

PrimeTime

April - May 2011

The Primeplus Program Guide for Active Adults

SENIOR ARTFEST 2011

Adult Day Services

Announcements/
Arts & Crafts

Computer Education

Clubs & Groups

Games

Gift Shop

Fitness/Wellness

Information/
Referral

Library

Music & More

Services

Special Events

Support

Transportation/
Travel



Best in Show 2010 Winner John Tobin, Sculpture: *Waiting*



Mr. Charles Kello, Artist

We are pleased to announce that **Charles Kello** will serve as a 2011 Senior ArtFest judge. Painting since the age of nine in his father's sign shop, he has won numerous awards in watercolors and oil paintings. His works are in notable private collections and museums from around the world. Vincent Price, the late actor, and the Chrysler Museum have Charles Kello in their collections. Charles does landscapes, seascapes, florals and portraits and teaches private lessons in his studio - Charles Kello Gallery, located in the picturesque and historic Ghent, in Norfolk.

Call to Artists: Save the Date June 6-24 (See Pg.3)

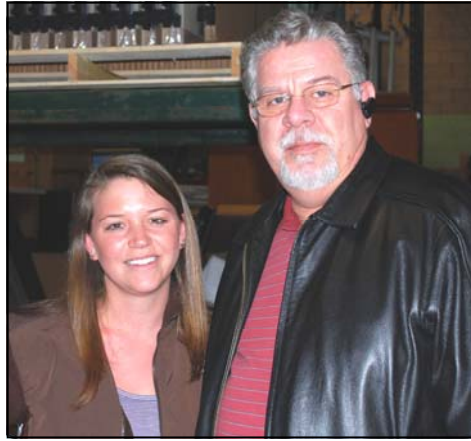
Greetings to Each of You!

Spring is finally in the air and warmer weather is threatening to make a real appearance at long last! Hurray!!

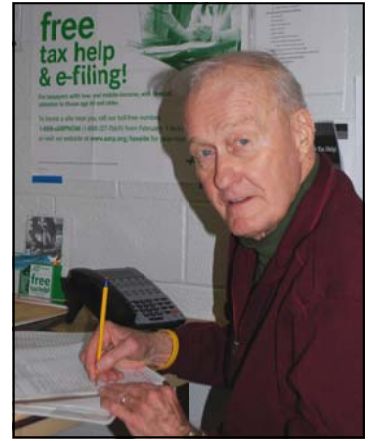
Other positives signs abound as those who support our agency supply us with much needed help and donations; Amerigroup recently provided us with some much needed office furnishings. Also, we are happy to again host AARP, whose Tax Prep volunteers provided the community with free tax filing again this year! We are proud to be the facilitators of this fabulous community service!

Visitors from South Koran broadcasting were on hand twice over the past months to film the center for viewing in their homeland. The concept of volunteering (work without compensation) and performing not-for profit social programs are both foreign notions to their countrymen. Their hope is to inspire another viewpoint of providing for those who need support to attend programs. This served to remind me of how fortunate we are to be Americans, and how truly blessed we all are!

Take care, Lynne



Anna Cotton, JR Project Manager & Corp. Services, Terrence R. Wilkening, *Mgr, Facilities CSA Administration, Amerigroup.*



AARP Tax Prep Specialist and Client facilitator, Mr. Paul Evans takes care of client appointments.



(L to R) From the Korean Broadcasting System: Yurie Kim, Line Producer & Coordinator, Taeho Yun, Wash. Correspondent & Deputy and Producer, and their Cameraman is cameraman is Kevin Nha. Their DVD is now in production.

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A Bell Senior Living Community



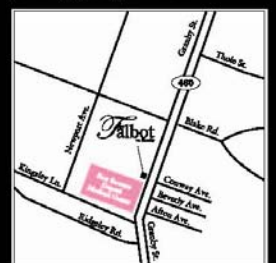
Cruising for a Deal?

Offering the Largest Apartments in Tidewater at a Surprisingly Affordable Price!

View the largest senior apartments in Tidewater.

The Talbot offers the modern luxuries you deserve in a spacious living environment, at a price that is surprisingly affordable. Located in Norfolk Virginia, The Talbot is only minutes from Chesapeake, Portsmouth and Virginia Beach.

Senior Living that's just your speed!



Please sign up for all activities!

Call 625-5857

MEMBERSHIP WELCOME NEW MEMBERS!

Membership is open to anyone over age 50. Dues are **\$40** a year which helps to subsidize the production, printing and mailing costs of our PrimeTime program guide.

