



DATED MATERIAL
DO NOT DELAY

U.S. Postage

7300 Newport Avenue, Suite #100
Norfolk, VA 23505

Located within the Norfolk Fitness & Wellness Center

Tel: 757.625.5857



WEATHER ALERT! If the roads are bad, our parking lot may be treacherous. Before you risk a wasted trip - or worse. Please note that some classes may also be cancelled, so plan ahead, turn to Wavy Channel 10 or Facebook for an update! We are listed as Primeplus Norfolk Senior Center! If the Norfolk Fitness & Wellness Center is closed, so are we!

Primeplus New Members

William (Bill) Thornton

Gail Watts

Regina Branch

Deborah Liborio

Fleurette Hullett

Robert Lucking

Lolita Jones

Edward Lovejoy

Cynthia York

Maria Cooper

Linda Stoner

Elizabeth Halloran

Geraldine Collins

Paulette Benson

Pat Scott

Helen Scott

Bunnie Bishop

Cynthia Jones - Lampley

Sherryl Creede

Jody Miller



The primary mission of Primeplus Senior Center is to assist older adults with a more productive quality of life while living independently in their community. We assist Norfolk's senior & disabled residents with challenges such as food shortages, transportation, exercise, socialization and education; thus, aiding them with living a healthier lifestyle. We utilize a holistic approach to exercise and wellness. Our programming supports the physical, emotional and social needs of seniors. Primeplus has been the pre-eminent provider of services, activities, and information addressing the needs and interests of older adults in South Hampton Roads since 1968. Our current programming consists of two parts; the Active Adult Program and the Adult Day Service Program. If you're interested in Primeplus, please call 757.625.5857 for more details.

Primeplus is a not-for-profit organization dedicated to enhancing the quality of life for adults age 50+



Sponsorship Packages

	\$1,000	\$500	\$250
Company Logo on Website	★	★	★
Company ad in monthly program guide	12 months Half - page	6 months Quarter page	3 months Business card
Facebook shout - outs to 1,000+ followers	3x per month	2x per month	1x per month
Distribution of company materials	★	★	★
Sponsored table during Coffee & Chat	4 months	2 months	
Sponsored Senior Center Wellness Class	1 year		
Email blast to over 3 ,000 friends	★		

Ongoing Programs and Events

Smart Money Investment Club

2nd Wednesday of each month at 10:00 a.m.

New Participants are needed and welcomed. A \$2 donation is appreciated.

Woodcarving

Every Wednesday at 12 p.m.

Come discover the world of wood carving. This course is intended for anyone who's ever asked the question how do you carve that? A \$2 donation is appreciated.

Conversational Spanish Class - 2 Great Classes

Wednesdays at 11 a.m. (Intermediate) and 12:30 p.m. (Beginning) Fee: \$5 per class

Emotions Anonymous Group

Mondays at 6:30 p.m

A support group to help you cope with your emotions. For more information, contact Dave at 757-351-3413

Bingo

Wednesdays at 12:30 p.m. Game starts at 1:00 p.m. Additional fees apply. Prices starting at \$1.25.

Music..Food..Fun

THREE GREAT CAUSES.

FRIDAY, MAY 15, 5:30 – 8:30 P.M.

Save the Date

SUDS & BUDS

Rain or Shine

ONE GREAT PARTY.

@ NORFOLK BOTANICAL GARDEN

www.suds&buds2020

Enjoy a garden party with incredible edibles, craft beer, & wine

Live Music By Lewis McGehee & Kayce Lain McGehee

Tickets \$50 in advance \$55 at the door Proceeds to Benefit:

ROTARY CLUB OF NORFOLK

norfolk botanical garden

Thank you so much to all of our generous donors!

Friends Donation

E.C. Wareheim Foundation

Marshall McCorkle

Eunice & Winston Whitehurst

Senior Center Donation

Christine Harrell

Muhammad Zafarullah

Friends of Primeplus

Coffee & Chat

Friends of Primeplus

Primeplus is proud to be such an important resource for our area's seniors as they seek to live independently. Our goal is to support seniors to age gracefully with independence throughout their lives.

Give Yourself a Break, Right Now & Call Today!

