

Prime Time

February 2010 - March 2010

The Primeplus Program Guide for Active Adults

Adult Day Services



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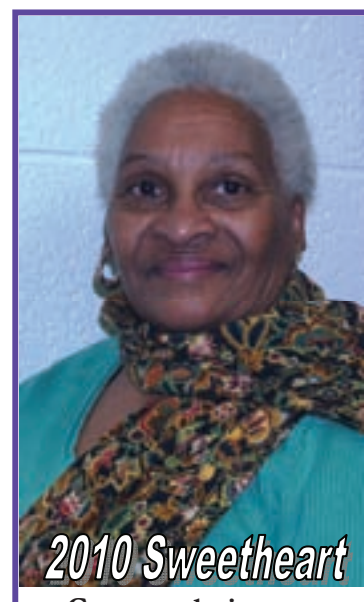
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The Computer Learning Lab brought them together, but sharing computer knowledge made them friends! This class is one of many classes offered to increase your computer competence.



Mah Jongg players enjoy their weekly game and look forward to catching up with one another during an afternoon of relaxation.



2010 Sweetheart

Congratulations to
Mabel Robinson

Greetings to Each of You!

The New Year is off to a great start and we are already hitting the ground running. Membership is on the rise, with almost 300 new members, reflecting a 34% increase since April '09. Not only are those 50+ finding out about the wonderful programs offered at Primeplus, there are many who find our services the best value for their money.

Economic difficulties are a reality for all of us. Not only are we receiving less in donations due to the decreases in donor discretionary funds, the governmental grants we apply for and receive are also being reduced. All of the offerings are still available however, you may notice we are asking each of you to remember a **\$2.00 minimum donation is requested for all ongoing programs**, even though there currently is no fee for many of them. These are challenging days at the center, we need your program donations more than ever, and appreciate your support. Fee classes will continue to be priced individually. Thank you in advance for your help.



Speaking of donations, the **Meal Program** continues to receive help with equipment from local restaurants. The Nutrition Advisory Committee has had their first meeting, senior specific menus and recipes have been received, and those attending the Adult Day Services program have begun to enjoy home cooked meals.

In order to expand this program to the Senior Center, we need to raise funds to offset the costs. To do that, we are planning our **first signature event, Men Who Cook: The Tidewater Edition on April 17th**. This cooking competition will feature two-man teams, serving 300 tastes of their favorite recipe. Women judges from the South Hampton Roads community will serve as judges. The evening will feature food, beverages, entertainment and fun for all. Tickets are \$40 per person, with all proceeds going to support Primeplus Norfolk Senior Center.

To learn more about this event, how to enter your team, become a sponsor, a volunteer, or to purchase tickets, call 625-5857 and ask for Tanya or Lisa, our event coordinators.

See you there- Lynne J. Berg

Save the Date! Saturday, April 17, 2010

Men Who Cook: The Tidewater Edition

To Be Held at the Norfolk Masonic Temple ~7001 Granby Street

Two-Man Teams, All Woman Jury - May the Best Men Win!

We're looking for a few good "chefs and sous chefs" from the military, law enforcement, city government, shipbuilding, longshoremen, education, business and the legal and medical fields, (to name a few)! Compete and cook the "taste bud fantastic" all to help raise funds for

Primeplus Norfolk Senior Center

For more information: Call 625-5857 and ask for Tanya or Lisa



Enjoy Programs for Your Heart & Soul

Feb. 3rd

Diabetes 101 11:30 a.m.

Silk Scarf Painting Workshop 10 a.m.

Feb. 8th

Classic Movies 1 p.m.

Feb. 17th

Cell Phone Training 9 - 11 a.m.

Feb. 19th

Arts Within Reach 10 a.m.

“Virginia Symphony Duet “

Feb. 11th & 25th

Art History Series 1 p.m.



SENIOR ARTFEST

May 10th - 28th

SAVE THE DATE !!!



Sweethearts on Parade -Fairlawn Community Center Thursday, February 11, 2010 1- 3 p.m.
Contact Gail Burton at 441-1035 for details.

Senior Center Staff

Lynne Berg, Executive Director
Kathy Thumm, Senior Center Director
Chantel Randolph, Senior Center Coordinator
Gwendolyn Kight, Membership Services Coordinator
Kevin Robinson, Chef (PT)

Beulah Brooks, Driver (PT)
Ed Bunker, Woodshop Manager (PT)
Erica Reynolds, Accounting Clerk
Jeanette Thorpe, Ceramics Teacher (PT)

Mary Taylor, Administrative Assistant
Mary Wittmayer, Accounting Manager
Lola Highter, Head Custodian (PT)
Tanya Keller & Lisa Sands, Development Team (PT)

Senior Community Services Employment Program Clients: Robert Rhodes, Juniors Riddick, James Slade, Eugene White, Janitors; Bessie Martin, Carlester White, Edith White, Carlise Williams, Housekeepers; Delores Brown, Myrtle Hogue, Nutrition; Mamie Lamb, Peggy McGuire, Aurlander Phillips, Office Clerks; Carolyn Bennett, Thelma Creekmore, Nadia Zotaj, Shop Managers; **SSSEVA Staff:** Pam Kern, R.S.V. P. Coordinator * *Italicized also work for Adult Day-Health Care*



ACTIVE WELLNESS PROGRAMS

We are grateful for support received for these services from United Way and the Virginia General Assembly. \$2.00 min. donation requested for all ongoing programs. Fee classes priced individually.