Michael E. Allain	Faye Bailey	Peggy Bane	Martha Brown
Sandra S. Comer	Sherry L. D'Ambrosio	Sabine H. D'Oelsnitz	Sandra East
Gerry Epstein	Dorothy L. D. Gannon	Maxine E. Gibson	Anita Gottlieb
Anne T. Grieb	Johnnie Grymes	Lynanne R. Guynn	Lee Hall
Christine Howe	Joaquin M. Isaac	Clara Johnson	Peter Kowalchick
Anne C. Lewis	William T. Martin	Spring Musser	Louise L. Peele
Dorothy Ransom	Mary Ellen Riley	Pat Scott	Dr. Donald H. Smith
Louise F. Steinbruck	Sylvia Stewart	Bobby S. Thorne	Bonnie J. Walter
Kathleen M. Walters	Doris May Williams	Joanne Wormington	Cecilia A. Zoby

SENIOR ARTFEST 2011

A Celebration of Art and Life

June 6th - 24th

Artists 50+ throughout South Hampton Roads are invited to participate in this spectacular annual exhibit featuring a variety of media.

Categories: Acrylic, Oil, & Watercolor Painting, Ceramics, Drawing, Jewelry, Mixed Media, Sculpture, Photography, Textiles & Woodworking

Entry Deadline:

Monday, May 16 for non-members

Wednesday, May 18 for members

Art Intake: May 25th: 1- 4 pm - May 26th: 9 am - 3 pm

Artists' Reception: June 9th at 4:00 pm

People's Choice Exhibit: June 27th - July 22nd.





ACTIVE WELLNESS PROGRAMS

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



BALLROOM OPEN DANCE

Tuesdays 12:00 - 1:30 p.m.
A \$2.00 donation is appreciated.

CHAIR YOGA

Mondays 10:00 - 11:00 a.m.
Monday, May 30 CLOSED

Improves range of motion in wrists, hands, arms, hips, upper back, lower back and feet. **Fee: April & May \$20; \$6 Drop-In.** Pre-Registration required.

DANCERCISE

Tuesdays 10:45 - 11:45 a.m.
Marion Edmonds leads this fun class which includes a variety of dance routines. Come join us! **A \$2.00 donation is appreciated.**

POOL WALKING

Mondays 11:00 a.m. - 12:00 p.m.
Monday, May 30 CLOSED
Fridays 11:00 a.m. - 12:00 p.m.
Walk together in the NFWC Pool. \$5 per day.

STRETCH, FLEX AND TONE - VIDEO

Tuesdays & Thursdays 9:30 - 10:15 a.m.
A \$2.00 donation is appreciated.

TOO-FIT-TO- QUIT

Tuesdays & Thursdays 9:45 - 10:30 a.m.
Rocky Kent, our instructor, provides strength training to help you get toned. **A \$2.00 donation is appreciated.**

TAI CHI CLASSES BEGINNING

Tuesdays, 10:00 a.m.
Participants should be a member of Primeplus for this program. Contact Don Davis for details at 533-5103.

TAI CHI INTERMEDIATE

Tuesdays 11:00 a.m.

TAI CHI PRACTICE

Mondays 9:00 a.m. - 10:00 a.m.

TABLE TENNIS

Mondays 9:00 a.m. - 12:00 p.m.
Wednesdays 11:00 a.m. - 4:00 p.m.
Fridays 9:00 a.m. - 12:00 p.m.
Monday, May 30 CLOSED

WALKING CLUB

Tuesday & Thursdays 9:00 - 9:30 a.m.
Join us for a 30 min. walk inside the NFWC to help you build a healthy and balanced lifestyle. This is a good warm up for the Too-Fit-To-Quit class. **A \$2.00 donation is appreciated.**

YOGA CLASSES

Wednesdays 10:00 - 11:30 a.m.
Combining Integral and Kundalini Yoga with other methods which are designed to help you age gracefully. Pre-Registration required. **Fee:\$20; Drop-in fee \$6.**



ZUMBA GOLD

Thursdays 11:15 a.m. - 12:15 p.m.
Thursday April 14 No Class
Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Led by Eureka, a certified Zumba dance instructor. **Registration is required. Fees: \$5 per class Monthly.** To observe a class, drop in and see what all the fun is about!

TOO-FIT-TO- QUIT BOOT CAMP

Fridays, 9:00 a.m.
Step it up! For those wanting a more advanced workout, Rocky will lead you to use weights to tone & strengthen. **A \$2.00 donation is appreciated.**

JUST A FRIENDLY REMINDER!

A class donation, large or small, enables us to continue to provide ongoing programs. We appreciate your support! Other program fees are as listed.



ARTS & CRAFTS PROGRAMS

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

BEGINNING ART PAINTING ON CANVAS

Fridays, April 1 - 22 10:00 a.m. - 12:00 p.m.

