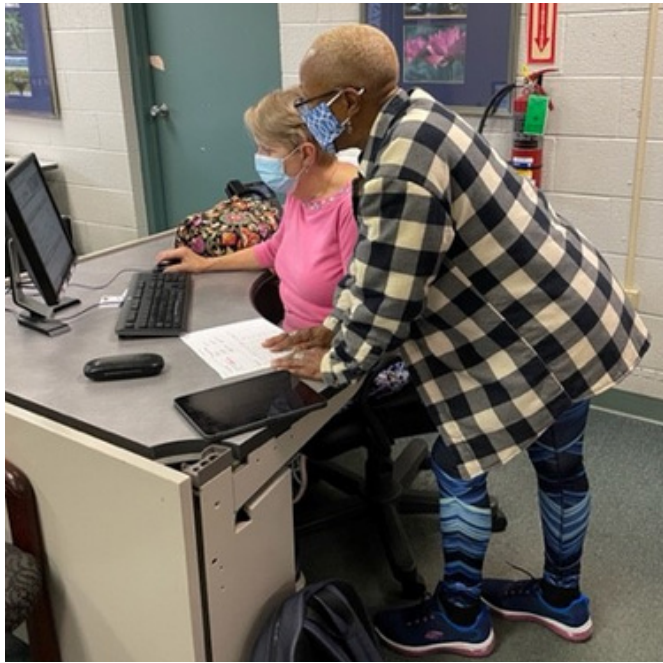


Primeplus SENIOR CENTERS

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505



Curbside Food Pantry

Every Wednesday

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

7300 Newport Ave. Norfolk, VA 23505

**Food distribution will be held in the parking
lot on the right side of the building**



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  SilverSneakers
by Tivity Health

Monday

9:00 - 10:00 a.m. - Coffee & Chat - Lobby (free coffee)
 9:00 - 9:45 a.m. - Body Boot Camp with Chelsea
 9:00 - 12:00 p.m. - Ceramics & More with Yvonne (\$\$)
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$)
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis)
 10:00 - 10:45 a.m. - Seated in Strength with Chelsea
 10:00 - 10:45 a.m. - Charged Up! Aerobics with Suzanne
 10:00 - 10:45 a.m. - Barre Basics with Fere ***NEW***
 10:00 - 10:45 a.m. - Chair Yoga with Vicki

10:00 - 2:00 p.m. - Open Bridge Play
 11:00 - 11:45 a.m. - Foundational Yoga with Vicki
 11:00 - 11:45 a.m. - Core on the Floor with Fere ***NEW***
 11:00 - 11:45 a.m. - ChairOne with Suzanne ***NEW***
 11:00 - 12:30 p.m. - Congregate Lunch sponsored by Senior Services of SEVA (donations accepted)
 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym
 12:15 - 12:45 p.m. - Sit n' Get Fit with Fere (Moderate)
 1:00 - 1:45 p.m. - Balance & Agility with Fere

Tuesday

9:00 - 10:00 a.m. - Core on the Floor with Fere ***NEW***
 9:00 - 10:00 a.m. - Coffee & Chat - Lobby (free coffee)
 9:00 - 12:00 p.m. - Ceramics & More with Yvonne (\$\$)
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$)
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis)
 9:30 - 11:30 p.m. - Drawing with Shirley Confino-Rehder
 10:00 - 2:00 p.m. - Mexican Train Dominioes
 10:00 - 10:45 a.m. - Balance & Agility with Angie
 10:00 - 10:45 a.m. - Stretch Flex & Tone Chair Level 1 with Sheina
 10:00 - 10:45 a.m. - Stretch, Flex & Tone Chair Level 2 with Fere ***NEW***
 10:00 - 11:00 a.m. - Beginning Tai Chi sponsored by Tidewater Tai Chi (\$\$)
 11:00 - 11:45 a.m. - Too Fit To Quit with Fere