BALLROOM OPEN DANCE

Tuesdays 12:00 - 1:30 p.m.
A \$2.00 min. donation requested.

CHAIR YOGA - NEW

Mondays 10:00 - 11:30 a.m.
Monday, February 15 CLOSED
Registration is required. Fees include the following: **Feb. \$15; Mar. \$25**

DANCERCISE

Tuesdays 10:30 - 11:30 a.m.
Come join us! A \$2.00 min. donation requested for all ongoing programs.

POOL WALKING

Fridays 11:00 a.m. - 12:00 p.m.
Walk together in the NFWC Pool. Register in advance at Primeplus. \$5 weekly.

STRETCH, FLEX AND TONE - VIDEO

Tuesdays & Thursdays 9:30 - 10:15 a.m.
A \$2.00 min. donation requested for all ongoing programs. Pre-registration and waiver required!

TOO FIT TO QUIT

Tuesdays & Thursdays 9:45 - 10:30 a.m.
Rocky Kent provides strength training with free weights to help you get toned. Pre-registration and waiver is required! \$2.00 min. donation

TAI CHI CLASSES BEGINNING

Tuesdays, 10:00 a.m.
New Beginning class starts March 2. Fee is \$70 for Senior Center Members, \$80 for non-members for eight week beginner tai chi class.
Contact Don Davis at 533-9092.

INTERMEDIATE

Tuesdays, 11:00 a.m.
Contact Don Davis for details at 533-9092.

TABLE TENNIS

Mondays 9:00 a.m. - 12:00 p.m.
Monday, February 15 CLOSED
Wednesdays 1:00 - 4:00 p.m.
Fridays 9:00 a.m. - 12:00 p.m.
You must be a member to participate. No experience is required.

Wii BOWLING

Wednesdays, Feb 10 & 24 10:00 - 12:00 p.m.
Wednesdays, March 10 10:00 - 12:00 p.m.
Join Universal American for a fun game of bowling on the Nintendo Wii. No experience necessary, just lots of fun. **FREE**

YOGA CLASSES

Wednesdays 10:00 - 11:30 a.m.
Fees: **Feb. \$20; Mar. \$25**

SERVICES

AARP 55 ALIVE MATURE DRIVERS COURSE

Thursday, February 18 9:30 a.m. - 2:00 p.m.
Friday, February 19 10:00 a.m. - 2:00 p.m.
Thursday, March 18 9:30 a.m. - 2:00 p.m.
Friday, March 19 10:00 a.m. - 2:00 p.m.
A prepayment of \$12 for AARP members and \$14.00 for non-members is required. Make



check or money order payable to AARP & mail to the Center **Bring a bag lunch, and AARP card if you are a member.**

AMERICAN SIGN LANGUAGE-TALKING HANDS

February 4 - 18 12:15 p.m. - 1:00 p.m.
March 4 - 18 12:15 p.m. - 1:00 p.m.

BLOOD PRESSURE SCREENING

2ND WEDNESDAY EACH MONTH 9:00 a.m.

SENIOR DINING PROGRAM

Mondays - Fridays 11:00 - 1:00 p.m.
Monday, February 15 CLOSED
Meals program for those over 60. Register in advance for the program. Contribution \$2 per meal.

LAMP & SMALL APPLIANCE REPAIR

Drop off items in the Gift Shop for repair. The only cost is for parts but a Center donation is appreciated.

MASSAGE THERAPY APPOINTMENTS

Fridays 12:00 - 5:00 p.m.
Relax with a Chair or Table Massage. Call to schedule an Appointment. **1/2 hour: Members fee \$30; Non-members fee \$40. 1 Hour: Members \$50; Non-members \$55. Chair massage - \$1.00 per minute+ \$5 program fee.**



ARTS & CRAFTS PROGRAMS

Art classes, Ceramics, Pottery, Textiles, Woodworking & More

BEGINNING ART

Fridays, TBA 10 a.m. - 12:00 p.m.
Fee: \$40 members; \$45 non-members.

ART - INTERMEDIATE PAINTING ON CANVAS
Tuesdays, 10:00 a.m. - 12:00 p.m.
Feb. 2 - 23 & March 2 -23

Fee: \$40 members; \$45 non-members.
Join instructor Jane Thumm teaching acrylics painting. Pre-registration/payment required.

BEADING WORKSHOP

Monday, February 8 9:00 - 10:00 a.m.
Join Sandra Singletary who will teach you how to make a beaded necklace or bracelet. Pre-registration required! \$25.00 for Members \$30.00 for Non-Members.

Open Art Studio

Tuesdays, Wednesdays 12:00 - 4:00 p.m.
For Members only. A \$2.00 min. donation requested for all ongoing programs.

QUILTING & SEWING BEE

1st & 3rd Thursday, 9:00 a.m. - 12:00 p.m.
Join the group. Bring any work (such as sewing, embroidery, or knitting) and join in the friendship and learning in this social setting. A \$2.00 min. donation appreciated.