April 29 - May 20 No class May 27

May 27 Open Art Studio

Learn techniques in basic acrylics painting from our new instructor Nancy Lazon. Learn how to hold the brush, mix and blend colors. Ask about supplies available in the gift shop. Fee: Pre-registration and payment required. **Series Fee: \$40 members; \$45 non-members.**

ART INTERMEDIATE PAINTING ON CANVAS

Tuesdays, April 5 - 26 10:00 a.m. - 12:00 p.m.

Tuesdays, April 5 Make up for 3/8

April Fee: \$30 members; \$35 non-members.

May 3 - 24 No class May 31

May Fee: \$40 members; \$45 non-members.

Learn to refine your fine art painting skills with instructor Jane Thumm Pre-registration/payment required.

OPEN ART STUDIO

Tues., Weds., & Fri. 12:00 - 4:00 p.m.

ORIENTAL BRUSH PAINTING

Thursday, April 7 10 - 12:30 p.m.

Make up class for March 31.

EXPLORING ORIENTAL LANDSCAPE PAINTING

Thursday, May 5 - 26 10 - 12:30 p.m.

Students in this class will try their hand at the styles and techniques of a variety of Oriental brush painting masters. Additionally, elements of composition and use of color will be examined. Prerequisite: "Some experience in Oriental Brush painting and/or Oriental Landscape painting."

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.

\$2.00 donation appreciated.

QUILTING & SEWING CLASS -TBA

1st & 3rd Friday of each Month 1:00 p.m.

CALL IF INTERESTED.

ROSE J. CAPLAN CERAMICS STUDIO

CERAMICS & MORE

Monday & Thursday 9:00 a.m. - 12:00 p.m.

Monday, May 30 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.

INTERGENERATIONAL SPRING WORKSHOP

Monday & Thursday 2:00 - 4:00 p.m.

April 18 & 21

For Grandparent & Child to participate together. Create & decorate your own unique tiles in this workshop. Participation fee: \$12 per person. Project fee: \$14.00

CLAY - HAND BUILDING

1st & 3rd Fridays, 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 donation appreciated.

WOODWORKING STUDIO

WOODCARVING

Wednesdays 12:00 - 4:00 p.m.

Enjoy the experience of woodcarving and create beautiful handcrafted designs. All you need is a good knife and a dremel kit to get started. Meet others who love this art and are willing to share their talents to teach others. **A \$2.00 donation appreciated.**

WOODWORKING

Mon., Tues., Thurs. 9:00 a.m. - 1:00 p.m.

Monday, May 30 CLOSED

Join Ed Bunker who provides instruction in a variety of woodworking skills and operating equipment safely. **Fee: Monthly \$25.**

ARTS & HUMANITIES

CLASSIC MOVIES

Second Monday of Each Month 1:00 p.m.

The April movie is *Some Like It Hot* and the May movie is *The Philadelphia Story*. Register in advance; a minimum \$2.00 donation for members is appreciated. Non-Members \$4.00.

THE ENDURABLES SINGING GROUP

Tuesdays 10:00 a.m.

MUSICAL MEMORIES 10:30 - 11:30 a.m.
ON HIATUS

EDUCATION/ SERVICES

AARP 55 ALIVE MATURE DRIVERS COURSE

Thursday, April 21 9:30 a.m. - 2:00 p.m.

Friday, April 22 9:30 a.m. - 2:00 p.m.

Thursday, May 19 9:30 a.m. - 2:00 p.m.

Friday, May 20 9:30 a.m. - 2:00 p.m.

A prepayment of \$12 for AARP members and \$14.00 for non-members is required for this 2-day course offered by AARP. Make check or money order payable to AARP & mail to the Center. **Bring a bag lunch, and your AARP card if you are a member.**

AMERICAN SIGN LANGUAGE: TALKING HANDS

Thursdays April 14, 12 & 28 12:15 - 1:00 p.m.

May 1st 3 Thursdays

CONVERSATIONAL SPANISH LESSONS

Mondays, April 4 - 25 10:00 a.m. - 12:00 p.m.

Mondays, May 2 - 23 10:00 a.m. - 12:00 p.m.

Monday, May 30 CLOSED

Fee: \$30.00 Members; Non-Members \$35.00

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.**

EDWARD JONES FINANCIAL WORKSHOP

2nd Wednesday monthly 9:00 - 10:00 a.m.

Edward Jones, Financial Workshop: Your Source for Financial Education offers clear and practical investing education in a convenient and comfortable format. By attending our workshop, you'll gain a better understanding of the key principles of saving and investing and also learn specific strategies to help reach your long-term goals. **Free for Members; Non-Member Fee: \$15 Refreshments and snacks will be served.**

VERIZON WIRELESS CELL PHONE TRAINING

1st Wednesday in April & May 9:00 a.m.

