



| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505

PRIMEPLUS ANNOUNCES NEW RATE FOR NORFOLK ADULT DAY SERVICE

50% OFF
your ADS daily rate

Valued @ \$60/day
through December 30, 2022



Primeplus Senior Centers is pleased to announce that due to additional new funding and generous support from our partners we are able to offer a new rate for the Adult Day Services in Norfolk. The rate represents a dramatic decrease in cost without a decrease in service.

During these transitional times we have found the need for Adult Day Services is more important than ever. Caregivers are tired, torn and confused as to the best balance between caregiving and independent living. We receive daily feedback about how a few days a week of adult day respite care has been a lifesaver.

Please pass along this opportunity to anyone you know that might need that lighthouse in the storm of caregiving. You can contact Bob Batchter, Executive Director at 757.598.0057 or Sandy White, ADS Director, at 757.598.0064.

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 will be open on Election Day, November 8th and closed on November 24th for Thanksgiving.

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 Sheina
 10:00 - 10:45 a.m. - Barre Basics with Fere

10:00 - 2:00 p.m. - Open Bridge Play
 11:00 - 11:45 a.m. - Core on the Floor w/Fere
 11:00 - 11:45 a.m. - Chair Zumba with Sheina
 11:00 - 11:45 a.m. - Too Fit To Quit with Chelsea
 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
 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere (Moderate)

Tuesday

9:00 - 9:45 a.m. - Essentrics with Peggy
 9:00 - 10:00 a.m. - Core on the Floor with Fere
 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 w/ Shirley Confino-Rehder
 10:00 - 2:00 p.m. - Mexican Train Dominoes
 10:00 - 10:45 a.m. - Balance & Agility w/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
 10:00 - 11:00 a.m. - Beginning Tai Chi with Tidewater Tai Chi (\$\$)
 11:00 - 11:45 a.m. - TAO Jazz/Musical Theater Dance Class with Nilsa Nazario (last class 11/1)

11:00 - 11:45 a.m. - Too Fit To Quit with Fere
 11:00 - 12:00 p.m. - Yin Yoga with Angie
 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 & Tone Mixed Level w/Angie

Wednesday

9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe ***NEW***
 9:00 - 9:45 a.m. - Fitness Fundamentals with Jan
 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 - 4:00 p.m. - Mah Jongg/Canasta Open Play
 10:00 - 10:45 a.m.- Line Dancing with Alice & Joe
 10:00 - 12:00 p.m. - Acrylic Painting Class with Nancy (\$\$)
 10:00 - 10:45 a.m. - Seated in Strength with Tomika
 10:00 - 11:00 a.m. - Gentle Yoga with Angie -

10:00- 10:45 a.m. - Balance & Agility with Fere
 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 - 12:00 - Chair Yoga with Angie
 12:00-2:00 p.m. - Pickle Ball in NFWC Gym
 12:00 - 2:00 p.m. - Canasta Open Play
 12:30 - 1:15 p.m. - Chair Zumba with Tomika

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

Thursday

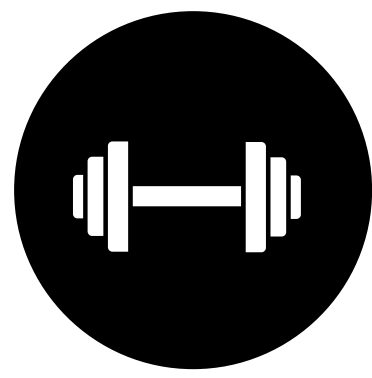
9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina
 9:00 - 10:00 a.m. - Coffee & Music - Lobby (free coffee)
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$)
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis)
 9:00 - 9:45 a.m. - Balance & Agility with Fere
 10:00 - 10:45 a.m. - Intro to Tabata with Patty
 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
 10:00 - 2:00 p.m. - Open Bridge Play

11:00 - 11:45 a.m. - Tabata for Seniors with Patty
 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere
 11:00 - 11:45 a.m. - Restorative Yoga with Judy
 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/Tomika
 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere

Friday - Classes will only be held on November 4th & November 18th

9:00 - 9:45 a.m - Ball Exercises w/ Fere (\$\$)
 10:00 - 10:45 a.m.- Stretch, Flex & Tone Level 1 w/Fere
 10:00 - 10:45 a.m. - Zumba with Tomika

11:00 - 11:45 a.m. - Too Fit To Quit with Fere
 11:00 - 11:45 a.m. - Chair Zumba w/Tomika
 12:00 - 2:00 p.m. - Pickle Ball in NFWC



WE'RE BACK OPEN ON FRIDAYS!

FRIDAY, NOV. 4TH & FRIDAY, NOV. 18TH

9 A.M. - BALL EXERCISE WITH FERE (\$\$) (\$5 per class)

10 A.M. - STRETCH, FLEX & TONE LEVEL 1 WITH FERE

10 A.M. - ZUMBA GOLD WITH TOMIKA

11 A.M. - CHAIR ZUMBA WITH TOMIKA

11 A.M. TOO FIT TO QUIT WITH FERE

12PM. - PICKLE BALL IN THE NFWC GYM

All Classes are held at
Primeplus

*Breakfast & Lunch will not be served on Fridays

JOIN US





OLD DOMINION UNIVERSITY UNDERGRADUATE
HUMAN MOVEMENT DEPARTMENT

Biometric Health Screenings & Walk Assessment

Tuesday, November 15th

9:00AM - 12:00 PM

Make your health your priority!
Participate in this screening to find out your body
composition, body fat percentage, blood pressure and
walking patterns, for more information about your overall
well being!



Prime*plus*
SENIOR CENTERS

7300 Newport Ave Norfolk

To sign up:
Call 757.625.5857 x103

Ball Exercise with Fere

Fee: \$5 per class

Prime*plus*
SENIOR CENTERS



Fridays @ 9 a.m.
2 Classes: 11/4 & 11/18



IMPROVE YOUR CORE STABILITY TODAY!

Grab a stability ball and join Fere as she helps you tone your entire body. This class will help improve your core strength, stability and posture.

Folk Dancing **With Alice & Joe DeCristoforo** **Every Wednesday @ 9:00 AM**



Join us as we explore the world of international folk dancing. Our journey will introduce us to folk dances, folk music, and cultures around the globe. So dust off your passport & grab your dance shoes as we travel to Greece, Mexico, Romania and other countries near and far.

**Call 757. 625.5857
ext. 103 for more
details!**



Prime
Senior Centers *plus*

**PRIMEPLUS IS LOCATED WITHIN THE NORFOLK FITNESS & WELLNESS
CENTER AT 7300 NEWPORT AVE. NORFOLK, VA 23505**

DO YOU HAVE ANY HOUSING ISSUES?

Come learn about the resources that are available if you or someone you know is experiencing issues/concerns with maintaining housing or at imminent risk of experiencing homelessness.

Call 757.625.5857 x103 for details.

PRESENTED BY: FATIMA TOMLIN
HOMELESS OLDER ADULTS PROGRAM MANAGER



Staying Positive in a Challenging World

Tuesday, November 22 @ Noon

Hosted by Jeffrey Byrd Coaching

As we are all very much aware, we can't control many outward circumstances in our world, but we can change our response to align with the best mindset, health, and actions to be our very best, even when things are not what we would wish. Staying Positive in a Challenging World is a training and workshop that guides participants into alignment with the best personal strategies to combat the situations we all find in the world around us.

Prime
SENIOR CENTERS *plus*



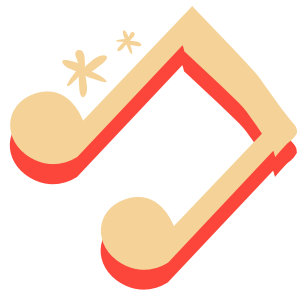
Free

Call 757.625.5857 x103 for details



PRIMEPLUS PRESENTS

Guitar TUNES



In-person Guitar Concert with

BERNIE MAYER

MONDAY, NOV. 14TH

@12:30 P.M.