11:00 - 11:45 a.m. - Round Robin Circuit with Jan ***New***
 11:00 - 12:00 - Yin Yoga with Angie - no class 6/21 & 6/28
 11:00 - 12:00 p.m. - Intermediate Tai Chi with Tidewater Tai Chi (\$\$)
 11:00 - 12:30 p.m. - Congregate Lunch sponsored by Senior Services (donations accepted)
 12:15 - 1:00 p.m. - Stretch, Flex, and Tone Mixed with Angie (Moderate)

Wednesday

9:00 - 10:00 a.m. - Coffee & Chat - Lobby (free coffee)
 9:00-9:45 a.m.- Abs, Abs, Abs with Angie
 9:00- 12:00 p.m. - Ceramics & More with Yvonne (\$\$)
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis)
 10:00 - 2:00 p.m. - Mah Jongg Open Play
 10:00 - 10:45 a.m.- Line Dancing with Alice
 10:00 - 12:00 p.m. - Acrylic Painting Class with Nancy (\$\$)
 10:00 - 10:45 a.m. - Seated in Strength with Suzanne
 10:00 - 11:00 a.m. - Gentle Yoga with Angie - no class 6/29
 10:00- 10:45 a.m. - Stretch, Flex & Tone with Fere ***NEW***

11:00 - 12:30 p.m. - Congregate Lunch sponsored by Senior Services (donations accepted)
 11:00 - 11:45 p.m. - Too Fit To Quit with Fere
 11:15 - 12:15 - Chair Yoga w/ Angie - no class 6/29
 11:15 -12:00 p.m. Get up and Go with Chelsea
 12:00-2:00 p.m. - Pickle Ball in NFWC Gym
 12:30 - 1:15 p.m. Functional Fitness with Chelsea
 12:30 - 1:15 p.m. - ChairOne Aerobics with Suzanne

Free Curbside Food Pantry

Location: Right side parking lot 10:00 a.m. - 11:30 a.m.

Thursday

9:00 - 10:00 a.m. - Coffee & Music - Lobby (free coffee)
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$)
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis)
 9:00 - 9:45 a.m. - Balance & Agility with Fere
 9:00 - 9:45 a.m. - Pilates with Karen
 10:00 - 10:45 a.m. - Chair Yoga with Karen
 10:00 - 10:45 a.m. - Stretch Flex & Tone Chair Level 1 w/ Sheina
 10:00 - 10:45 a.m. - Stretch, Flex & Tone Level 2 w/ Fere ***NEW***
 10:00 - 10:45 a.m. - Yoga for Strength with Vicki (**Advanced**)
 10:00 - 2:00 p.m. - Open Bridge Play

11:00 - 11:45 a.m. - Too Fit to Quit Aerobics with Fere ***NEW***
 11:00 - 11:45 a.m. - Foundational Yoga with Vicki (Moderate)
 11:00 - 12:30 p.m. - Congregate Lunch sponsored by Senior Services of SEVA (donations accepted)
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/ Suzanne
 12:15 - 12:45 p.m. - Sit n' Get Fit with Fere
 1:00 - 3:00 p.m. - Pickle Ball in NFWC Gym (**Moderate**)

Senior Artfest

Exhibit Dates: June 6th - 27th

Out of an abundance of caution, we will not be hosting an Artist Reception due to covid and social distancing protocols in the building. To encourage people to visit the Exhibit we will host weekly raffle drawings and add a new cash prize for the Artwork with the most votes.

Weekly Raffle Drawings – June 12, 19 & 26

Everyone who attends the Exhibit will be entered in the drawing for a chance to win

Judged Ribbon Announcement on June 9th

Best in Show Cash Prize - \$250 + A 2 week Art Exhibit at Primeplus in the Fall

People's Choice Announcement on June 23

Best in Show Cash Prize - \$150 + 2 week Art Exhibit in the Fall

Senior Artfest Activities:

Coffee & Music with Steve

June 9th, 16th, 23rd & 30th from 9 - 10 a.m.

Tidewater Arts Outreach Presents

Mandolin & Guitar Tunes Performance

June 14th at 12:30 p.m.



PRIMEPLUS NORFOLK SENIOR CENTER MANDOLIN AND GUITAR TUNES WITH ERIC YODER AND TED DRAKE JUNE 14, 2022 AT 12:30 PM EST

You don't want to miss this!

