

PrimeplusCares

CAREGIVER SUPPORT ZOOM GROUP

1st & 3rd Wednesday of every month at 7 PM

This group is a safe space to discuss the stresses, challenges, and rewards of caregiving.

**Participants can join our Zoom Meeting
the 1st & 3rd Wednesday of every month
starting March 6, 2024**

It's simple, just email at crandolph@primeplus.org
and we will send you the Zoom Link!



Please contact Primeplus at 757.625.5857 or via email at crandolph@primeplus.org with any questions.

Monday

8:00 - 8:45 a.m. - Ball Exercise (\$\$) - **No class 3/18/24**
 9:00 - 9:45 a.m. - Chair Zumba w/ Amy
 9:00 - 9:45 a.m. - Balance with Fere **No Class 3/18/24**
 9:00 - 9:45 a.m. - Body Boot Camp with Chelsea
 10:00-10:45 a.m.- Gentle Yoga with Victoria
 10:00- 10:45 a.m.- Too Fit To Quit with Richelle
 10:00 -10:45 a.m.- Seated in Strength with Chelsea
 10:00 -10:45 a.m.- Stretch, Flex & Tone Chair with Fere
 10:15- 10:45 a.m.- Art of Stretching with Suzanne
 12:00 - 2:00 p.m. - Pickle Ball in NFWC Gym

9:00 - 12:00 p.m. - Ceramics 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 - 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. - ChairOne with Suzanne
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/ Suzanne

Tuesday

9:00 - 9:45 a.m. - Pilates with Fere **No Class 3/19/24**
 9:00 - 9:45 a.m. - Aerobics with Sheina
 9:00-9:45 a.m. - Essentrics with Peggy
 10:00 - 10:45 a.m. - Balance & Agility w/ Angie
 10:15 - 11:00 a.m. - Balance & Agility w/ Shawn ***NEW***
 10:00 - 10:45 a.m. - Stretch Flex & Tone Chair with Sheina
 10:00-10:45 a.m. - Stretch, Flex & Tone Chair with Fere **No Class 3/19/24**
 10:00 - 11:00 a.m. - Beginning Tai Chi w/ Tidewater Tai Chi (\$\$)
 11:00 - 11:45 a.m. - Too Fit To Quit with Fere
 11:00 - 11:45 a.m. - Chair Aerobics with Sheina
 11:00 - 12:00 p.m. - Yin Yoga with Angie
 11:00 - 12:00 p.m. - Intermediate Tai Chi w/ Tidewater Tai Chi (\$\$)

9:00 - 9:45 a.m. - Coffee & Chat with Steve
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$)
 9:00 - 1:00 p.m. - Game Room (Pool & Table Tennis)
 10:00 - 2:00 p.m. - Mexican Train Dominoes

African Dance with Sunshine
 1st & 3rd Tuesday of each Month @ Noon

Afternoon at the Movies
 Last Tuesday of the month @ Noon

Medicare Counseling with Brad
 3rd Tuesday @ Noon

Wednesday

8:15 - 8:45 a.m. - The Art of Stretching w/ Suzanne
 8:30 - 9:15 a.m. - Boot Camp with Fere
 9:00 - 9:45 a.m. - Folk Dancing with Alice & Joe
 9:00 - 9:45 a.m. - Fitness Fundamentals with Suzanne
 9:00 - 9:45 a.m.- Abs, Abs, Abs with Angie
 10:00 - 10:45 a.m. - Balance & Agility with Fere **No Class 3/20/24**
 10:00 - 10:45 a.m.- Line Dancing with Alice & Joe
 10:00 - 10:45 a.m. - Seated in Strength w/ Suzanne
 10:00 - 11:00 a.m. - Gentle Yoga with Angie
 10:00 - 11:00 a.m. - Gentle Flow Yoga with Shawn ***NEW***
 11:00 - 11:45 p.m. - Too Fit To Quit with Richelle
 11:15 - 12:00 p.m. - Chair Yoga with Angie
 12:00 - 12:45 p.m. - ChairOne with Suzanne
 12:00 - 2:00 p.m. - Pickle Ball in NFWC GYM