THIS EVENT WILL BE HELD
INSIDE THE NORFOLK
FITNESS & WELLNESS
CENTER AT 7300 NEWPORT
AVENUE
NORFOLK, VA 23505

CALL 757.625.5857 X103
FOR MORE DETAILS

Prime *plus*
SENIOR CENTERS



NUTRITION & SLEEP

**Monday, Nov. 21
@ Noon**



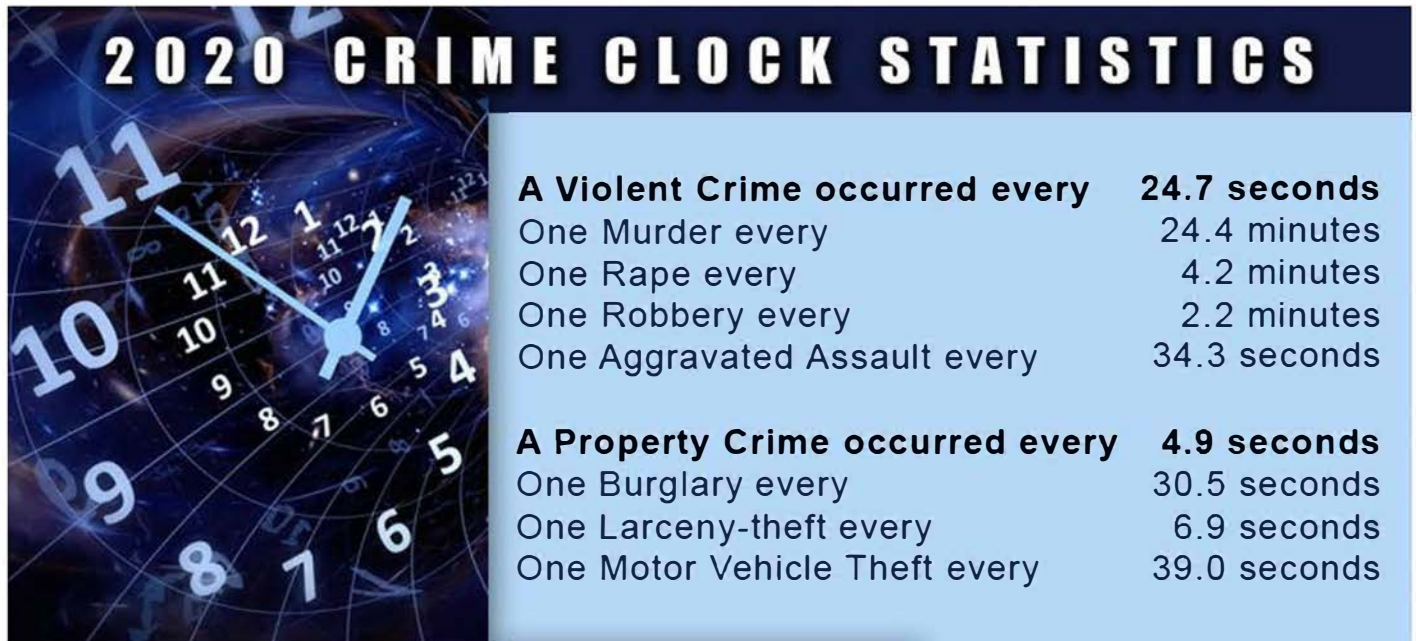
**Join Kirsten Romero, MS, RDN from
Senior Services of Southeastern VA
for a fun discussion on the health
benefits of good nutrition and sleep.**



Call 757.625.5857 x103 for more details

Self Defense Workshop

Tuesday, November 15, 2022 @ Noon



Participants will learn moves and techniques of self defense

Common Sense Self Defense Techniques include: What is the first thing to do if grabbed?
What are the vital strike points on the body? What will make an opponent let you go?

Pre-registration required. Call 757.625.5857 x103 for more details!



