

# Primeplus SENIOR CENTERS

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505

FOOD, BEVERAGES, FUN, MUSIC and FUNDRAISING! Grab your friends and family and join us on May 19th, for the Suds & Buds Garden Party. This event will include local food vendors, craft beer, wine and live music at the Norfolk Botanical Gardens. Proceeds from party will help support three great organizations. Tickets are \$50 each at Primeplus!



NORFOLK BOTANICAL GARDEN



*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.*

Primeplus is a proud partner of  Silver Sneakers  
by Tivity Health

### Primeplus will be closed on Monday, May 30th in observance of Memorial Day.

Monday	
9:00 - 10:00 a.m. - Coffee & Chat – Lobby (free coffee)	10:00 – 2:00 p.m. – Open Bridge Play
9:00 – 9:45 a.m. - Body Boot Camp with Chelsea	11:00 - 11:45 a.m. - Foundational Yoga - Vicki <i>New</i> <b>NO CLASS 5/23</b>
9:00 - 9:45 a.m. - ChairOne Aerobics with Suzanne <b>(NO CLASS 5/16)</b>	11:00 - 11:45 a.m. - Core on the Floor - Fere/Chelsea
9:00 – 12:00 p.m. – Ceramics & More with Yvonne (\$\$)	11:00 - 11:45 a.m. - Charged Up! Aerobics <b>(NO CLASS 5/16)</b>
9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)	11:00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services of SEVA (donations accepted)
9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)	12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym
10:00 - 10:45 a.m. - Seated in Strength with Chelsea	12:15 - 12:45 p.m. - Sit n' Get Fit Chair with Chelsea
10:00 - 10:45 a.m. - Charged Up! Tone with Suzanne <b>(NO CLASS 5/16)</b>	
10:00 - 10:45 a.m. - Chair Yoga with Vicki <b>*NEW*</b> <b>(NO CLASS 5/23)</b>	
Tuesday	
9:00 - 10:00 a.m. - Coffee & Chat – Lobby (Free coffee)	11:00 - 11:45 a.m. - Too Fit To Quit with Fere/Sheina/Suzanne
9:00 - 9:45 a.m. - Chair Yoga with Natasha <b>(Beginner)</b>	11:00 - 12:00 - Yin Yoga with Angie
9:00 – 12:00 p.m. – Ceramics & More with Yvonne (\$\$)	11:00 – 12:00 p.m. – Intermediate Tai Chi with Tidewater Tai Chi (\$\$)
9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)	11:00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services
9:00 – 1:00 p.m.– Game Room (Pool Table & Table Tennis)	12:15 - 1:00 p.m. - Stretch, Flex, and Tone Mixed with Angie <b>(Moderate)</b>
10:00 - 2:00 p.m. - Mexican Train Dominoes	
9:30 - 11:30 p.m. – Drawing with Shirley Confino-Rehder	
10:00 - 10:45 a.m. - Balance & Agility with Angie	
10:00 – 10:45 a.m. – Stretch Flex & Tone Chair Level 1 w/ Sheina	
10:00 - 10:45 a.m. - Stretch Flex & Tone Chair Level 2 w/ Fere <b>(last class 5/3)</b>	
10:00 – 11:00 a.m. – Beginning Tai Chi sponsored by Tidewater Tai Chi (\$\$)	
Wednesday	
9:00 - 9:45 a.m. - Round Robin Circuit with Jan <b>*New*</b>	11:00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services (donations accepted)
9:00 - 10:00 a.m. - Coffee & Chat – Lobby (free coffee)	11:00 - 11:45 p.m. - Too Fit To Quit with Sheina
9:00-9:45 a.m.- Abs, Abs, Abs with Angie	11:15 - 12:15 - Chair Yoga with Angie
9:00– 12:00 p.m. – Ceramics & More with Yvonne (\$\$)	11:15 -12:00 p.m. - Get up and Go with Chelsea
10:00 – 2:00 p.m. – Mah Jongg Open Play	12:30 - 1:15 p.m. - Functional Fitness with Chelsea
9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)	12:30 - 1:15 p.m. - ChairOne Aerobics with Suzanne
10:00 - 10:45 a.m.- Line Dancing with Alice	12:00-2:00 p.m. - Pickle Ball in NFWC Gym
10:00 – 12:00 p.m. – Acrylic Painting Class with Nancy (\$\$)	
10:00 - 10:45 a.m. - Stretch, Flex & Tone Level 2 w/Sheina <b>*New*</b>	
10:00 – 10:45 a.m. - Seated in Strength with Suzanne	
10:00 – 11:00 a.m. - Gentle Yoga with Angie	
Thursday	
9:00 - 10:00 a.m. - Coffee & Music – Lobby (free coffee)	11:00 - 11:45 a.m. - Too Fit to Quit Aerobics with Britt
9:00 – 12:00 p.m. – Woodworking with Francis (\$\$)	11:00 – 12:30 p.m. – Congregate Lunch sponsored by Senior Services of SEVA (donations accepted)
9:00 – 1:00 p.m. – Game Room (Pool Table & Table Tennis)	11:00 - 11:45 a.m. - Foundational Yoga with Natasha <b>(Moderate)</b>
9:00 - 9:45 a.m. - Balance & Agility with Angie/Jan	12:00 - 12:45 p.m. - Charged Up! Aerobics with Suzanne <b>No class on 5/12</b>
10:00 - 10:45 a.m. - Stretch Flex & Tone Chair Level 1 w/Sheina	12:15 - 12:45 p.m. - Sit n' Get Fit with Britt/Jan
10:00 - 10:45 a.m. - Yoga for Strength with Natasha <b>(Advanced)</b>	1:00 - 3:00 p.m. - Pickle Ball in NFWC Gym <b>(Moderate)</b>
10:00 – 2:00 p.m. – Open Bridge Play	