Eric and Ted perform a variety of original and traditional songs from various genres including bluegrass, folk, ragtime, and novelty. With Eric on guitar and Ted on mandolin, participants will enjoy engaging banter about songs, jokes, and light-hearted audience engagement. Audience participation is encouraged!

See you there!



NEW FITNESS CLASSES STARTING 6/6 OR 6/13



MONDAYS

10:00 A.M.

CHAIR YOGA WITH VICKI
BARRE BASICS WITH FERE

11:00 A.M.

FOUNDATIONAL YOGA WITH VICKI

1:00 P.M.

BALANCE & AGILITY WITH FERE

TUESDAYS

9:00 A.M.

CORE ON THE FLOOR WITH FERE

10:00 A.M.

STRETCH, FLEX & TONE LEVEL 2 W/ FERE

11:00 A.M.

ROUND ROBIN CIRCUIT CLASS WITH JAN
TOO FIT TO QUIT WITH FERE

WEDNESDAYS

10:00 A.M.

STRETCH, FLEX & TONE LEVEL 2 W/ FERE

11:00 A.M.

TOO FIT TO QUIT WITH FERE

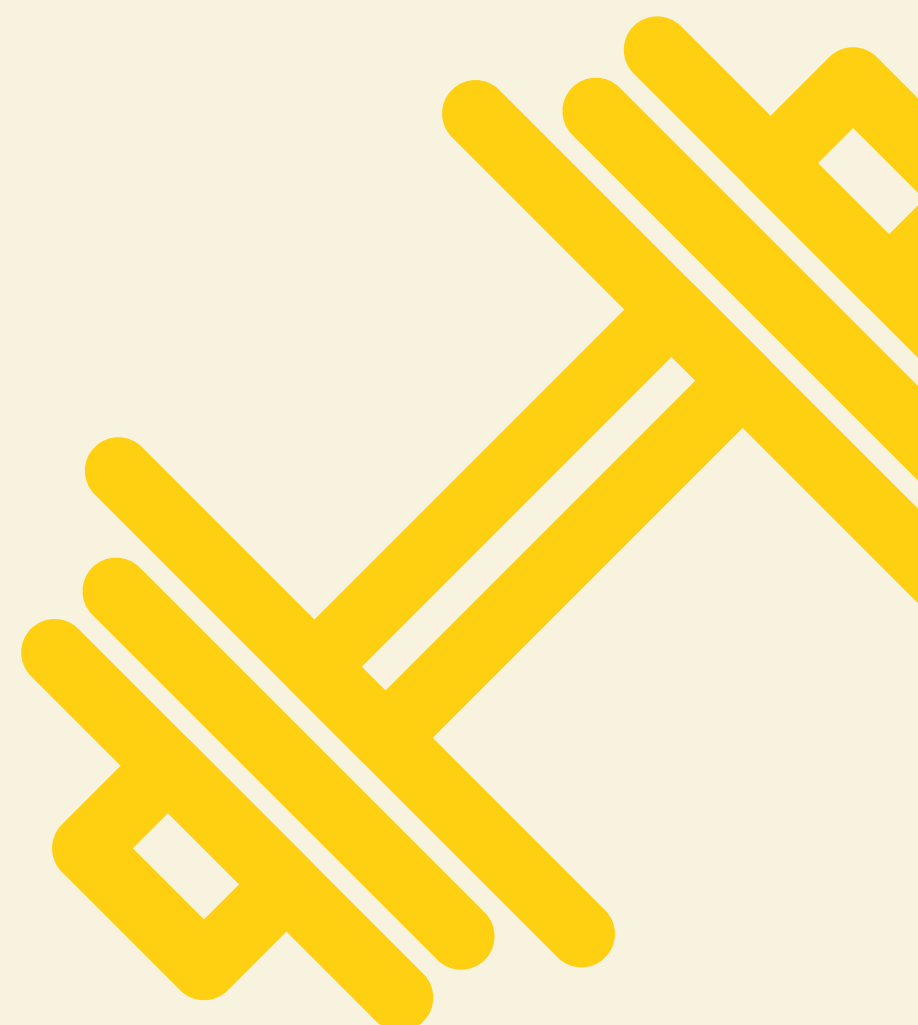
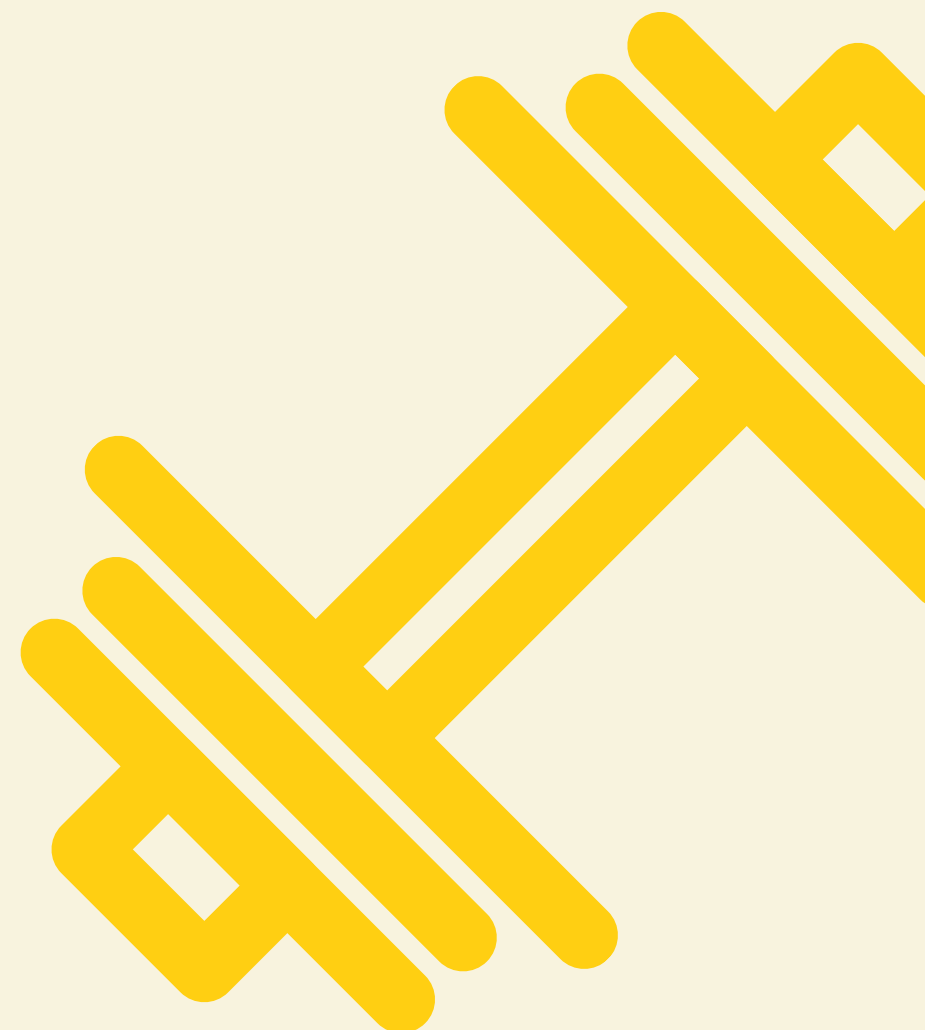
THURSDAYS

10:00 A.M.

YOGA FOR STRENGTH WITH VICKI
STRETCH, FLEX & TONE WITH FERE

11:00 A.M.

FOUNDATIONAL YOGA WITH VICKI
TOO FIT TO QUIT WITH FERE



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

Diabetes Prevention Program Informational Session

1 in every 3 adults
in Virginia has
Pre-Diabetes
Is it You?