9:00 - 12:00 p.m. - Ceramics & More with Yvonne (\$\$)
 9:00 - 1:00 p.m. - Game Room (Pool Table & Table Tennis)
 9:00 - 11:00 a.m. - Smart Money Meeting *2nd Wed
 10:00 - 4:00 p.m. - Mah Jongg Open Play
 10:00 - 12:00 p.m. - Acrylic Painting Class w/ Nancy (\$\$)

Free Curbside Food Pantry - 12:00 - 1:30 p.m.
Location: NFWC Parking Lot

Thursday

9:00 - 9:45 a.m. - Zumba Gold Tone w/ Sheina
 9:00 - 9:45 a.m. - Balance & Agility with Fere
 10:00 - 10:45 a.m. - Stretch Flex & Tone Chair w/ Sheina
 10:00 - 10:45 a.m.- Stretch, Flex & Tone with Fere
 10:00 - 10:45 a.m. - Intro with Pilates with Richelle
 11:00 - 11:45 a.m. - Too Fit to Quit Aerobics w/ Fere **No Class 3/21/24**
 11:00 - 11:45 a.m. - Beyond Barre with Richelle
 12:00 - 12:45 p.m. - Charged Up! Aerobics w/ Suzanne
 12:00 - 12:30 p.m. - Sit n' Get Fit with Fere

9:00 - 9:45 a.m. - Coffee & Chat with Steve
 9:00 - 12:00 p.m. - Woodworking with Francis (\$\$)
 9:00 - 1:00 p.m. - Game Room (Pool & Table Tennis)
 10:00 - 2:00 p.m. - Open Bridge Play



COMMUNITY EMERGENCY RESPONSE TEAM WORKSHOPS

We are a volunteer organization that has been trained to react before and after a disaster. Our goal is to work with the citizens and offer classes on preparedness and what services are available for their community. We will train the citizens to be community leaders, and be more self-sufficient in their home/building. We recognize the hazard issues facing the neighborhood they live in and how the citizens can be prepared for possible power outage or being on their own.

Mission:

To educate citizens to be better prepared to take care of themselves, their family, and their friends and neighbors in the event of a Man-made or Natural Disaster until professional help can arrive. **"People helping People"**. At Primeplus, we will use their regular meeting days to offer classes on preparedness that will train and develop you to take care of yourself and other around their neighborhood.

Class includes:

- Disaster Preparedness & Personnel Safety
In Your Community
March 27th, 12:00 -1:30
- Fire Safety
April 3rd, 12:00 -1:30
- Medical First Aid; Emergency Transport & Choking
April 10th, 12:00 -1:30

To register, please contact Primeplus via phone at 757.625.5857 x 108
You do not have to be present for all classes