Get help setting up your cell phone from the experts. **A \$2.00 donation appreciated.**

BLOOD PRESSURE SCREENING

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

Sponsored by Norfolk Health Department.

LAMP & SMALL APPLIANCE REPAIR

Lamps & small electrical items can be dropped off in the gift shop for estimates and repair. The cost: parts plus a modest fee, with *proceeds going to benefit the Woodshop Studio.*

ODU DENTAL WORKSHOP

Tuesdays, April 12 2:00 - 3:00 p.m.

Get information and advice on dental health care presented by students from ODU's School of Dental Hygiene. Free samples of new dental products available plus information on affordable dental care in their clinic. **Free and open to the public**, please call to sign up if you plan to attend.

SENIOR DINING PROGRAM

Monday, May 30 CLOSED

The meal program is provided for those 60 and up through a grant from the Virginia Dept. of Aging. A suggested donation of \$2 per meal is requested. **Pre-registration in advance is needed.** Meal cost for persons under 60 years of age accompanying a senior is \$5.00.



Nutrition Program

Freshly prepared, home-cooked meals are served Monday through Friday, from 11:30 to 1:00 p.m. Stay after lunch Mondays and Wednesdays, and join in the fun with Bingo. Order meals 24 hours in advance. Suggested \$2.00 donation.

This program is made possible by Older American Act Funding through a grant received from Senior Services of Southern Virginia.

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. Open to members & non-members. Fees are due at least one week in advance to reserve your space.
Call 625-5857 to register.

JUST STARTING WITH COMPUTERS

Mondays, April 11 - 25 9:30 - 11:30 a.m.

Mondays, May 9 - 23 9:30 - 11:30 a.m.

Mondays, June 13 - 27 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. **Pre-registration required the week prior to class.**
Fee: \$25 members; \$30 non-members

COMPUTER SECURITY & MAINTENANCE

Mondays, April 11 & 18 1:00 - 3:00 p.m.

Mondays, May 16 & 23 1:00 - 3:00 p.m.

Learn how to clean up files, check security and delete emails & cookies in this two-session. Your computer will perform better and be safer with proper regular maintenance. **Prerequisite: Introduction to Computers** or equivalent experience with file management. **Fee: \$25 members; \$30 non-members.** **Pre-registration required the week prior to class.**

COMPUTER KEYBOARDING -Touch Typing

Tuesdays, April 5 - May 10 1:30 - 3:30 p.m.

This course will teach touch-typing of the alphabet and most used punctuation marks.

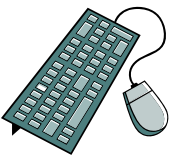
Prerequisite: JUST STARTING WITH COMPUTERS or equivalent knowledge of computer use. **Fee: Members \$25. non-members \$30.** **Pre-registration required the week prior to class.**

INTRODUCTION TO USING COMPUTERS

Thursdays, May 5 - June 9 9:30 - 11:30 a.m.

This 6-week course is based on Microsoft XP and Works 2006. Learn basic applications such as word processing, graphics, and using the Internet, plus saving files to disk or CD. **Prerequisite: JUST**

STARTING WITH COMPUTERS or equivalent experience using a mouse and keyboard. Students must have a home computer. **Fee: \$45 members; \$50 non-members.**



ONLINE TRAVEL PLANNING

Thursdays, April 7 & 14 9:30 - 11:30 a.m.

Learn how to get discount rates on travel and book reservations online in the 2 session workshop. **\$25 members; \$30 non-members**

USING A DIGITAL CAMERA

Wednesdays, May 11 & 18 2:00 - 4:00 p.m.

This 2-week course will help you know how to use your digital camera, and acquaint you with terminology and features. In addition, basic knowledge of taking photographs, previewing, and deleting unwanted pictures will also be covered. **Pre-requisite: Camera & Intro to Computer class or equivalent.** **Fee: \$25 members; \$30 for non-members**



EMAIL AND MORE.....

Tuesdays, April 5 - 26 9:30 - 11:30 a.m.

This four-week course is designed to improve your email and web surfing skills. The Google approach will be used to learn fast and easy ways to communicate and find information online. This course is not for the novice. **Fee: \$30 members; \$35 non-members**

COMPUTER LEARNING CENTER COORDINATING COUNCIL

2nd Friday of each month 10:45 a.m.

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

COMPUTER OPEN LAB - FREE

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

By Appointment Only

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.

VOLUNTEERS WANTED!

Instructors and Coaches

Volunteers of all ages are desired!

Free Computer classes space available

Call 625-5857 and sign up!