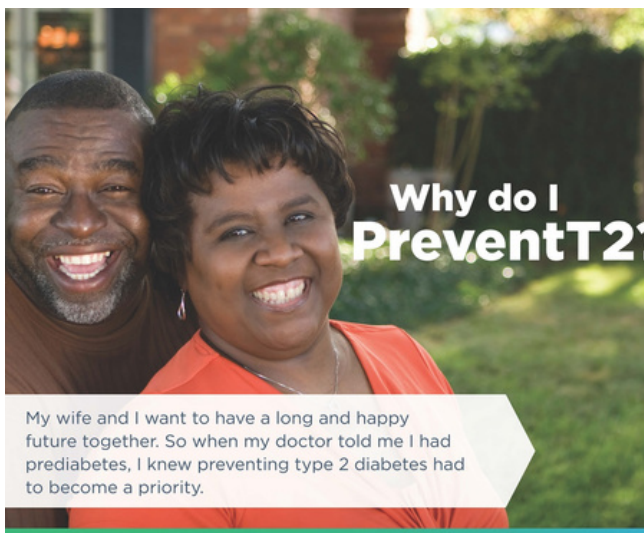
Two-thirds of people with
it don't even know it!

Come find out how to delay or Prevent T2 at one
of these informational sessions:

Monday, June 6th @ 12 noon

Wednesday, June 15th @ 1pm

Diabetes friendly snacks will be provided
during this one-hour presentation.



- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months
- Support from others like you as you learn new skills



Hampton Roads
Community Foundation



Primeplus
SENIOR CENTERS

Primeplus is located inside the Norfolk Fitness & Wellness Center

7300 Newport Ave, Norfolk

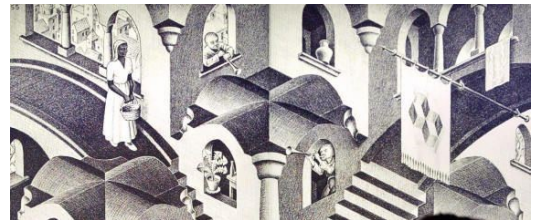
Call 757.598.0063 to register!



CHRYSLER MUSEUM *of* ART

GUIDED TOUR WITH SHIRLEY CONFINO - REHDER

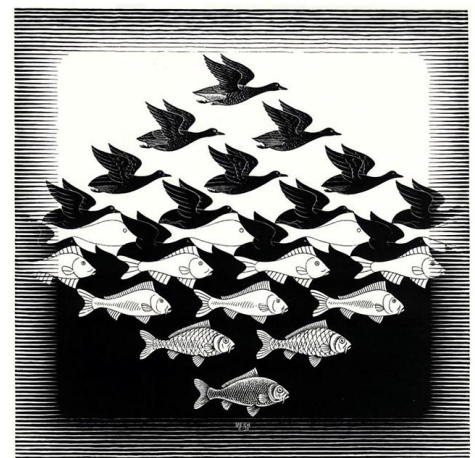
Dutch artist Maurits Cornelis Escher (1898 –1972) is possibly the world's most well-known graphic artist. Escher's artistic output was considerable, and his mesmerizing visual puzzles, tessellations, and impossible buildings are among the most beloved and popular works of art in the world. His fascination with mathematical theory motivated him to produce imagery that constantly challenged notions of reality and its underlying structures.



Infinite Relativity

This special exhibit will be on view from
April 15, 2022 — August 28, 2022

If you're interested in a tour with a group from Primeplus, please stop by the office to add your name to the list. Transportation will not be provided.