Primeplus ME Cox - VA Beach
Adult Day Service Provided
644 N Lynnhaven Rd
Virginia Beach, VA 23452
Phone: 757.340.4388 Fax: 757.486.1346

Primeplus Norfolk
Active Adult & Adult Day Services Provided
7300 Newport Avenue, #100
Norfolk, VA 23505
Phone: 757.625.5857 Fax: 757.625.5858

JOIN THE PRIMEPLUS CULTURE CLUB

Interested in area theater, music
and art events?

Join the Primeplus Culture Club today. Be the first to find out about discounted shows, upcoming performances and get notified when we take orders for shows. Help plan future outings by letting us know if you see a show that looks interesting. Drop your name and email address off to the office to get added to the club. Call Jeannette at 625-5857. Open to anyone.



Primeplus Personal Training

Flexible hours are available at the discounted price of \$35 per 45 minute session during business hours only.

*Evening and weekend sessions are available at request for an additional price

Full payment is required at the time of booking

Benefits of having a Personal Trainer:

- Takes into account your current fitness level & discusses what you want to achieve through your workouts.
- Create a specific workout plan just for you based on what you want to achieve.
- Teaches you the proper way to perform each exercise.
- Keeps you accountable, making it more likely that you'll stick with your training program.

**Call 757.625.5857 TO SET UP
AN APPOINTMENT!**

Starting in March 2020 Yoga Therapy Thursday

With Dr. Dilip Sarkar

When: Every 3rd Thursday of the month at 9:00 a.m.

Where: Primeplus Senior Center (7300 Newport Ave. Norfolk)

Cost: \$5.00 for members/\$7.00 for non-members

Dr. Dilip Sarkar will guide students toward a path of holistic health and healing through effortless breath, yoga, and meditation. Students will notice a transformation! This is a physical practice, so please wear loose clothing.

Yoga mats are provided

1.5 CE for Yoga Alliance students

Contact Wellness Coordinator at wellness@primeplus.org for more info on CE.

**** REGISTRATION IS REQUIRED ****

Call 757.625.5857 for more details



Dilip Sarkar, MD, FACS, D.Litt (Yoga), is a retired Vascular Surgeon turned Certified Yoga Therapist and Certified Ayurvedic Yoga Therapist. He is one of the foremost experts in Yoga Therapy who combines his 50-year experience in Western Medicine with his extensive knowledge of Integrative Medicine, including Ayurveda and Yoga Therapy. Dr. Sarkar has held positions that included teaching as a primary focus of his medical career. He was an Associate Professor of Surgery at EVMS and Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital. He serves on several local and national healthcare boards.

Sponsored and hosted by



7300 Newport Avenue, #100
Norfolk, Virginia 23505



MAHJONG INSTRUCTION CLASS



EVERY WEDNESDAY

9:00 - 11:00 A.M.

PLEASE SIGN UP IF INTERESTED.

MAXIMUM 8 STUDENTS

Prime*plus*
SENIOR CENTERS

Donate while you Dine



Join us at the Your Pie
on 7550 Granby St, #90
Norfolk, VA 23505

Thursday, March 12, 2020 from 4:00 - 9:00 P.M.

No flyer needed for
Carryout or Dine in.
When you purchase your
meal just mention
"Primeplus".

All sales help us get to
the top tier fundraising
payout of 12%.



Primeplus is dedicated to enhancing the
quality of life of older adults age 50 & older in
the South Hampton Roads area since 1968.

**Primeplus is located within the Norfolk Fitness & Wellness Ctr at
7300 Newport Ave. Suite 100 Norfolk, VA. Call 757.625.5857 for details.**

Buy a 1-Day Guest Voucher Today!

For just \$20, you can buy a book of 8 tickets to hand out to your friends, family members and neighbors. This is a chance for them to try out Primeplus' core class for Free.

Prime*plus*
Senior Centers



CALLING ALL ADULTS AGE 50 & BETTER!

Transportation and Housing Expo

March 10, 2020

9:00 a.m. - 12:00 p.m.

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

Call 757.625.5857 for more info!

calling all

Vendors

Register Using

Eventbrite



Primeplus is a private 501(C)3 organization that is located within the Norfolk Fitness & Wellness Ctr.

***Are you 60 and older? Join Us for Lunch
Monday – Friday from 11:30 a.m. to 1:00 p.m.
Tasty, Nutritious, and Dietitian Approved Meals
No cost regardless of income, but, donations are appreciated!***



Prime*plus*
Senior Centers



LEGO DRIVE

**Do you have Legos sitting
around that are no longer
being used?** 

**If yes, please consider donating
them to Primeplus.**

**We need lots of Legos for our
upcoming senior program.**

**We appreciate your
support! Call 757.625.5857
for more details.**



Primeplus is located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave. Suite 100 Norfolk, VA.