**Free Curbside Food Pantry**  
**Location: Right side parking lot 10:00 - 11:30 a.m.**

# NEW FITNESS CLASSES IN MAY 2022



## MONDAYS

**10:00 A.M.**  
**CHAIR YOGA WITH VICKI**

**11:00 A.M.**  
**FOUNDATIONAL YOGA WITH VICKI**

IF YOU'RE NEW TO YOGA, THIS CLASS WILL HELP YOU LEARN SOME OF THE BASIC YOGA POSES.



## WEDNESDAYS

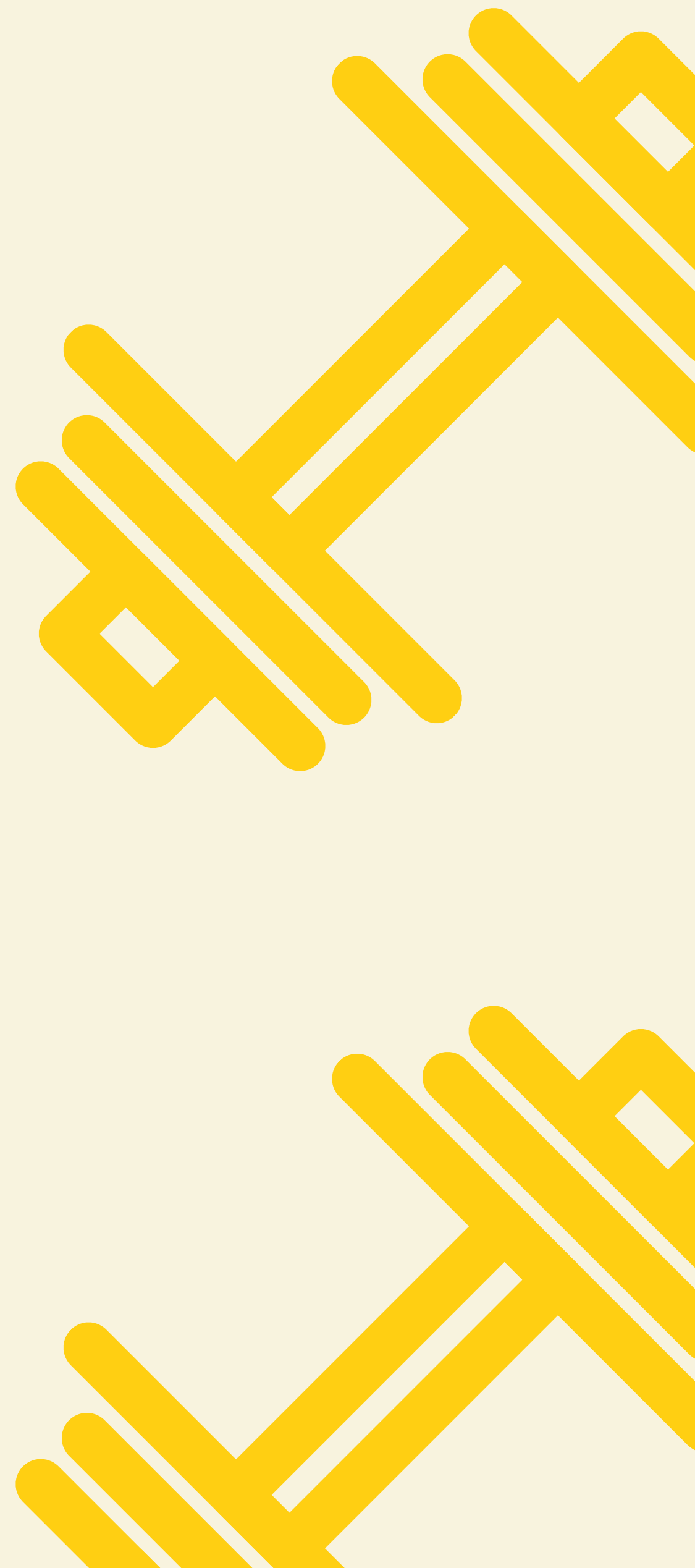
**9:00 A.M.**  
**ROUND ROBIN CIRCUIT WITH JAN**

YOU WON'T BE BORED WHEN YOU DO JAN'S CIRCUIT TRAINING. THIS WORKOUT GETS YOUR HEART RATE UP AND STRENGTHENS YOUR MUSCLES AT THE SAME TIME. YOU'LL MOVE QUICKLY THROUGH 5-6 EXERCISE STATIONS

**10:00 A.M.**  
**STRETCH, FLEX & TONE LEVEL 2  
CHAIR CLASS WITH SHEINA**

**PRE- REGISTRATION IS  
REQUIRED, SO CALL  
757.625.5857 OR EMAIL US AT  
MEMBERSHIP@PRIMEPLUS.ORG**

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





# NUTRITION AND YOUR GUT

with Kirsten Romero M.S. RDN

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Tuesday,

May 3, 2022

12 p.m. - 1 p.m.

Learn about how your body  
processes foods!

CALL 757.625.5857, or  
stop by the front office  
TO REGISTER TODAY!

**Prime***plus*  
SENIOR CENTERS



# A WORLD OF LEARNING IN NORFOLK

Lifelong Learning Week *KICKOFF EVENT*

## How to Build a Safe, Respectful and Inclusive Community in Today's World

**Saturday, May 7, 2022**

**10:00 to 11:30 a.m.**

Zoom Link: <https://us02web.zoom.us/j/9151373625?pwd=cUJGUxkyMXVOeG4xR3I1SlgyNWIPdz09>

Meeting ID: 915 137 3625 Passcode: 7300

Bob Batcher, Executive Director at Primeplus Senior Centers, Andrea Warren, Retired Director of the Governor's School for the Arts and Dr. Steven Jones, Retired Norfolk Public School Superintendent will lead a hybrid panel discussion with small group interaction. Participants will be able to join us in – person or via zoom. Primeplus is located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave. Suite 100 Norfolk, VA 23505.