SILK SCARF PAINTING WORKSHOP

Wednesday, Feb. 3 10:00 - 12:00 p.m.
Wednesday, March 3 10:00 - 12:00 p.m.
Design your own one of a kind hand painted scarf. Fee: Members \$20, Non-Members \$30. Supplies are included with fee. Pre-registration and payment required.

WOODCARVING

Wednesdays 12:00 - 4 p.m.
Enjoy the experience of woodcarving and create beautiful handcrafted designs. A \$2.00 min donation appreciated.

WOODWORKING

Mon., Tues., Thurs. 9:00 a.m. - 1:00 p.m.
Monday, February 15 CLOSED
Join Ed Bunker who provides instruction in a variety of woodworking skills and operating equipment safely. Fee: Monthly \$25.

ROSE J. CAPLAN CERAMICS STUDIO CERAMICS & MORE

Monday & Thursday 9:00 a.m. - 12:00 p.m.
Monday, February 15 CLOSED
Wed. Open Studio 9:00 a.m. - 12:00 p.m.
Create beautiful designs by glazing and staining with instructor Jeanette Thorpe. RATES: Monthly: \$45.00. (2 classes with 1 open studio weekly). Weekly rate: \$25.00 1 class per week. Non-Members \$30.00. Drop-In fee: \$6.25 per class. Fees are due on a monthly basis prior to attending class.

CLAY - HAND BUILDING

Fridays, Feb. 5 & 19 12:00 - 2:00 p.m.
Fridays, March 5 & 19 12:00 - 2:00 p.m.
Learn basic pottery hand building techniques. Bring a rag and small sponge. Clay will be provided. Registration is required. Fee: Members \$15.00 Non-members \$20.00.

POTTERY - OPEN STUDIO

Tuesdays & Fridays 9:00 a.m. - 12:00 p.m.
A \$2.00 min. donation appreciated.

Custom Art Frames

Made-to-order picture frames made by the Woodworking Manager. Prices are modest and depend on frame size. See Manager Ed Bunker Mondays, Tuesdays or Thursdays, from 10:00-1:00 in the Woodshop for more information!

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ARTS & HUMANITIES

ART HISTORY SERIES II

Thursdays, February 11 & 25

1:00 - 3:00 p.m.

Join Mary Friesen as she continues this popular art series. Early Christian and Byzantine art will be featured in the first series, and followed up with Medieval and Romanesque art. **Bring a lunch or sign up for a meal.** Please register in advance. Donations for the program are appreciated. **Members, minimum \$2 donation appreciated. Non-Members fee: \$15.00.**

ARTS WITHIN REACH

Friday, February 19

10:00 a.m.

Enjoy a special performance by the Virginia Symphony with a duet by Debra Wendells Cross on flute and Barbara Chapman on harp. An Arts Within Reach concert, free and open to the public. Presented by the Norfolk Commission on the Arts and Humanities. For more information, call 664-4321

CLASSIC MOVIES

Second Monday of Each Month

Starting February 8



1:00 p.m.

Enjoy Classic movies with Leonard Freedman starting with Casablanca starring Humphrey Bogart & Ingrid Bergman. March Feature: Singing in the Rain with Gene Kelly & Debbie Reynolds. **Members a minimum \$2.00 donation appreciated.**

MUSICAL MEMORIES 2010

Thursdays, through Feb. 18 & March 4 - April 8

10:30 - 11:30 a.m.

Enjoy a mixture of popular and classical music and wonderful sounds to suite everyone's taste with Leonard Freedman. **Members a minimum \$2.00 donation appreciated; Non-Member Fee: \$15.00**

SPANISH LESSONS

Mondays, Feb 1 - March 1 Closed Feb. 15

9:00 - 11:00 a.m.

Mondays, March 8 - 29

9:00 - 11:00 a.m.

Learn the basics of the Spanish language with instructor Dan Sias who has experience in tutoring & interpreting at ODU. **Fee: Members \$30; non-members \$35.00 per month**

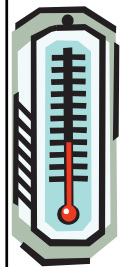
THE ENDURABLES SINGING GROUP

Tuesdays

10:00 a.m.

COLD WEATHER WARNING

Staying warm isn't always easy. Sometimes, turning up the heat isn't an option. If not, you should layer your clothing (long underwear, tights or leggings under pants, undershirts or t-shirts under tops), wear thick socks, and don't feel odd about using a shawl when sitting and reading or watching TV. Staying warm is your most important goal.



WEATHER ALERT!

If the roads are bad, our parking lot may be treacherous. Before you risk a wasted trip or worse, check the T.V. for closings and then call the Center. If the center is open please note that some classes may be canceled, especially if instructors are not able to come in.



Hypothermia Signs

According to the National Institute on Aging **look for the "umbles", stumbles, mumbles, fumbles, and grumbles, these show that the cold is affecting how well a person's muscles and nerves work. People should watch for:**

- *Confusion or sleepiness**
- *Slowed, slurred speech, or shallow breathing**
- * Weak pulse or low blood pressure**
- * A change in behavior during cold weather or a change in the way they look**
- * A lot of shivering or no shivering; stiffness in the arms or legs**
- * Chilly rooms or other signs that they have been in a cold place**
- * Poor control over body movements or slow reactions**

COMPUTER LEARNING CENTER



Enjoy step by step, hands-on training in a stress free atmosphere. We provide students with hands on instruction and easy to read manuals. Students must become members of Primeplus (*previously the Norfolk Senior Senior Center*).