PRIMEPLUS "SPRING FLING" GAME DAY

We will have Bingo, Cornhole, Table Tennis, Pool, and much more!



JOIN US AS WE STEP INTO SPRING WITH A DAY FULL OF GAMES, RAFFLES, PRIZES & TONS OF FUN!

THURSDAY, MARCH 19

10:00 a.m.

IT'S ALL ABOUT A BETTER LIFE



Charlene Turner will be here to address the myth and misconceptions while explaining the details of reverse mortgage.



**March 26th
10:30 a.m.**

*Free and Open
to the Public*

Sponsored and hosted by
Primeplus
Norfolk Senior Center

7300 Newport Avenue, #100
Norfolk, Virginia 23505



Nutritional Supplements Help or Hype

**Monday, March 23rd
at 11:30 a.m.**

Are you among the 76% of Americans who take **supplements**? And, if you are in the 55+ population, are you one of the 80% who take supplements?

Supplements are touted everywhere — in drugstores, grocery stores, health-food stores, and, of course, on the Internet. Join us for a discussion on the different types of supplements.

Join **Kirsten Romero, MS, RDN** from Senior Services of Southeastern VA for a fun discussion on the health benefits of nutritional supplements.

Free & Open to the Public

Primeplus is located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave. Suite 100 Norfolk, VA. Call 757.625.5857 for details.



MARCH 11-APRIL 22 YOGA FOR HEALTHY AGING WITH TARA JACKSON

5:30-6:30 ON WEDNESDAYS

In this 7-week series, each will include breath work, short guided meditation and asanas (yoga poses). This is a gentle foundations class integrating preventive poses for osteoporosis and arthritis.



EACH CLASS HAS A DIFFERENT FOCUS

- o Strength
- o Agility
- o Balance
- o Flexibility
- o Cardiovascular Health
- o Nervous System/ Brain Health
- o Stress Management

Where

Primeplus Yoga Room

Cost

**\$35 members
\$40 non-members**

****Pre-registration
Required****

FOR MORE INFO

Contact:

Christine Harrell

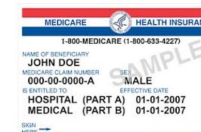
757-625-5857

Confused about your Medicare Options?

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

**Thursday, March 12 at 1:00 p.m.
Thursday March 26 at 1:00 p.m.**

- 1) Are you confused about all the choices you have to make when it comes to Medicare?
- 2) Are you just turning 65 & you don't know what to do?
- 3) Are you over 65, & you put off the decision, because you didn't know what to do?
- 4) Was it so confusing that you just about gave up?
- 5) Was it so much to think about that you just did nothing?



If you answered "YES" to any of the above questions, then you need to come to the workshops at Primeplus.

Join Bradford S. Klavan, an Independent Insurance Agent that is licensed by the Commonwealth of Virginia to offer many types of insurance plans, including Medicare Supplement Insurance, Medicare Advantage Plans, and Prescription Drug Plans. Mr. Klavan will be on site to answer your general questions and to help find the right plan for you.

Call 757.625.5857 for more details!

Sponsored and hosted by



7300 Newport Avenue, #100
Norfolk, Virginia 23505

**FREE & OPEN
TO THE
PUBLIC**



AROMATHERAPY AN INTRO TO ESSENTIAL OILS WITH SHANNON GENOVA

**MARCH 17TH (PREREGISTRATION REQUIRED BY 3/16)
1:00PM @ PRIMEPLUS SENIOR CENTER**

MAKE YOUR OWN ESSENTIAL OIL ROLLER
COST: \$7 FOR MEMBERS & \$10 FOR NON-MEMBERS

Join us for an information session on essential oils and aromatherapy with Shannon Genova! You will learn the basics of aromatherapy and be able to make your own essential oil roller that you can take with you and use for days to come!