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.



Believe in Learning Norfolk offers programs all year long. Visit [Norfolk.gov/lifelonglearning](http://Norfolk.gov/lifelonglearning) for more information.



**REGISTER**





**You're cordially invited to  
participate in the  
Senior Center  
Advisory Council  
Meeting**

All members of Primeplus are invited to participate. This is your opportunity to voice your opinions about the Center's classes, and services.

**Thursday, May 12, 2022 at 1:00 p.m.**

**You have 3 ways to join us:**

- 1. In-person at Primeplus**
- 2. Download the Zoom App**

**Zoom Meeting ID: 915 137 3625**

**Zoom Passcode: 7300**

- 3. Call - In: Phone Number: 1- 929 - 205 - 6099**



**Sponsored and hosted by**

**Primeplus**  
SENIOR CENTERS

7300 Newport Avenue, #100  
Norfolk, Virginia 23505

Primeplus  
SENIOR CENTERS

# Senior Artfest



SHOWCASING THE  
TALENT OF  
ARTISTS AGED 50 &  
*older in South  
Hampton Roads.*

## CALL FOR ENTRY

~SAVE THE DATES~

ARTFEST EXHIBIT

PEOPLES' CHOICE EXHIBIT

**June 6th - June 27th**

**June 28th - July 25th**

APPLICATION DEADLINE/ARTWORK INTAKE

**May 23rd - May 26th from 10 to 2 p.m. (closed Friday)**

Entry Fee: \$30 for members and \$40 for non-members

EXHIBIT INCLUDES: CERAMICS, JEWELRY, POTTERY,  
MIXED MEDIA, PHOTOGRAPHY, PAINTINGS,  
SCULPTURE, TEXTILES, WOODWORKING & MORE.

Primeplus is located within the Norfolk Fitness & Wellness Center at  
7300 Newport Ave. Call 757.598.0058 or e-mail Chantel at  
crandolph@primeplus.org for an application.



# A WORLD OF LEARNING IN NORFOLK

## Lifelong Learning Week *KICKOFF EVENT*

Primeplus Senior Centers presents a virtual fitness class via Zoom:

# Sit n' Get Fit Chair Exercise

**Thursday, May 12, 2022**

**12:15 to 12:45 p.m.** *(A 30 min. workout)*

Zoom Link: <https://us02web.zoom.us/j/9151373625?pwd=cUJGUkYkMXV0eG4xR3I1SlQvNWlPd309>

Meeting ID: 915 137 3625

Passcode: 7300

**This chair class is designed to work your entire body using free weights. It focuses on the core abdominal muscles to help with posture, strength, and toning. This class is specifically for older adults aged 50 & Better!**

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**Primeplus**  
Senior Centers

Believe in Learning Norfolk offers programs all year long.  
Visit [Norfolk.gov/lifelonglearning](http://Norfolk.gov/lifelonglearning) for more information.



**REGISTER**

THE CITY OF  
**NORFOLK**



*Join us in celebrating 25 years!*

# SMART MONEY INVESTMENT CLUB **OPEN HOUSE**

**Wednesday, June 8, 2022**

**9:00 – 11:00 a.m.**

**We are looking for new Members!** Come learn about strategies for investing in the stock market, how changes in the financial markets affect your budget, and how to potentially navigate those changes.

Currently, if the numbers are right, we are looking at purchasing some **Amazon** and **Google** stocks at this meeting, so this will be an opportunity to observe how it's done!