Fees are due at least one week in advance to reserve your space.

Call 625-5857 to register.

JUST STARTING WITH COMPUTERS

Mon., Feb. 8, 22 & Mar. 1 9:30 - 11:30 a.m.

Monday, Mar. 15 - Mar. 29 9:30 - 11:30 a.m.

"What's in the box?" If you are just beginning to develop computer skills this class is for you. At the end of this 3-week course, you will have conquered your fear factor and be ready to start yours up at home, or to buy a computer.

Fee: \$25

COMPUTER HOUSEKEEPING

"MAINTENANCE & SECURITY"

Mondays, March 8 & 15 1:00 - 3:00 p.m.

Join us for this two-session class to learn how to keep this very expensive piece of equipment operating optimally. Many of us can benefit by learning to both "clean-up" and perform maintenance on our home computer. **Fee: \$25**

INTRODUCTION TO COMPUTERS

Thursdays, thru Feb. 25 9:30 - 11:30 a.m.

Tuesdays, thru Feb. 9 9:30 - 11:30 a.m.

Tuesdays, Feb. 23 - Mar. 30 9:30 - 11:30 a.m.

This **6-week course** is based on Microsoft XP and Works 2006. You will learn basic applications such as word processing, graphics, and Internet, plus saving files to disk or CD. Basic knowledge of computers is required.

Prerequisite: JUST STARTING WITH COMPUTERS or equivalent experience using a mouse and keyboard. Students must have a home computer. **Fee: \$55**

USING DIGITAL CAMERA

Thursdays, March 11 & 18 1:00 - 3:00 p.m.

This 2-week course will cover the advantages of digital cameras, and acquaint you with the terminology and features to consider when making a purchase. In addition, basic knowledge of taking photographs, previewing, and deleting unwanted pictures will also be covered.

Pre-requisite: Intro to Computer class or equivalent. **Fee: \$25**

USING THE INTERNET

Wednesday, March 3 - 24 1:00 - 3:00 p.m.

This 4-week series will help you navigate the world wide web. You'll learn about e-mails, search engines, organizing your browser, privacy, and much more. **Fee: \$40**

COMPUTER LEARNING CENTER COORDINATING COUNCIL

Friday, February 12 10:45 a.m.

Friday, March 12 10:45 a.m.

Volunteers plan future course curriculum and class schedules for the computer learning center.

COMPUTER OPEN LAB - FREE

Fridays 12:00 - 2:00 p.m.

Computer students past and present can sign up to use the lab for practice time. **Register by Tuesday afternoon to use the lab that week.**

COMPUTER OPEN HOUSE- *New

Friday, February 19 12:00 - 2:00 p.m.

Are you Interested in Facebook, Ebay selling, or learning how to use Publisher? If so, let Primeplus know what's on your mind. Tell us which classes you would like the center to provide for you. We encourage everyone to come and talk with the computer coaches during this event and voice your opinion.

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CLUBS & GROUPS

AARP NORFOLK SENIOR GROUP MEETING
 4th Thursday of each month 10:30 a.m.
 Everyone is welcome so please plan to attend.

CRAFT CLUB
 Friday, February 26 1:00 p.m.
 Friday, March 26 1:00 p.m.
 Pre-registration deadlines: \$5.00 Supply Fee.

GENEALOGY GROUP
 TBA 1:00 p.m.
 Group leader still needed


SAVVY SINGLES
 3rd Wednesday of each month 11:30 a.m.

SMART MONEY INVESTMENT CLUB
 2nd Wednesday of each month 10:00 a.m.

SENIOR CENTER ADVISORY COUNCIL
 2nd Friday of each month 9:30 a.m.
 Share your ideas and input with your representative.

THE MAYOR'S COMMISSION FOR PERSONS WITH DISABILITIES
 Third Thursday of each month 2:00 p.m.
 This group welcomes everyone, and they will address any personal concerns including: the law, housing, transportation, education that relate to persons with disabilities. For more information call Barbara Craig at (757) 963-9239.

NORFOLK TRIAD MEETINGS
 Last Tuesday of each month 2:00 p.m.

 The Norfolk Triad meets every month inside the NFWC, call 441-5080 for details.



200 Golden Oak Ct., Suite 100
Virginia Beach, VA 23452

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GAMES

BINGO
 Mondays 1:00 p.m.
 Monday, February 15 **CLOSED**
 Wednesdays 1:00 p.m.
 Open to all. Non-smoking environment. Cell phones should be silenced during games. Minimum \$2 donation appreciated

BRIDGE LESSONS - INTERMEDIATE FREE
 Tuesdays, through Feb. 16 1:00 p.m.
 Tuesdays, March 2 - April 5 1:00 p.m.
 The class is designed to tweak the bridge player's carding knowledge and playing technique. Sessions include a lesson, illustrative pre-dealt hands and "free" playing time with advice. Doris Jordon, the instructor, is a Silver Life Master in the American Contract Bridge League. 6 week class. Minimum \$2 Donation appreciated.