OLD DOMINION UNIVERSITY UNDERGRADUATE
HUMAN MOVEMENT DEPARTMENT

Biometric Health Screenings & Walk Assessment

March 19th & March 21st
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



OUR MEMBERS ARE THE MISSION

Free Financial Workshop

What You Can Do Now
for a Bright Financial Future



WORKSHOP



DATE/TIME



ADDRESS



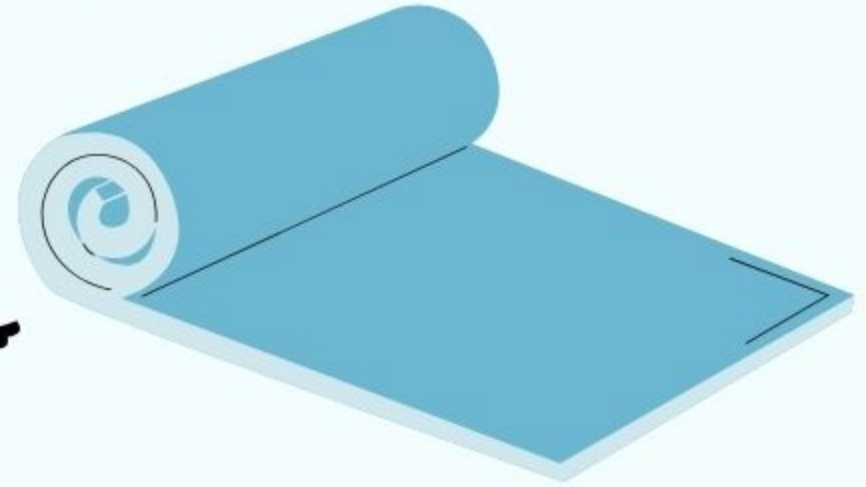
TO RSVP

2-day

AYURVEDA

Prime *plus*
SENIOR CENTERS

Yoga Workshops



Presented by: Lydia Talley, a therapeutic yoga instructor and holistic health coach

Thursday, March 21st & Thursday, March 28th

12:00 PM

Lydia Talley will help you develop a basic understanding of Ayurveda, "The Science of Life". In this 2- day workshop we'll delve into body types, known as "doshas" in Ayurveda, along with their composed elements of fire, water, earth, air, and space to explore ways of understanding and caring for our bodies."

Premium Series: \$20/person, minimum class size 8.

Price includes both premium sessions; not sold separately.

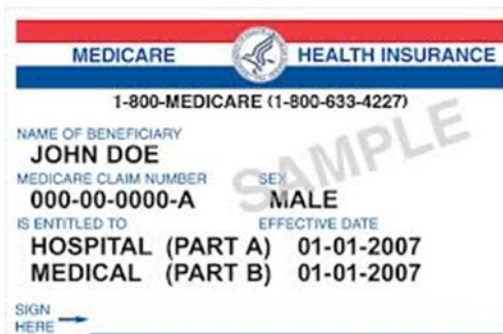
Call 757.625.5857 x103 for more information
7300 Newport Ave. Norfolk, VA 23505

Confused about your Medicare Options?

Part A, Part B, Part C and Part D? What about Plan G?

3rd Tuesday of each Month at Noon

- 1) Are you just turning 65 & you don't know what to do?
- 2) Are you over 65, & you put off the decision, because you didn't know what to do?
- 3) Was it so confusing that you just about gave up?
- 4) Was it so much to think about that you just did nothing?



A sample Medicare Health Insurance card for John Doe. The card includes the Medicare logo, the text "MEDICARE HEALTH INSURANCE", and the toll-free number "1-800-MEDICARE (1-800-633-4227)". It lists the beneficiary's name as "JOHN DOE", the Medicare claim number as "000-00-0000-A", and the sex as "MALE". It also shows the effective date for both Hospital (Part A) and Medical (Part B) coverage as "01-01-2007". There is a "SIGN HERE" line at the bottom.

If you answered "YES" to any of the above questions, then you need to come to this educational event.

Join Bradford S. Klavan, of Insurance Advisors, LLC, an independent insurance agent, licensed in the Commonwealth of Virginia. He will be here to lead the seminar and available to answer your general questions

Call 757.625.5857 for more details!

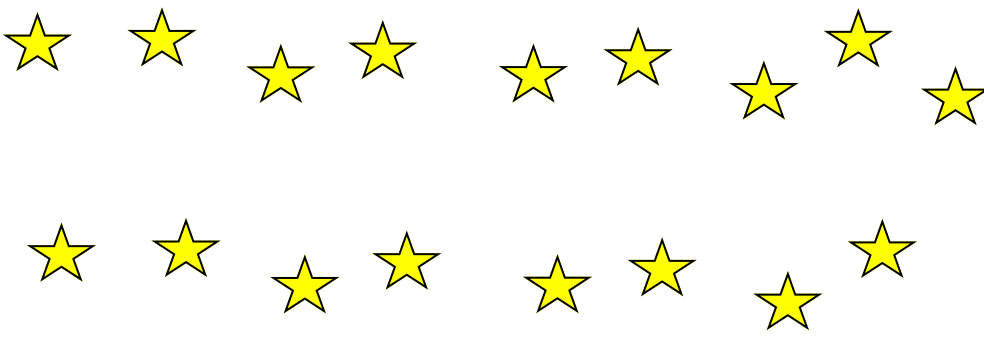
For accommodations of persons with special needs at meetings call 757-625-5857 TTY 711