**Free Coffee & Danishes will be provided!**

**CLUB  
TREASURER  
NEEDED!**

**SERIOUS INQUIRIES ONLY**

**Prime***plus*  
SENIOR CENTERS

**This Group meets  
the 2nd Wednesday  
of each month at  
7300 Newport Ave.  
Norfolk, VA**





THE FEDERAL LAW ENFORCEMENT AND SECURITY ARM OF THE U.S. POSTAL SERVICE

**U.S. POSTAL INSPECTION SERVICE**

The United States Postal Inspection Service cordially invites you to a discussion on current Mail Fraud and telemarketing schemes that are affecting seniors across the United States.

Topics that will be covered:

- Current fraud schemes and tactics used
- How to protect yourself from becoming a victim
- What to do if you believe you, or someone you know, have fallen victim to a fraud scheme

When: May 26, 2022 12:30 PM

Where: Primeplus Norfolk Senior Center  
7300 Newport Avenue  
Norfolk, VA 23505



# Mentoring.

## An emerging skill for seniors.



**We welcome the opportunity to bring the wisdom of our Seniors into our Achievement Inspired Mentoring (A.I.M.) program.**

**Requirements include:**

Must have access to a vehicle  
Minimum one-year commitment  
Criminal background check required  
Training provided

Mentoring is essentially encouraging the personal and professional development of a mentee (junior) by a mentor (senior) by sharing the latter's knowledge, expertise and experience in employment.

The ForKids Education team wants to help bridge our families' and children's support systems on their path to stability and success. We know the more connections, the broader the base, the more likely a student will be able to grow and thrive through all the storms of life.

# ForKids

ForKids.org | @ForKids

**Contact Pam Myers, A.I.M. Mentor Coordinator, to learn more.**

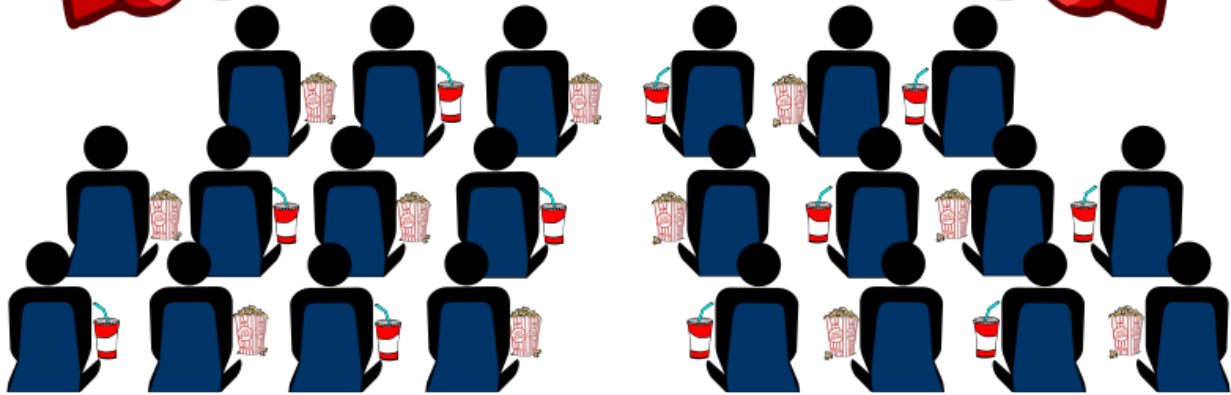
(757) 656-5381 or [orpmyers@forkids.org](mailto:orpmyers@forkids.org)

**PLEASE JOIN US! MAY 17th, NOON – 1pm**

**Prime**  
SENIOR CENTERS *plus*

# Afternoon at the Movies

Tuesday, May 31st  
12:00 p.m.



**Free & Open to the public**

**Feature Film: TO HELL AND BACK**

The true WWII story of Audie Murphy, the most decorated soldier in U.S. history. Based on the autobiography of Audie Murphy who stars as himself in the film.



7300 Newport Avenue, Suite 100 Norfolk, VA 235050

Call 757.625.5857 x103 to register.