED TO KNOW ABOUT PRIMEPLUS ADULT DAY SERVICE IN VA BEACH

Adult Day Services provide care, companionship, and a safe, structured environment for seniors and adults needing daytime assistance. Programs often include activities, meals, personal care help, health monitoring, and social interaction, enhancing quality of life while giving caregivers valuable respite.



Who It's For:

- Seniors with physical or cognitive challenges (e.g., dementia)
- Adults with disabilities who need supervision or structure
- Individuals who are isolated and benefit from social contact
- Families who need daytime support for their loved ones

ILLNESS SEASON IS HERE — LET'S WORK TOGETHER TO KEEP EVERYONE HEALTHY

As the weather changes and we head into fall and winter, so begins the annual season of colds, flu, and other respiratory illnesses. At Primeplus Adult Day Center, we remain committed to providing a safe, supportive, and healthy environment for all of our participants, staff, and families. We'd like to take this opportunity to remind all caregivers of our health and illness policy, which plays a vital role in protecting our community, especially those who may have chronic conditions or weakened immune systems.

When to Keep Your Loved One Home

We respectfully ask that you do not bring your loved one to the Center if they are feeling unwell or exhibiting any of the following symptoms:

- Fever or chills
- Cough, sore throat, or congestion
- Nausea, vomiting, or diarrhea
- Fatigue or unusual drowsiness
- Any signs of respiratory illness (e.g., cold, flu, COVID-19)

Even if symptoms seem mild, we urge you to err on the side of caution. What might be a minor cold for one person could lead to serious illness in someone else.

What Happens If Symptoms Appear at the Center?

If a participant begins to show signs of illness during the day:

- We will temporarily isolate them in a safe, supervised area.
- We will contact you immediately to arrange for prompt pickup.

Our staff members are held to the same standard, they are required to stay home if they are unwell, ensuring the safety of those we care for.

Supporting a Healthy Community

Our sick leave policy is designed to minimize the risk of contagious illness while continuing to provide high-quality care in a safe, welcoming environment. If you're ever unsure whether your loved one should attend the Center due to mild symptoms or recent exposure, please give us a call. We are happy to help guide your decision.

14 GAMES AND PUZZLES

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

				6	3		2	
	9	5					1	7
4			1		2		7	
5			6	7				
	1	9	4					
	6					2	3	
							4	
			9			5		

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DIFFICULTY: ★★☆☆

Word Twist

Give Thanks

The letters in these words are all twisted up. To play, unscramble the letters to reveal the correct words. **Hint:** Each puzzle has a common theme!

itgudreat_____ nbreevom_____

iyfmla_____ sgnilseb_____

srthvae_____ utnmau_____

NOVEMBER RIDDLES

I'm tall when I'm young,
and I'm short when I'm old.

What am I?

I can be cracked, made,
told, and played.

What am I?

DECEMBER FUN FACT

Did you know that honey
never spoils?

Archaeologists have
discovered pots of honey
in ancient Egyptian tombs
that are over 3,000 years
old and still perfectly
edible! Its natural
preservatives, like low
moisture content and
acidic pH, help it last
indefinitely, making it
nature's perfect, forever
food.

ANSWERS:

November - A Candle, A Joke



**HOLIDAY
POTLUCK
BRUNCH**

**December 12, 2025
9:00 a.m. – 11:00 a.m.**

Please Bring a Dish to share!

CURBSIDE FOOD PANTRY Every Wednesday @ 1:00 PM



Primeplus Holiday Food Drive:

We're collecting non-perishable canned and boxed food items to support our senior community this holiday season. A donation box will be available inside the Primeplus office until Friday, December 15th. The goal of this drive is to help fight hunger among our seniors during the holidays. We gladly accept monetary donations, plastic bags, and non-perishable food in plastic jars and cans. Recommended items include sauces, soups, fruits, beans, honey, peanut butter, tuna and rice.



**ARE YOU
LOSING
YOUR
MEDICARE
HEALTH
PLAN
FOR
2026?**

Are you losing your Sentara Medicare Advantage health plan coverage for 2026? Do you have coverage with another carrier, but were you informed that you are losing that health plan coverage? Is your doctor not accepting your current plan anymore? There are many reasons why you may need to look for different coverage this Annual Enrollment Period and as a local independent insurance broker/agent, I am here to help you decide which new Medicare health plan option will work for you and your circumstances in 2026. I offer unbiased advice, and work to protect your interests at all times. Schedule your no-cost one-on-one consultation today. Call or text me at (757) 652-0912 or email me at bkilavan@InsuranceAdvisorsLLC.net to make an appointment today!

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, November 13th
11:30 AM - 12:30 PM**

Fee: \$5 per person

We need a minimum of 10 students, so please help spread the word

Available Shirt Colors
Pink Blue
Black Purple



\$20
Unisex Sizes Include Small - 3X
You Can Choose Your Favorite Color

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YOUR SHIRT
TODAY!**

****Limited seating available****

****PRE-REGISTER By calling the office
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SENIOR CENTERS



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PRIMEPLUS ON THE GO

NO NEED TO WORRY ABOUT GETTING TO THE GYM, OUR FITNESS CLASSES COME TO YOU!

At Primeplus, we believe that staying active is key to maintaining a healthy, fulfilling lifestyle at any age. That's why we're bringing Fitness on the Go directly to you! Whether you're at home or at one of our local senior facilities, we offer fun and engaging fitness sessions designed specifically for seniors for a nominal fee. *Call Tomika Harris, Wellness Coordinator at 757.598.0063 or via email at tharris@primeplus.org for more details.*