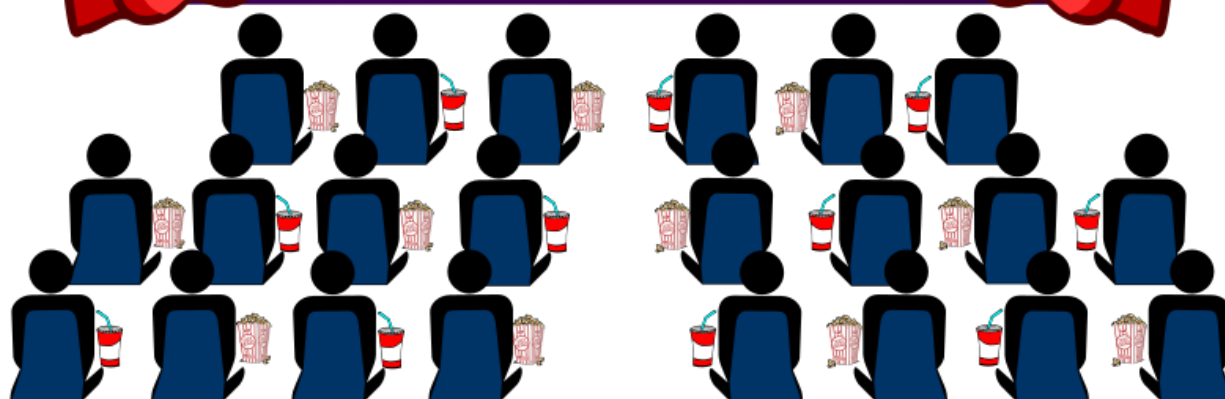
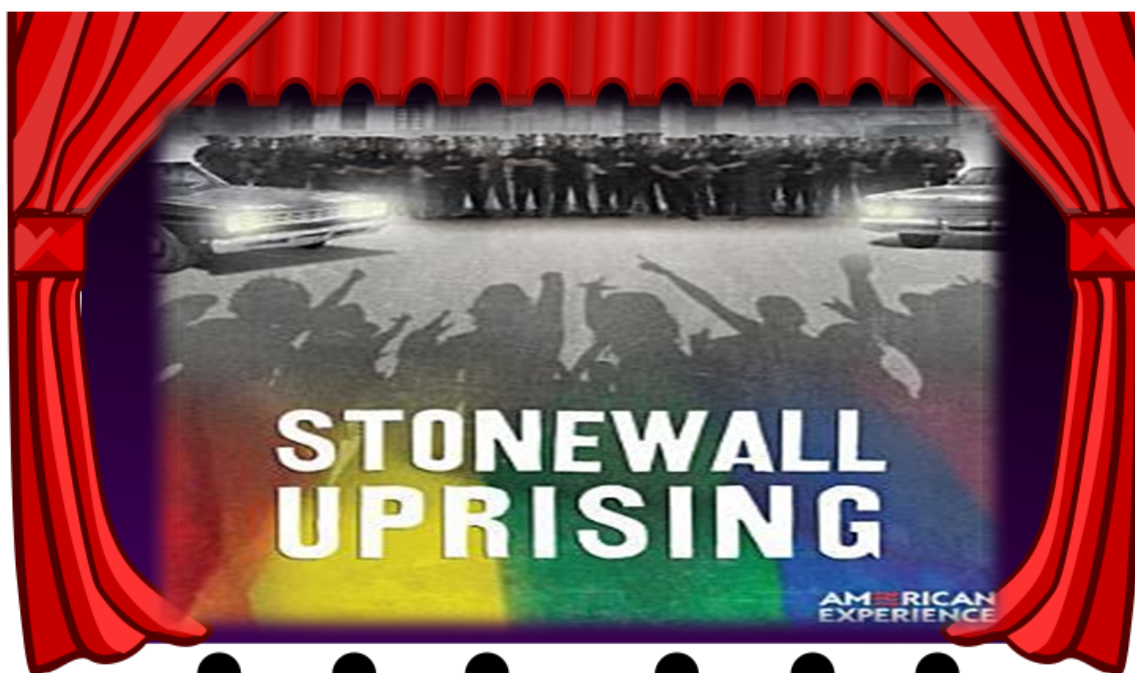
Prime
SENIOR CENTERS *plus*

Afternoon at the Movies

Prime^{plus}
SENIOR CENTERS

Tuesday, June 28, 2022

12:00 p.m.



LGBTQ PRIDE MONTH MOVIE: STONEWALL UPRISING

On June 28, 1969, when police raided the Stonewall Inn, a Mafia-run gay bar in Greenwich Village, gay men and women did something they had not done before: they fought back. As the streets of New York erupted into violent protests and street demonstrations, the collective anger announced that the gay rights movement had arrived.

Free & Open To The Public

7300 Newport Avenue, #100 Norfolk, VA 23505

757.625.5857 x103