CLUBS & GROUPS

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

BEREAVEMENT SUPPORT GROUP
Wednesday April 20 9:00 a.m.
Wednesday May 25 9:00 a.m.
 This group to brings together those who have lost a loved one to get help in dealing with their feelings. All are welcome to attend.

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 suggestions with your representative. All input is valued.

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 Shirley Confino-Rehder (757) 625-0969.

NORFOLK TRIAD MEETINGS
Last Tuesday of each month 2:00 p.m.
 Call 441-5080 for details.

BINGO
Mondays & Wednesdays 1:00 p.m.
 Open to all. Non-smoking environment. Cell phones should be silenced during games.

GAMES

BRIDGE LESSONS- BEGINNING .
Mondays, 10:00 - 12:00 p.m.
 Learn the basics of bridge from Allan Carpenter. Improve your game and have fun playing this great game. **A \$2 Donation is appreciated.**

BRIDGE LESSONS- INTERMEDIATE
Tuesdays, April 12 - May 17 1:00 p.m.
 The class taught by Doris Jordan, 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 Jordan, the instructor, is a Silver Life Master. **A \$2 donation is appreciated.**

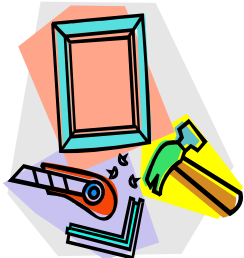
BRIDGE - OPEN PLAY
Mondays 10:00 a.m. - 3:00 p.m.
Monday, May 30 CLOSED
Thursdays 11:00 a.m. - 4:00 p.m.
\$2 donation appreciated.

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

MAH JONGG - OPEN PLAY
Mondays, Wednesdays 12:00 - 3:30 p.m.
Fridays 11:00 a.m. - 3:00 p.m.
A \$2 donation appreciated

SCRABBLE & OPEN GAME PLAY
Wednesdays 9:00 a.m. - 12:00 p.m.
 Have fun and stay mentally active in this challenging game. **A \$2 donation is appreciated.**

Made-to-Order Picture Frames By Ed Bunker



**Mondays, Tuesdays
or Thursdays
from
10:00 a.m. - 1:00 p.m.**
Proceeds benefit the Wood Shop

Rachel Higgins, Yoga Instructor substituted for Leon Larsen in March.. An independent yoga instructor, she also owns and operates Nautilus Garden Designs, which offers a spiritual approach to landscape gardening. To learn more check out her website: www.nautilusgardendesigns



SPECIAL PROGRAMS & EVENTS

AARP INCOME TAX ASSISTANCE

Monday - Friday through April 15

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

Wednesdays

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

Saturdays

10:00 a.m. - 1:00 p.m.

AARP volunteers will provide Tax Assistance starting February 1. For those with itemized deductions appointments taken after March 1. Call 625-5857 for an appointment. Don't wait until the last minute.

ARTS WITHIN REACH *Bellissima!*

June 7

7:00 p.m.

Bellissima! composed of highly skilled and dedicated women who love to sing. (12 Women to perform) With a delightful and impressive repertoire representing a wide variety of music to suit a wide variety of tastes. Presented by the Norfolk Arts Commission.

EVMS INSOMNIA RESEARCH STUDY PRESENTATION

Thursday, April 14

12:30 p.m.

Wendy Kennedy, clinical Research Coordinator with EVMS will be here to speak with seniors about a research study that Eastern Virginia Medical School is conducting on Insomnia. This will be an informal discussion about the purpose of the study, what would be asked of the study subjects, an overview of all available information regarding the study, and the compensation offered to participants. Members would be given the opportunity to ask questions and, if interested, be screened on site. **Please call 625-5857 to register for this presentation.**

PREVENTING DEMENTIA AND LATE LIFE DEPRESSION

Thursday, May 5

11:00 a.m. -12:00 p.m.

Increase your understanding of these different mental health issues, common symptoms and treatment options. Presenters will be Regina R. Sibal FNP-BC and Loreal Davis, M.A. Please call to register at 625-5857.

PRESENTATION ON DIABETES-Tuesday, April 12

12:30 p.m.

Cynthia Pine RN formerly certified diabetes educator with Sentara will cover the basic of the diabetic condition, an overview of the eating plan along with meal planning ideas and tips. There will be a question and answer session and discussion of medications and how they work. To register for this presentation please call 625-5857.

SENIOR ARTFEST - June 6th - 24th

ARTISTS RECEPTION JUNE 9TH

Revive your creativity! 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 on April 1. Deadline May 16 for Non-Members & May 18 for Member. **Lunch & Learn Series: June 13-June 24**

Vendors Wanted: SUMMER SIZZLER SIDEWALK SALE

Flea Market held at the Norfolk Masonic Temple Saturday, June 25th

Rental Information	Member	Non-Member
10 Foot Table or Space	\$20.00	\$30.00

See details in the June/July Program Guide - Plan now to reserve your space!