Sponsored and hosted by

Prime*plus*
Norfolk Senior Center

7300 Newport Avenue, #100
Norfolk, Virginia 23505

**FREE & OPEN
TO THE
PUBLIC**



Wednesday, March 26th @ Noon

Easter Parade is a 1948
American musical film

In this lavish musical, Broadway star Don Hewes' (Fred Astaire) dancing partner (Ann Miller) goes solo, and Don declares that he can make a hit performer out of the next dancer he sees. This turns out to be the inexperienced Hannah (Judy Garland), who bristles as Don tries to make her into his old partner. But as he realizes that he is falling in love with Hannah, Don knows that he must let her grow into her own kind of dancer if he wants her to reach her full potential.



**Free & Open
To The Public**

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Prime
Senior Center *plus*

7300 Newport Avenue, #100
Norfolk, Virginia 23505

Silver Linings

"Shaping Your Legacy through Estate Planning"

**THURSDAY**

April 11, 2024

**TIME**

12pm-1pm

**PRIMEPLUS**

Senior Center

**VICTORIA BOWLING**

Attorney & Presenter



Join me for an informative discussion about the basics of estate planning including:

- ✓ Powers of attorney
- ✓ Wills and trusts
- ✓ Advanced medical directives





Why do I PreventT2?

My wife and I want to have a long and happy future together. 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 PreventT2 program — so you can keep doing the things you love.

CALL OR VISIT US ON THE WEB TODAY.

Call 757.625.5857 x104

www.primeplus.org



Hampton Roads
Community Foundation

Prime
SENIOR CENTERS *plus*

THE CITY OF
NORFOLK

WHAT IS RESPIRATORY DISEASE PREVENTION?

**JOIN
US**

Tuesday, March 26, 2024

VA Dept. of Health Vendor Table

Location: Primeplus Lobby

9:30 - 11:30 a.m.

VA Dept. of Health Presentation

Location: Room 306

12:00 - 1:00 p.m.

MOST COMMON SYMPTOMS OF RSV:

- congestion
- runny nose
- irritability
- decreased appetite
- fever

Most of the time RSV will cause a mild, cold-like illness. Initial symptoms of RSV can include:

WHO'S AT RISK:

- OLDER PEOPLE
- People with underlying medical problems like asthma, copd, and CHF.

WHAT TO DO:

While RSV infections are typically mild, there is still a possibility it could pose a severe impact

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VDH VIRGINIA
DEPARTMENT
OF HEALTH



2023 BEST OF SHOW WINNER VILLAGE CELEBRATION BY HERMAN A. COX, JR.

SAVE THE DATES

ARTFEST EXHIBIT

June 6th - July 26th

Entry Fee: \$40 for members and \$45.00 for non-members

APPLICATION DEADLINE/ARTWORK INTAKE

May 20 - May 23 from 10 am to 2 pm (closed Friday)

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

This show is judged based on the different categories and (1) Overall Best in Show winner will be selected for a cash prize on 6/6/24. People's Choice ribbons will be awarded on 6/24/24. All artwork will be on display during the entire exhibit.

Primeplus is located within the Norfolk Fitness & Wellness Center at 7300 Newport Ave. Norfolk, VA 23505. Call **757.598.0058** or e-mail Chantel at **crandolph@primeplus.org**