BRIDGE - OPEN PLAY
 Mondays 10:00 a.m. - 3:00 p.m.
 Monday, February 15 **CLOSED**
 Thursdays 11:00 a.m. - 4:00 p.m.
 Fridays 10:00 a.m. - 12:00 p.m.

CANASTA
 Thursdays 11:30 a.m. - 2:30 p.m.
 Looking for fun-loving folks to join the group. Minimum \$2 donation appreciated

MAH JONGG - OPEN PLAY
 Mondays, Wednesdays 12:00 - 3:30 p.m.
 Monday, February 15 **CLOSED**
 Fridays 11:00 a.m. - 3:00 p.m.
 Minimum \$2 donation appreciated

SCRABBLE & OPEN GAME PLAY
 Wednesdays 9:00 a.m. - 12:00 p.m.
 Minimum \$2 donation appreciated

REMINDER!

A \$2.00 minimum donation is requested for all classes to enable us to continue to provide ongoing programs.

Other program fees are as listed.

MEMBERSHIP WELCOME NEW MEMBERS!

Membership is open to anyone over age 50. Dues are **\$30.00**, plus a one-time application fee of **\$10.00**, which subsidizes the printing and mailing costs of our PrimeTime program guide.

Join now before dues increases to \$40. starting July 1.

- | | | | |
|------------------|-------------------|----------------|-------------------|
| Carrol Allain | Patricia Bain | Anne Barnes | Bruce Beale |
| Charles Blood | Yvonne Bly | Norma Butler | Dolores Clemons |
| Phyllis Daniels | Martha Davis | Marie Deegan | Robert Deegan |
| Sue DeMong | Virginia Draughon | Lois Einhorn | Bertha Escoffey |
| Betty Lebon | William Leland | Jack Mace | Richard Mansfield |
| Martha McGill | Laverne Hines | Patsy Phillips | Donald Pollard |
| Franklin Pollard | Rebecca Rubin | Martha Ruggles | Vernon Savage |
| Cynthia Simpkins | Gregory Smith | Gail Stenberg | Dolores Tuttle |
| Carolyn Ware | Patsy White | Tanya Wohner | |

NEW MEMBER & VOLUNTEER ORIENTATION

Held the **1st Thursday** of every month at **10 a.m.** Find out more about the senior center programs and services. Coffee will be provided and tours will be given.

Call 625-5857 to Register.

Treasure Chest Shop

*Monday - Friday from 9:00 a.m. - 4:00 p.m.
Handcrafted items made by our members make great gifts.*

*Proceeds from sales of consignment items help to supplement incomes and support the center.
Call 625-5857 to schedule an appointment.*

“WISH LIST”

We still need the following items:

- DISH TOWELS & REFRIGERATOR
- 8” SLOW SPEED GRINDER
- WOLVERINE SHARPENING JIG FOR LATHE
- 16 GAUGE NAILS FOR PORTER BRAD NAILER
- RECLINERS WITH FOOTRESTS
- Wii GAME SYSTEM & GAMES

*FOR IN-KIND CONTRIBUTION SUPPORT
We appreciate your help.*

IT JUST MAKES SENSE.

A growing business requires a growing team.

Edward Jones believes that relationships are key to success. We feel that the best way to develop strong relationships is by doing business face-to-face. In order to meet the needs of our growing business, I'm pleased to announce that Shandre Harasty will be joining me to provide you with one-to-one, personalized service and advice.

Please stop by or call for an appointment with a financial advisor so we can be of service to you.



Shandre M Harasty



Jim O'Brien

Jim O'Brien
Financial Advisor
309 West Duke Street
Norfolk, VA 23510
757-622-2892

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MAKING SENSE OF INVESTING

HOLIDAY PARTY ACKNOWLEDGEMENTS

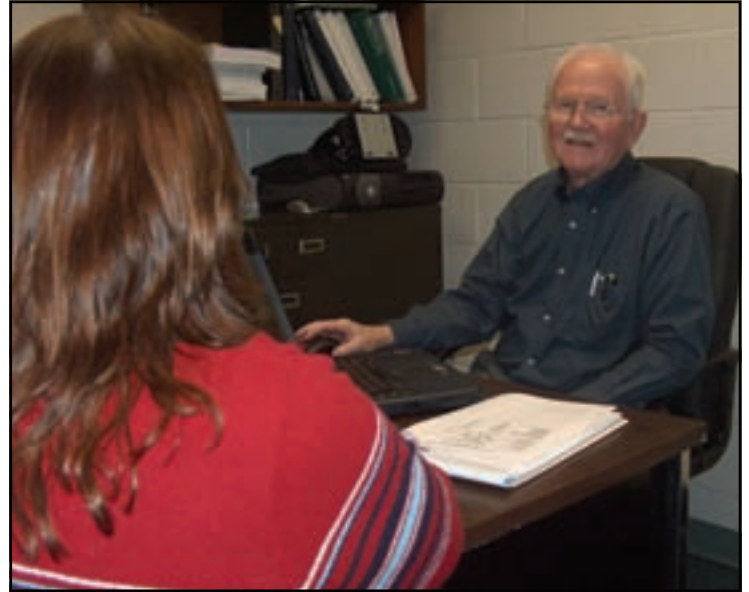
Special thanks to the volunteers who helped with our **Holiday Party**. **Volunteers:** Ann Baldwin, Donna Bortell, Crystal Brickhouse, Skip Chamberlayne, Dean Derby, Adam Donn, Earnest Franklin, Dr. William Gough, Ed Johnson, Callie Miller, Margie Mitchell, Justin Naglie, Richard Palmer, Alberta Smith, Anna Sutphin. **Entertainment** included Joe Bond, Bud Hubert (Santa Claus) Miss Norfolk, Crystal Woodhouse, The Endurables Singing Group, and the Faith Academy School of Excellence.