About your instructor: Dawna Ellis is an Instructor at Virginia Martial Arts Center in Chesapeake, Virginia. She has 28 years of experience and holds a fifth-degree black belt in Karate and a first-degree black belt in Iaido, the Art of the Japanese Sword. She is nationally certified to teach by Kuniba Kai International.

Virginia Martial Arts Center is a 6,000 sq ft training facility in the Western Branch section of Chesapeake. Chief Instructor Darren Myers is a ninth-degree black belt with 48 years of experience. Virginia Martial Arts Center has evening and transported after-school classes in Karate, Jiu Jitsu, Tai Chi, and martial art weapons. For more information please contact Jamillah at 757-483-0195 or visit Virginia Martial Arts Center at <http://www.karate-family.com/>



Peoples Pharmacy LLC



COVID & FLU CLINIC



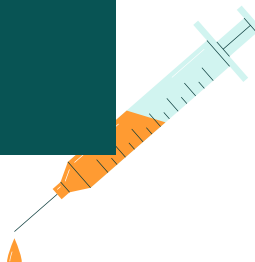

Prime*plus*
SENIOR CENTERS

Thursday, Nov. 10th
10am - 12pm

Please bring your ID,
Medicare, or Insurance
Card



Flu and Covid Shots will be
administered by
Peoples Pharmacy LLC at
7300 Newport Ave. Norfolk VA