FOR MORE INFORMATION CONTACT: CHRISTINE HARRELL @ 757-625-5857

HOW TO PREPARE YOUR HOME FOR SALE WHEN DOWNSIZING

**WHEN
Wednesday
March 24th
1:00pm**

**WHERE
Primeplus Norfolk
Senior Center**

7300 Newport Ave Norfolk, VA 23508



**PRE-REGISTRATION
REQUIRED
No cost, but please
register by Friday,
March 20th**



**STACI WILLIAMS
Residential Relocation
Specialist**

Looking to downsize and sell your home? The process is stressful and leaving can be bittersweet. To help ease the transition, Staci Williams at Howard Hanna will be sponsoring "Should I Stay or Should I Go?" A Downsize Panel Discussion"

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.



**Tuesday, March 31st
1:00pm**

Cost: Members \$8.00/
Non-members \$10

Where: Primeplus Senior Center

****OPEN TO THE PUBLIC****

****PRE-REGISTER IN THE OFFICE BY 3/27****



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

For more info, contact the Wellness Coordinator, Christine Harrell

MARCH ONGOING PROGRAMS AT PRIMEPLUS

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8:30 BYOB Class *New* (Fere) 9:00 Coffee & Chat 9:00 Ceramics (\$\$\$) 9:00 Open Tai Chi (\$\$\$) 9:00 Woodworking (\$\$\$) 9:00 Table Tennis 9:00 Pool Table 9:00 Pickleball 9:00 Core Class (Fere) 9:55 Charged UP! (Suzanne) 10:00 Chair Yoga (Angie) 10:00 Russian Bingo 10:00 Bridge 10:45 Barre Class (Christine) 11:00 Restorative Yoga (Dani) 11:00 2-Hour Pool Walking 11:30 Meal Program 12:00 Mah Jongg (Private Group) 12:45 Zumba Chair 6:30 Emotions Anonymous	9:00 Coffee & Chat 9:00 Woodworking (\$\$\$) 9:00 Abs, Abs, Abs (Angie) 9:30 Stretch, Flex & Tone (Sheina) 9:45 Too Fit to Quit (Fere) 10:00 Tai Chi Beginning (\$\$\$) 10:45 Stretch Flex & Tone II (Sheina) 10:45 Stretch Flex & Tone II (Christine) 11:00 Tai Chi Intermediate (\$\$\$) 11:00 Yin Yoga (Angie) 11:00 Mah Jongg (Private Group) 11:30 Meal Program 12:00 Open Ballroom Dance	8:30 BYOB Class (Fere) 9:00 Coffee & Chat 9:00 Core Class (Fere) 9:00 Table Tennis / Pool Table 9:00 Woodworking (\$) 9:00 Mah Jongg Lessons 9:00 Chair Yoga (Angie) 9:15 Edward Jones (2ND Wed) 9:45 Charged UP! (Suzanne) 10:00 Smart Money (2ND Wed) 10:00 Clay Handbuilding w/ Nancy 10:00 Yoga (Angie) 10:45 Barre Class (Fere) 11:00 Restorative Yoga (Christine) 11:00 Conversational Spanish (\$) 12:30 Beginning Spanish (\$) 11:30 Meal Program 12:00 Chess with the Rabbi 12:00 Woodcarving 12:45 Stretch, Flex & Tone (Angie) 12:30 Creative Writing (Private Group) 1:00 Bingo 1:00 Pickleball (NFWC Gym) 1:00 Humana - Medicare (1ST Wed) 6:30 Tai Chi (\$\$\$)	9:00 Coffee & Chat 9:00 Piano Sing-along w/ Steve 9:00 Ceramics (\$\$\$) 9:00 Woodworking (\$\$\$) 9:30 Stretch Flex & Tone (Sheina) 9:30 Mindful Meditation Yoga w/ Sound (Christine) 9:45 Too Fit to Quit (Fere) 10:00 Open Bridge 10:00 Crochet & Knit Group (1ST/3RD Th) 10:45 Stretch Flex & Tone II (Sheina) 11:00 Line Dancing (Suzanne) 11:30 Meal Program	9:00 Too Fit to Quit Advanced (Fere) 9:00 Table Tennis 10:00 Paint on Canvas (\$) 10:15 Stretch Flex & Tone III (Alex) 10:15 Balance (Fere) 11:00 2 - Hour Pool Walking 11:15 Chair Yoga (Dani) 11:15 Latin Rhythm (Alex) 11:30 Meal Program 12:30 Office Closed  SilverSneakers  RenewActive™ by UnitedHealthcare

Additional fees (\$\$\$) may apply for some Primeplus classes and workshops

Primeplus is a SilverSneakers & Renew Active site!