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

Pre-registration is required

Monday, Thursday Arrival 9:00 a.m.

Monday, Thursday Departure 1:00 p.m.

Wednesday 10:00 Arrival Departure 3:30 p.m.

1st, 3rd & 4th TuesdayA: 9:00a.m. D:1:00 p.m.

Passengers must be able to enter and exit the van with min. assistance and live within Norfolk city limits. **RATES: \$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. This service is supported by our Friends' donations.

SAVVY TRIP: GLOUCESTER HISTORIC DISTRICT

Tuesday, April 12 9:30 a.m. - 3:30 p.m.

Join the Savvy Group as they travel to the Gloucester Historic District where they will visit the Colonial Courthouse, Debtors Prison, Clayton Building, Roane Building, Botetourt Building and Jail. Lunch will be Dutch treat at a nearby restaurant. Call 625-5857 to register for this trip.

Van Fee: \$11.50

Minimum: 10

SHOPPING SERVICE

KROGER

Friday, April 15 10:00 a.m. - 3:00 p.m.

We'll shop at Kroger for all of your food needs. Pick up groceries and any other necessities you may need. Lunch will be Dutch treat at a nearby eatery. *This service is supported by donations to the Friend's Drive.*

Van Fee: \$6.00

Minimum: 6

PICASSO: MASTERPIECES FROM THE MUSÉE NATIONAL PICASSO, PARIS.

Friday, April 22 9:00 a.m. - 3:00 p.m.

Join us and visit the Virginia Museum of Fine Arts landmark exhibition the Musée National Picasso, Paris - the only East Coast venue for the exhibition's international tour. Lunch will be dutch treat.

Museum Tickets: \$16 for age 65+

Van Fee: \$9.00

Minimum: 8

SHOPPING SERVICE

HARRIS TEETER

Friday, May 6 10:00 a.m. - 3:00 p.m.

We will visit the new Harris Teeter in Ghent. Lunch will be Dutch treat at a nearby eatery of choice. Sign up early. Shoppers can purchase only as much as they can carry independently. 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

SAVVY TRIP - SMITHFIELD SIGHTSEEING TRIP

Tuesday, May 10 9:30 a.m. - 3:30 p.m.

Join the Savvy Group as they tour the Smithfield Historic District where they will visit antique, art and bakery shops as well as some historical buildings. Lunch will be Dutch treat at the Smithfield Station restaurant. Call 625-5857 to register for this trip.

Van Fee: 10.50

Minimum: 10

GROUP TO CENTER BUS SERVICE

Primeplus will pick up any senior group from any living facility located in Norfolk. You must become a member of Primeplus. Come in and enjoy a tour, eat lunch, and have fun with friends at our center. Call 625-5857 for details.

VOTE TO GET US A FREE VEHICLE !!

Visit www.FREECharityCars.org

1-800-Charity Cars provides free vehicles to a non-profit organizations. Log-on & search for Primeplus. Then VOTE!! .

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

Please sign up for all activities!

Call 625-5857

**Special Thanks to
Betty Ann Quayle**
for providing us
with Radio Guest
Spots on WJOI

Program Guide Sponsors

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SPRING SHREDDING FUNDRAISER SERIES PLANNED

Within the last twelve months, over 9.3 million Americans were victims of identity theft. One method of protecting yourself against identity theft is to shred important documents.

Specialty Shredding, LLC has partnered with Primeplus to provide our members with the very best Service, Support and Expertise when it comes to shredding all your important documents. **This event is free and open to the public.**

Donations will be accepted and all proceeds will benefit Primeplus Norfolk Senior Center programming. **Shredding will be held in the back parking lot of the Norfolk Masonic Temple at 7001 Granby St.** For more information, call our office at (757) 625-5857 for details.

Upcoming Schedule:

- Saturday, April 30th 9:00 a.m. - 1:00 p.m.**
- Saturday, May 21st 9:00 a.m. - 1:00 p.m.**
- Saturday, June 25th 9:00 a.m. - 1:00 p.m.**
(at our Summer Sizzler Sale)



Meet Christine Spruill. She has been a member since '07, loves Too-Fit-To-Quit and Dancercise.



COMMUNITY SUPPORT CONTRIBUTIONS



Your support makes our programs possible! Thank you for making these recent contributions to the Center.