EVENTS & OTHER ACKNOWLEDGEMENTS



January Winter Wellness Event Provided Free Cholesterol Screenings for Attendees
Sentara Healthcare offered free screenings and information on health and nutrition during this popular event, as members learned about their cholesterol and resolved to make changes for better fitness and general well-being. Other classes included hearing, vertigo and massage.



Volunteer Medicare Part D Counselor Bob Major Evaluates Plans for Substantial Savings
Bob lent his expertise to help over 57 participants save a combined total of \$26,818 on their prescription drugs by helping them to evaluate their options. These plans vary from year to year. This annual event occurs from November 15th to December 31st each year.



Santa Claus Joins Primeplus Membership
While visiting the center for the Holiday Party, Santa became the newest member, vowing to make exercise his first priority during the New Year. Although he will be most active during the summer months, he plans to stay fit.



Vote for PrimePlus Senior Center

Best of Hampton Roads

March 15 - 31st .

Last year, Primeplus was honored with the Bronze Award as an agency offering outstanding services to those 50+ in South Hampton Roads. Join us and vote for Primeplus again this year!



Artists Encouraged to Attend Classes

Left: Art Student Betty Willcox enjoys Tuesday class taught by Jane Thumm. A variety of art classes are available at every level, from beginners, to those on an intermediate level. Other classes are offered as interest is expressed.

Right: Student Lorraine Bohlinger takes advantage of the Open Art Studio Hours on Tuesdays and Wednesdays. A \$2.00 donation helps offset the cost of maintaining the room, and allows the studio to be available.



The Quilting & Sewing Bee Group

This is a wonderful group of creative members. Any type of needle or handwork is encouraged, from knitting to cross stitch, and from crocheting to quilting and embroidery.

Twice a month these talented women share their current needlework challenges, patterns, and inspiration with one another creating wonderful fabric art. If you are stuck on a project, or if you want to learn how to do, this group can help you get in touch with your creative side. (See page 5.)



Team Verizon Techs Solve Cell Phone Challenges Monthly



Originally designed as a convenience, cell phones can also be a tremendous challenge to many of us. If you are having problems with your phone, help is available at Primeplus, as seen on television. Team Verizon Group will be here on the third Wednesday of each month, from 9:00 a.m.-11:00 a.m. in the Social Hall to help everyone to master their cell phones. Cost: A center donation is appreciated.



Need a Helping Hand?

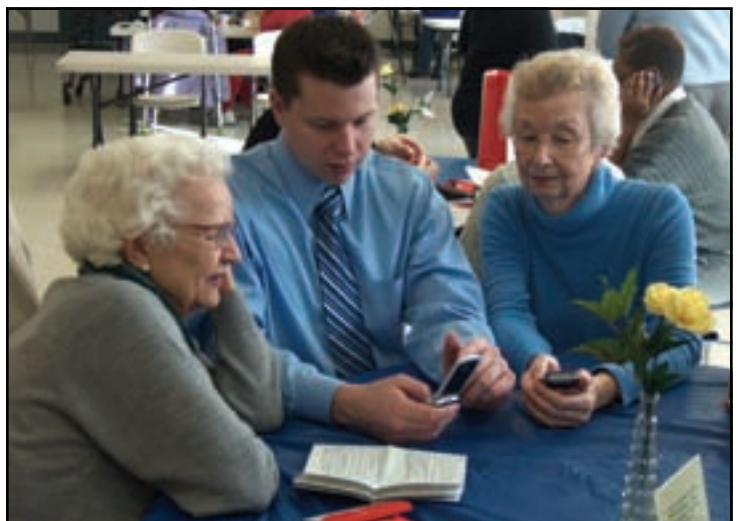
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In Home Assessment Available





TRANSPORTATION

Join our experienced driver, Beulah Brooks, and travel with friends along the way. This service is reserved for NSC members. Register early. In order for trips to operate the minimum number must be registered 24 hours prior or the trip will be cancelled. Remember, spaces are reserved on a first come first serve basis, so sign up and make payments well in advance. **Pre-payment for all trips is required.** Refunds or credit will only be given with 48 hours notice. **Registration for trips can only be taken for trips listed in the current newsletter.**

HOME-TO-CENTER SERVICE

Monday, Wednesday & Thursday
9:00 a.m. Arrival time to the center
Departure time: 1:00 p.m. Monday & Thursday and Wednesdays 3 - 3:30 for Bingo riders.
Passengers must be able to enter and exit the van with min. assistance and live within Norfolk city limits. **RATES:** For \$4.00 for round trip, ***Riders must notify the office in advance of any changes in pick-up. If cancellation notice is not received in advance, the passenger will be charged for the pick-up cost. Pre-registration is required.** This service is supported by our Friends' donations.