Call 757.625.5857 x103
for more details

Afternoon at the MOVIES

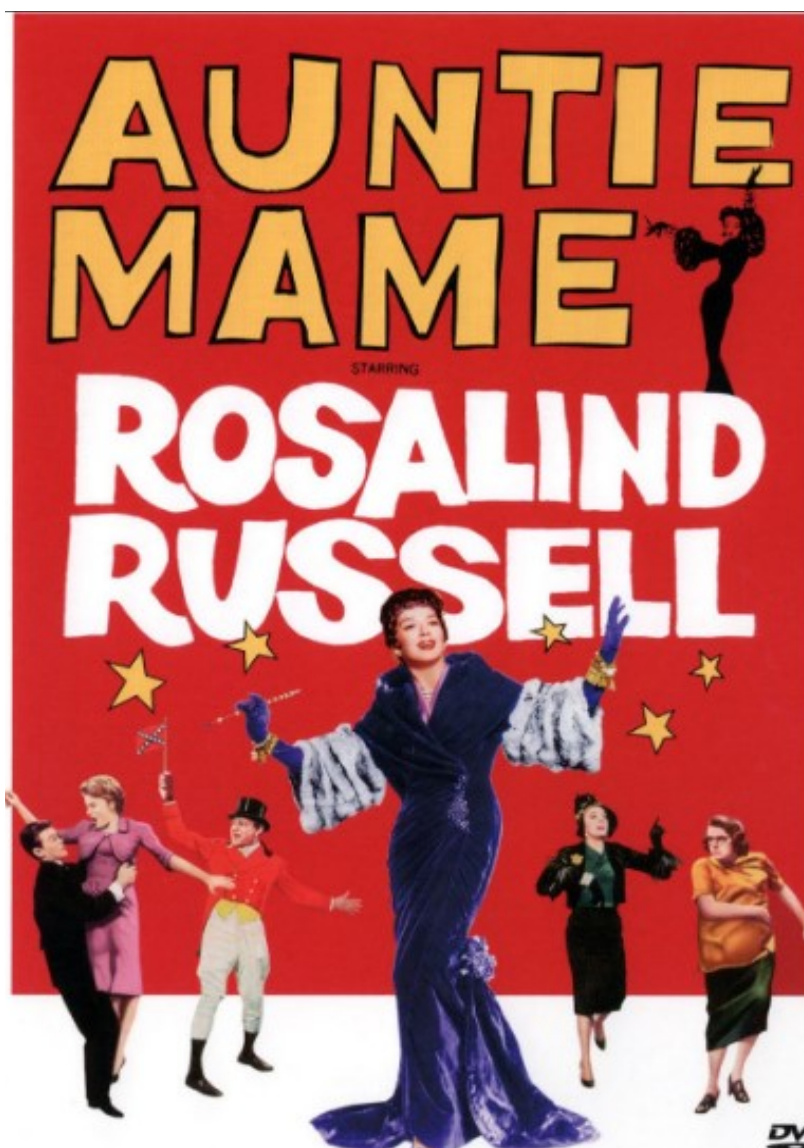
Tuesday, Nov. 29th
@ Noon

The legendary Rosalind Russell ("Gypsy," "His Girl Friday") recreates on screen her Broadway triumph as an eccentric Grande dame who teaches her 10-year old nephew to appreciate life. Conflict ensues when the executor of his father's estate objects to the **aunt's** lifestyle.

Director:

Morton DaCosta

Genre: Comedy, Drama, Romance

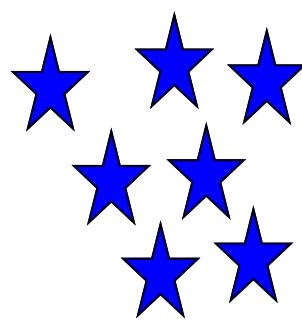
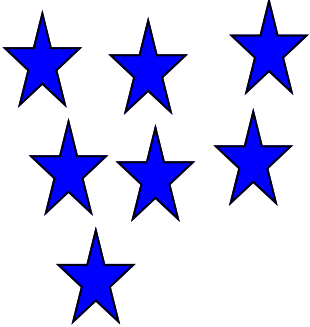


Free & Open to the public

Sponsored and hosted by

Prime*plus*
Norfolk Senior Center

7300 Newport Avenue, #100
Norfolk, Virginia 23505



Medicare

BE PREPARED FOR OPEN ENROLLMENT

Specialists will be available at Primeplus to answer your general questions.

Bradford S. Klavan, Principal Insurance Advisors, LLC

insuranceadvisorsllc.net

Thursday, November 10th at 10:30 a.m.

Tuesday, December 6th at Noon



Curnel Hall Sr. United Health Care/Premier ICA

<http://www.myuhcagent.com/curnel.hall>

Monday, November 7th at 11:30 a.m.



Jonathan Shinkle, Medicare Specialist and Licensed Broker

Jonathan & Johanna Shinkle - Anthem

Wednesday, November 9th at Noon

Wednesday, November 30th at Noon

Monday, December 5th at Noon





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 of the
Norfolk Fitness & Wellness Ctr
Call 757.625.5857 for details!**



SAVE THE DATE

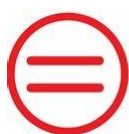
Thanksgiving Food Drive

Wednesday, November 16 from 9:00 - 1:00 pm

Join us in the Norfolk Fitness & Wellness Center Parking Lot

Help us Spread the Word!

First come, first served*



**Urban League of
Hampton Roads, Inc.**
*Empowering Communities.
Changing Lives.*



Primeplus Senior Centers

Senior Artfest: Winter Edition

NOVEMBER 30TH - DECEMBER 30TH

Artwork Intake: November 14th - 21st

Primeplus is open Monday - Thursday from 10:00 a.m. to 1:00 p.m.

Artist can submit up to 2 pieces of artwork.

Entry Fee: \$20 for Primeplus Members and \$25 for Non-Members

Ribbons will be awarded to the artist with the most People's Choice ballots in each level of achievement of Amateur or Professional. Two winners will receive a cash prize.

Voting ends Dec. 19th



**SHOWCASING THE
TALENT OF ARTISTS
AGE 50 & BETTER!**

EXHIBIT INCLUDES:

**CERAMICS
JEWELRY
POTTERY
MIXED MEDIA
PHOTOGRAPHY
PAINTING
SCULPTURE
TEXTILES
WOODWORKING
CRAFTS & MORE!**

**Primeplus is located within the Norfolk Fitness & Wellness at 7300 Newport Ave.
Call 757.625.5857 or E-mail crandolph@primeplus.org**