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 Ms. Doris Jordan
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 Mrs. Sybil Stankavich

TRIBUTES & MEMORIAS

In Memory of Emma Pope
 By Ms. Dorothy Slone

SENIOR CENTER DONATION

Norfolk Task Force on Aging

SENIOR CENTER GIFTS IN-KIND

Anonymous	Amerigroup Corporation
Peggy Bane	Humana
Dorothy Grandstaff	Gwendolyn Kight
Pam Kern	Cornelius Miller
The McCloughans	Mabel Robinson
Mary Penn	Charles Stevens
Arlene Schmid	Anna Sutphin
Mary Wittmayer	

PROGRAM DONATIONS

	Jan	Feb
Ballroom Dance	14.00	32.00
Blood Pressure		2.00
Bingo	287.00	311.45
Bridge Lessons	64.00	128.00
Bridge Open Play	48.00	41.00
Canasta	38.00	36.00
Cell Phone Training		5.00
Dancercise	63.00	62.00
Mah Jongg	52.15	44.00
Music	65.00	21.90
Quilting	20.00	18.00
SAVVY Singles	20.00	21.00
Scrabble	14.31	19.85
Sign Language	37.00	25.90
Singing	10.00	13.00
Smart Money	11.00	25.99
Stretch, Tone & Flex	51.00	57.00
Table Tennis		3.00
Too Fit To Quit	309.00	297.00
Wellness Program	4.00	
Woodcarving	32.00	35.00
Total	852.46	887.64



The Suggestion Box is located at the PPNSC reception Window. Keep those suggestions coming!

MEMBERSHIP RENEWAL

In our quest to go green and to reduce unnecessary expenses, we are now enclosing the Membership Renewal Letters in our bi-monthly Primeplus Program Guides. Don't miss the bright colored insert in your mailing to ensure you will continue to receive our most current program information. Annual Membership: \$40.

NEW MEMBER & VOLUNTEER ORIENTATION Call 625-5857 to schedule an appointment and take a guided tour!

"WISH LIST"

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 - WII GAME SYSTEM & GAMES
 - MICROPHONE STAND

Many thanks to all for your *IN-KIND CONTRIBUTION SUPPORT*

We appreciate your help.

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.

Please sign up for all activities!

Visit our website at www.primeplus.org

National Volunteer Week 2011 “Celebrates People in Action”



Dr. Martha Walker’s ODU Physical Therapy students perform the pre and post test measurements used in grant applications to verify the positive results achieved in exercise classes at Primeplus. Added to their curriculum, the hands-on clinical exchanges enhance student experience.



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Section 504 Coordinator: Stuart Hartman,
VP - Operations, FPM, Inc.



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ADULT DAY SERVICES ACTIVITY SCHEDULE

APRIL 2011

April 1	National Fun Day at Work
April 6	Twinkie Birthday
April 7	World Health Day
April 15	Entertainment Sid Sward
April 22	National Jelly Bean Day
April 22	Easter Craft
April 26	Bird Day
April 28	Bring Your Daughters/ Sons to Work Day

MAY 2011

May 5	Cinco de Mayo
May 6-12	Nurse's Week
May 6	National Day of Prayer
May 6	Mother's Day Celebration
May 8	No Socks Day
May 11	Eat What You Want Day
May 27	Talent Show

The Caregiver's Resource Corner: Pain Assessment

A person with dementia often has trouble communicating his or her feelings, which can mean they are unable to express if a physical problem such as pain exists. As a caregiver, you may need to observe and decide if the person you for has pain.

Causes for pain in older people could be urinary tract infections, flu, stomach cramps, toothaches, arthritis, constipation, sprains, broken bones from an unobserved fall, sores, chest pains or sinus infections. Clues which might indicate pain include facial expressions such as grimacing or looking frightened,

repeated blinking or closing of the eyes, verbal aggression, pacing or restless behavior, change in eating or sleeping patterns, increased insistence on wandering, increased confusion, or irritability or crying.

Watch for where and when the pain occurs: does he or she refuse to do a usual daily activity or does s/he cry out if you move her/him in a certain way. If you do notice any of these signs, contact your healthcare provider telling them what you have observed. This will help the doctor make a diagnosis and recommend treatment.

PartnersAgainstPain.com

ADS receives program funding from United Way & SSSEVA to provide respite services.

Treasure Chest Gift Shop

Open Monday - Friday

9:00 a.m. to 4:00 p.m.

Handcrafted items make great gifts. Proceeds help to supplement incomes, and proceeds support the center at the same time. We also accept donation items. We are looking for gently used items to sell in our Thrift shop. Accepting antiques, house wares, jewelry, accessories, craft supplies, books and much more. (Sorry, no clothing is accepted.)

Call 625-5857 for more information.

Senior Olympics 2011

Registrations are due April 30th

Forms are available in the office. Over 23 events such as golf, bridge, swimming, tennis-just to name a few!