SHOPPING SERVICE BOTTOM DOLLAR

Tuesday, February 2 10:00 a.m. – 3:00 p.m.
We will visit Bottom Dollar. Lunch will be Dutch treat at a nearby eatery of choice. **Shoppers can purchase only as much as they can carry independently.** Sign up early. If you know a member who doesn't drive and could use this service, please let them know and please remember to honor our cancellation policy. *This service is supported by donations to the Friend's Drive.*

Van Fee: \$6.00

Minimum: 6

SHOPPING SERVICE SAV-A-LOT

Friday, February 19 9:30 a.m. – 3:30 p.m.
We'll shop at Sav-A-Lot. Our aim is to see that each person gets to pick up groceries and any other necessity he or she may need. Lunch will be Dutch treat at a nearby eatery. If you know a member who doesn't drive and could use this service, please let them know and please remember to honor our cancellation policy. **Shoppers can purchase only as much as they can independently carry.** *This service is supported by donations to the Friend's Drive.*

Van Fee: \$6.00

Minimum: 6

This service is supported by donations from people like you during the Friends Drive.

Please sign up for all activities!

MOVIE AT MILITARY CIRCLE w/ the SAVVY GROUP

Tuesday, February 9 10 a.m.–3:00 p.m.
The Savvy Group will enjoy a movie at Military Circle Mall. Lunch will be Dutch treat at The Piccadilly Cafeteria.

Movie Admission paid individually

Total Van Fee: \$7.50

Minimum: 10

The Mid-Atlantic Quilt Festival Friday, February 26 10:00 a.m. – 3:00 p.m.

The Quilting and Sewing group will attend this annual event on Friday, February 26 at the Hampton Roads Convention Center in Hampton, Virginia. This festival features fiber arts, quilting, interactive activities, a fashion show, workshops and exhibits.



Admission to this event is \$14.00

Van Fee is \$9.50

Minimum: 8

SHOPPING SERVICE KROGER

Friday, March 5 9:30 a.m. – 3:30 p.m.
We'll shop at Kroger for all of your food needs.

Our aim is to see that each person gets to pick up groceries and any other necessity he or she may need. Lunch will be Dutch treat at a nearby eatery.

If you know a member who doesn't drive and could use this service, please let them know and please remember to honor our cancellation policy. **Shoppers can purchase only as much as they can independently carry.** *This service is supported by donations to the Friend's Drive.* Call 625-5857 to register.

Van Fee: \$6.00

Minimum: 6



Call 625-5857

IMAX -AIR AND SPACE MUSEUM-HAMPTON, VA- With the SAVVY SINGLES

Tuesday, March 9 9:00 a.m.– 3:00 p.m.

The Savvy Group will be visiting the Air and Space Museum in Hampton, Virginia for an IMAX feature. The Air and Space Museum is the visitor center for Langley Air Force Base and NASA Langley Research Center. IMAX is short for "image maximum" and offers viewers a sense of motion and realism. Images are projected onto a five-story screen and enhanced by digital sound. Lunch will be Dutch treat at a local restaurant

IMAX Admission for seniors is \$6.00

Van Fee: \$7.70 Minimum: 10

MARINERS MUSEUM

Friday, March 26 10 a.m. – 3:00 p.m.



Board the Jitney and experience maritime history at the Mariners Museum in Newport News, VA. The museum was built by Archer Huntington in 1930. Archer was the son of the Founder of Newport News Shipbuilding and Dry Dock

Company. Archer Huntington acquired 800 acres of land for the museum. The museum has a 167 acre lake, holds 61,000 square feet of exhibition galleries, a research library and a vast collection of maritime artifacts from Holland, England, China, South Sea Islands, West Indies, Cuba, Haiti, Jamaica and Dominican Republic. Lunch will be Dutch treat at Red Lobster. Mariners Admission for seniors is \$12.00

Total Van Fee: \$10.25 Minimum: 8

SHOPPING SERVICE SUPER K-MART

Tuesday, March 30 10:00 a.m. – 3:00

p.m. We'll shop at Super K-Mart for all of your food and household needs. Tuesdays is a great day for deals. Our aim is to see that each person gets to pick up groceries and any other necessity he or she may need. Lunch will be Dutch treat at a nearby eatery. If you know a member who doesn't drive and could use this service, please let them know and please remember to honor our cancellation policy. Shoppers can purchase only as much as they can independently carry. *This service is supported by donations to the Friend's Drive.*

Van Fee: \$6.00 Minimum: 6



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Bingo players enjoy socialization, recreation and lunch together on Mondays and Wednesdays in the Social Hall. Transportation is available by calling 625-5857 .

