

# Happy New Year!

## New Year, New Day, New Me



*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.*

### Monday

**9:00 – 9:45 a.m. - Inspirational ChairOne with Vanessa \*New\***

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  
10:00 – 10:45 a.m. - Intro to Tabata with Patty

10:00 – 2:00 p.m. – Open Bridge Play  
11:00 – 11:45 a.m. - Silver Sneakers Enerchi™ w/Patty  
11:00 – 11:45 a.m. - Core on the Floor w/Fere  
11:00 – 11:45 a.m. - ChairOne with Suzanne  
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. - Coffee & Chat \*NEW\***

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. – 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. – Aerobics with Tomika \*NEW\***

**11:00 – 11:45 a.m. - Chair Zumba with Tomika \*NEW\***

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  
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 Suzanne  
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 Suzanne

**Free Curbside Food Pantry - 10:00 - 11:30 a.m.**

**Location: Right side parking lot**

### Thursday

**9:00 – 9:45 a.m. - Coffee & Chat with Steve \*NEW\***

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. - Intro with Pilates 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/Suzanne  
12:00 – 12:30 p.m. - Sit n' Get Fit with Fere

### Friday

9:00 – 9:45 a.m. - Ball Exercises w/ Fere (\$\$)  
**10:00 – 10:45 a.m. – Premium Boot Camp w/ Chelsea (\$\$) \*NEW\***

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

# Coffee & Chat Is Back!

Every Tuesday & Thursday  
9:00 a.m. - 10:00 a.m.

**To enter the building, please  
use the ramp on the right  
side of the building.**



Steve Kolb, pianist, will be  
performing live & taking requests  
on Thursdays

You can also stream this program on Thursdays:  
[www.facebook.com/askprimeplus](http://www.facebook.com/askprimeplus)



Primeplus  
SENIOR CENTERS

7300 Newport Avenue, #100  
Norfolk, Virginia 23505



# INSPIRATIONAL CHAIR ONE FITNESS

*Instructor: Vanessa Golson*

**Every Monday**  
**@ 9:00 a.m.**



**THIS CLASS GOES BEYOND THE  
TRADITIONAL CHAIR EXERCISE  
PROGRAMS AND OPENS YOU UP  
TO MOVEMENT WITH IT'S  
INSPIRATIONAL & MOTIVATIONAL  
PLAYLIST TO JUMPSTART  
YOUR WEEK.**

*Call 757.625.5857  
to register*

**CHAIRONE**  
F I T N E S S  
**Prime**  
plus  
SENIOR CENTERS

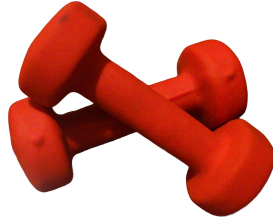


**NEW FITNESS CLASSES!**

**TUESDAYS**

**10:00 - 10:45 a.m.**

**Aerobics  
with Tomika**



**11:00 - 11:45 a.m.**

**Chair Zumba  
with Tomika**

# **Smart Money Investment Club**

**Second Wednesday of Each Month  
10:00 a.m.**

**Members will learn about investing, analyzing investment options, and in many cases, buying and selling investments as a unit. Though members certainly welcome profits, the real focus of this club is education—and often a fair bit of socializing.**







YOUR NEW YOU STARTS TODAY.

# PREMIUM BOOT CAMP

with Chelsea

Fridays @ 10:00 am

Fee: \$5.00 per class

Take Your Fitness Level Up A Notch  
With This New Premium Class!

Call 757.625.5857 x103 to register





# Why do I PreventT2?

## Primeplus Informational Session

Wednesday, January 25, 2023  
@ 1:00 p.m.

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:

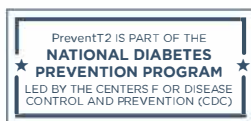
- A proven program to prevent or delay type 2 diabetes
- A CDC-approved curriculum and trained lifestyle coach
- A year-long program with weekly meetings for the first 6 months, then once or twice a month for the second 6 months
- Support from others like you as you learn new skills

**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](http://www.Primeplus.org)**



Hampton Roads  
Community Foundation



# You Pick the Movie in January

Tuesday, Jan. 31st @ Noon

Free & Open to the Public

Afternoon  
at the  
Movies

We are offering 2 movie choices and members will be asked to vote for their favorite movie in the Primeplus office between January 3 – 20.



"Claudine" was originally released in 1974, this romantic comedy is just in time for Valentine's Day! A very young Diahann Carroll and James Earl Jones play the romantic leads in this heart-warming love story.

"While struggling to support herself and her six children in Harlem by working as a maid for a wealthy family, Claudine (Diahann Carroll) meets a charming garbage man, Roop (James Earl Jones). But although Roop is smitten with the lovely single mother, his own life trials make him slow to respond to her invitation to a lifetime of love."



**"Guess Who's Coming To Dinner."** Starring Sydney Poitier, this 1967 motion picture deals with romantic and interracial relationships, was released in 1967, same year as the Virginia VS Loving Supreme Court case. Although it contains some funny parts, overall this movie is a dramatic representation of racial tensions of the 1960s.

"Crusading newspaper publisher Matt Drayton's liberal principles are put to the test when his daughter, Joey, announces her engagement to John Prentice, an internationally renowned African-American physician. While Matt's wife, Christina, readily accepts Joey's decision, Matt intends to withhold his consent, forgetting that when it comes to matters of the heart, true love is colorblind."