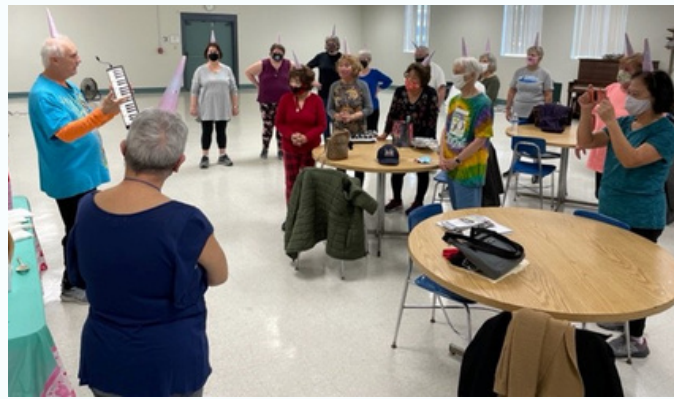


Primeplus SENIOR CENTERS

DECEMBER
2022

| 7300 NEWPORT AVENUE #100 | NORFOLK VA 23505

LOOKING BACK AT THIS PAST YEAR, WE CAN SAY BEYOND A DOUBT THAT 2022 WAS FAR FROM PREDICTABLE.



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 closed December 23rd , 26th, 30th,
and January 2nd for the Holidays.

Monday

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 - 10:45 a.m. - Intro to Tabata with Patty ***NEW***

10:00 – 2:00 p.m. – Open Bridge Play
11:00 – 11:45 a.m. - Silver Sneakers Enerchi™ w/Patty ***NEW***
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 – 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 (\$\$)
10:00 - 10:45 a.m. - Salsa Dancing with Nilsa (\$\$) ***NEW***
10:00 - 10:45 a.m. - Intro with Pilates with Ann (\$\$) ***NEW*** - no charge Dec. 5th

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)
11:00 - 11:45 a.m. - Chair Yoga with Ann ***NEW***
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
9:00-9:45 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 - Due to the Hoiday Party on 12/22, we will not have any fitness classes at 10:00 AM

9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina
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 - 10:45 a.m. - Chair Yoga with Ann ***NEW***
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 Ann
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 12/2, 12/9, and 12/16

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

10:00 – 12:00 p.m. – Bridge or Mah Jongg Open Play
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

Holiday Breakfast Party at Primeplus

**PLEASE PARK ON THE
RIGHT SIDE OF THE
BUILDING AND USE THE
ENTRANCE WITH THE
ADA RAMP**

CALL 625.5857 EXT. 103

Primeplus
SENIOR CENTERS

Ugly Sweater Contest

Please bring a
holiday dessert to
share!

THURSDAY

12.22.2022

10:00 AM - 11:30AM

**\$5 per plate:
Quiche, Pancakes,
Grits & Coffee**

Please R.S.V.P by Thursday, December 15th



10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

Wednesday, December 7
12:00 p.m. - 1:00 p.m.

Primeplus Senior Center
7300 Newport Ave #100
Norfolk, Virginia 23505

Visit [alz.org/CRF](https://www.alz.org/CRF) to explore additional education programs online and in your area.



NEW FITNESS CLASSES!

MONDAYS

10:00 A.M. - INTRO TO TABATA

11:00 A.M. - SILVER SNEAKERS

ENERCHI™

INSTRUCTOR: PATTY

TUESDAYS

10:00 A.M. - SALSA DANCING (\$)

INSTRUCTOR: NILSA

10:00 A.M. - INTRO TO PILATES (\$)

11:00 A.M. - CHAIR YOGA

INSTRUCTOR: ANN

THURSDAYS

10:00 A.M. - CHAIR YOGA

INSTRUCTOR: ANN

**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 & SLEEP

December 21 , 2022

@ 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



INTRODUCTION TO SALSA DANCING

Tuesdays @ 10:00 AM

FEE: \$5.00 PER CLASS

PRE-REGISTRATION IS REQUIRED



This salsa class led by Nilsa Nazario will help get you on the dance floor with style and confidence

Call 757.625.5857 x103 to register!

Double Feature

Tuesday December 13: White Christmas

White Christmas is a 1954 American musical film directed by Michael Curtiz. Singers Bob Wallace (Bing Crosby) and Phil Davis (Danny Kaye) join sister act Betty (Rosemary Clooney) and Judy Haynes (Vera-Allen) to perform a Christmas show in rural Vermont. There, they run into Gen. Waverly (Dean Jagger), the boys' commander in World War II, who, they learn, is having financial difficulties; his quaint country inn is failing. So what's the foursome to do but plan a yuletide miracle: a fun-filled musical extravaganza that's sure to put Waverly and his business in the black!

Tuesday December 27: Holiday Inn

Holiday Inn is a 1942 American musical film starring Bing Crosby and Fred Astaire, with Marjorie Reynolds, Virginia Dale, and Walter Abel. It was directed by Mark Sandrich with music by Irving Berlin. The composer wrote twelve songs specifically for the film, the best known being "White Christmas". Jim Hardy, Ted Hanover, and Lila Dixon have a popular New York City song and dance act. On Christmas Eve Jim prepares for his final performance before retiring to marriage with Lila and life on a farm in Connecticut. Lila tells Jim she has fallen in love with the notorious charmer Ted instead; heartbroken, Jim bids them goodbye... The film received a 1943 Academy Award for Best Original Song (Berlin's "White Christmas"), as well as Academy Award nominations for Best Score (Robert Emmett Dolan) and Best Original Story (Irving Berlin).



Sponsored and hosted by

Primeplus
Norfolk Senior Center

7300 Newport Avenue, #100
Norfolk, Virginia 23505

**Free & Open
to the Public**

Why do I PreventT2?

I love being out in my garden. So when my doctor told me I had prediabetes, I knew preventing type 2 diabetes had to become a priority.

1 out of 3 American adults has prediabetes. If you have prediabetes, **you can make changes now to improve your health and prevent type 2 diabetes.**

The PreventT2 lifestyle change program can help you lose weight, become more physically active, and reduce stress.

With PreventT2, you get:

- 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

**Join the next PreventT2 program that begins in January 2023.
Call today to register — so you can keep doing the things you love.**

CALL OR VISIT US ON THE WEB TODAY.

Call 757-598-0063

www.Primeplus.org



SILVERSNEAKERS ENERCHI

MONDAYS @ 11:00 AM

INSTRUCTOR: PATTY BENSON

SilverSneakers EnerChi combines easy to learn tai chi forms and qigong exercises to improve well-being through mindful movement. While learning and practicing forms, attention is given to transferring weight smoothly, maintaining postural control and focused breathing techniques. Benefits include increased muscular endurance, improved balance recovery and a calm mind. Chair support is offered to facilitate standing stability and seated exercise options.



Prime *plus* SENIOR CENTERS



INTRODUCTION TO PILATES

INSTRUCTOR: ANN GERACI

Pilates is a low-impact exercise that improves postural alignment whilst increasing flexibility and strength. It targets the core although the whole body is tested during a session.

The December 1st Class is Free!
All other classes for the month will be \$5.00 per class

Primeplus Holiday Events



WRAP SESSION WITH ANN
GIFT WRAPPING FOR A CAUSE

December 20th & 22nd from
11:00 am - 12:00 pm.

Bring your Christmas gifts and Ann Williams will wrap them without wandering or peeking eyes. Donations are greatly appreciated. All proceeds will go to Primeplus Senior Centers.