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November - December 2009

Art Open Studio	5.05
Ballroom Dance-Open	37.00
Bingo	792.51
Bridge Lessons	28.00
Bridge Open Play	61.00
Canasta	29.00
Coffee	151.78
Dancercise	136.00
Exercise	294.05
Lamp Repair	27.00
Music	11.00
Mah Jongg-Open Play	53.00
Quilting	28.00
SAVVY Singles	25.00
Scrabble	19.90
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Smart Money	10.00
Table Tennis	15.27
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Total	\$2,356.43



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Donations mid November through December

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N. S. C. is a 501 (c) (3) not-for-profit corporation and eligible for tax-deductible contributions under regulations of the I.R.S. Code. Our financial statement is available for your review in the Executive Director's office or on request through the State Division of Consumer Affairs in the Department of Agriculture and Consumer Services. Thank you for your consideration.

SPECIAL PROGRAMS & EVENTS

AARP INCOME TAX ASSISTANCE

Monday - Friday February 2 - April 15

10:00 a.m. - 3:00 p.m.

Wednesdays

10:00 a.m. - 7:00 p.m.

AARP volunteers will provide Tax Assistance starting February 1st, Monday through Friday from 9:00 a.m. to 3:00 p.m. and Wednesdays until 7:00 p.m. Call 625-5857 for an appointment.

GARDENING HINTS - ARE YOU READY FOR SPRING?

Wednesday, March 10

11:30 a.m. - 12:15 p.m.

Tom Bolt, Norfolk Master Gardener since 1999 will discuss hints and tips to get your yard and garden ready for the growing season. Please call Chantel or Gwen at 625-5857 to register.

\$2.00 min. donation appreciated

DIABETES 101

Wednesday, February 3

11:30a.m. - 12:15 p.m.

Martin Nopper will give a presentation on Diabetes with information on What It Is, Who Gets Diabetes, Why and Diagnostic Tools. Martin worked for Bristol Myers Squibb and has a BS in Biology from Redford University. Please call Chantel or Gwen at 625-5857 to register for this presentation.

\$2.00 min. donation appreciated

“REMEMBERING WHEN”-FIRE AND FALL PREVENTION PROGRAM FOR OLDER ADULTS

Wednesday, March 31

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

Every year, 1 in 3 adults 65 and older have falls increasing the odds of early death. Learn about Fire Safety and Fall Prevention to stay safe. Norfolk and Virginia Beach Fire Department speakers will conduct the presentation sponsored by Laurie Wagner and Tidewater Mortgage Services. After the presentation there will be a “question and answer game”. *Prizes will be given to those with the correct answers.* \$2.00 min. donation appreciated.

NATIONAL WEAR RED DAY IS FEB. 5, 2010



Everyday women are dying at the rate of almost one per minute. Speak up. Make a difference. Show your support for the fight against heart disease in women by wearing red. It's an easy, powerful way to raise awareness of cardiovascular disease and stroke. Get info at www.goredforwomen.org

VERIZON WIRELESS CELL PHONE TRAINING

Wednesday, Feb 17, March 17, April 21, May 19th

9:00 - 11:00 a.m.

Verizon Wireless will be here every month to answer your all your cell phone questions. You do not have to have a Verizon wireless cell phone to participant. Bring your cell phone and a friend.

\$2.00 min. donation appreciated.

SENIOR ARTFEST May 10 - 28 SAVE THE DATE

Create your heart out!!! Artists 50+ throughout South Hampton Roads are invited to participate in this spectacular annual exhibit featuring a variety of medium. Purchases Prize opportunities are available for businesses to purchase art and contribute to the success of this event this year. Applications will be available April 5.

SENIOR OLYMPICS 2010 May 3 - May 6

Applications will be distributed at the Primeplus Senior Center in March. Sponsored by the Norfolk Dept. of Human Services, the Norfolk Task Force on Aging and the Norfolk Dept. of Recreation, Parks & Open Space. **Deadline April 1.** Call 441-2109 for more information and applications.

MEET THE INSTRUCTOR: Rocky Kent Raises the Bar In Too-Fit-To-Quit Fitness Classes

Roxann Kent, also known to her students as “Rocky” has been teaching with the City of Norfolk since 1995. Along with the Primeplus Norfolk Senior Center, she also teaches at Lakewood Recreation Center, the Norfolk Fitness and Wellness Center, and for the Algonquin House.

A Norfolk native, Rocky got her start in fitness training from her sister, who encouraged her to be a substitute teacher for her class. Rocky has received certification in group exercise instructions, low impact, step aerobics, toning resistance, abdominals and senior exercise.

In addition to exercising, she enjoys photography and staying active in her church. She has been teaching the center’s Too-Fit-To-Quit Exercise class since Fall 2009, and she encourages all member to join in on the fun. Her motto for the class is, “raise the students up so they too can teach!” Register now to join her class of fitness enthusiasts!



Fitness Instructor Rocky Kent



Artist: Ann Traylor

Popular Silk Scarf Painting Returns

Creative juices were flowing during the first silk scarf painting class held in December. Taught by Tanya Wohner, additional classes are scheduled for February 3rd & March 3rd. (See page 5.)





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Join this lively group of fitness enthusiasts on Tuesdays, Thursday and Fridays for an invigorating workout with Instructor Rocky Kent! Too-Fit-To-Quit meets from 9:45 a.m. to 10:30 a.m. We hope to see you there!