Opening Ceremony May 4th

at Ft. Story

Call Sandra Burton at 441-1035 for more information.

ADULT DAY SERVICES

The Alzheimer's Association recently released the 2011 Alzheimer's Disease Facts and Figures report. An estimated 5.4 million Americans have Alzheimer's disease, with another American developing Alzheimer's disease every 69 seconds. Deaths from Alzheimer increased 66 percent between 2000 and 2008 Alzheimer's is the only cause of death among the top 10 in America without a way to prevent, cure, or even slow its progression.

There are nearly 15 million Alzheimer's and dementia caregivers who provide 17 billion hours of unpaid care valued at \$202 billion. The Facts and Figures report found that caregivers suffer emotionally and also physically. Because of the toll of caregiving on their own health, Alzheimer's and dementia caregivers had \$7.9 billion in additional health care costs in 2010.

More than 60 percent of family caregivers report high levels of stress because of the prolonged duration of caregiving and 33 percent report symptoms of depression. If you know of anyone caring for someone with Alzheimer's or other dementia or is just caring for someone and they need/want a break from caregiving, have them call us at 623-5857. Our Adult Day Services program could provide valuable respite for the caregivers.

For families interested in Adult Day Services, there are 3 different options available: to enroll someone in the program for a full day, which is anything **more than 4 hours/day**, a second choice is half-day, which is any 4 hours during the day, and the last option is to enroll in the hourly drop-in program. To participate in the hourly program, a person is asked to attend at least 12 hours monthly but the family can choose when the person will attend. There is a cost associated for each option. Call Candace Skinner at 625-5857 for more information.

Social Work Intern Gains Hand-on Training

Student Suzette Butts has joined the Adult Day Services team as an intern, coming to us from St. Leo's, where she is earning her bachelor's degree in Social work. She previously served 20 years in the Navy and recently began working on her college career goals. Suzette expects to graduate soon and would like to pursue her Master's degree in Social work.

As part of her internship, her Professor Dean Sheppard came in to meet with ADS Director Candace Skinner and to learn more about Primeplus and the Adult Day Services programs. He was favorably impressed, and said will recommend this site to others.



(L to R) Candace Skinner, ADS Dir., Prof. Dean Sheppard, St. Leo Adjunct, and Suzette Buttes.

20-20 Creative Donation Opportunity

Every time someone purchase a website from 20-20 Creative and lists Primeplus on their sales contract, our organization will receive a monetary donation. See Main Office for a business card.

Retired Senior Volunteer Professionals (RSVP)

There are many non-profit organizations doing exciting things in the community. It does not take a lot of time to make a real difference. Our RSVP office in Portsmouth can help!

Recently, I have been approached by a number of local organizations in need of volunteers, many of them work with youth. In a time of budgetary cutbacks, it is more important than ever to make sure that our young people have the tools that they need to succeed.

In just a few hours a week, you can make a difference in the lives of another person: become a mentor, supervise, or teach safety to children at Safety Town. Other ways you can help include cooking, crafting, gardening, or to become a volunteer from home, Edmarc Children's Hospice has volunteer opportunities that would be a great fit for you.

Another group doing great things for children in the community is the Kiwanis Club of Churchland, where I was recently invited to be a speaker about the RSVP program at one of their meetings. To learn more, call: 397-7787.



(L to R) RSVP Coordinator Cari Beauregard & John Dobson, the President of the Kiwanis Club of Churchland. Cari was a speaker for the club.

Fall Assessment presented by



Karva Home Care, Inc. Skilled Home Care Services

Annually, falls are reported by one-third of all people 65 or older. Two-thirds of those who fall will fall again within six months. Falls are the leading cause of death from injury among people who are 65 or older. As we grow older, gradual health changes and some medications can cause falls, but many falls can be prevented. Please use this assessment to discuss your fall risk with your personal physician.

- Have you had any falls in the last six months?
- Do you take four or more prescription or over-the-counter medications daily?
- Do you have difficulty walking or standing?
- Do you use a cane, walker, or crutches, or have to hold onto things when you walk?
- Do you have to use your arms to be able to stand up from a chair?
- Do you ever feel unsteady on your feet, weak or, dizzy?
- Has it been more than two years since you had an eye exam?
- Do you usually exercise less than two days a week (for 30 minutes total each of the days you exercise)?
- Do you have more than three chronic health conditions (such as heart or lung problems, diabetes, high blood pressure, arthritis, etc.)? Source: Washington State Department of Health, Injury & Violence Prevention Program

Karya Home Care, Inc. has provided this assessment to be used as a communication tool between you and your primary care physician. Karya Home Care, Inc. provides in home physical, occupational, speech therapies as well as skilled nursing care to persons that qualify and have a doctor's recommendation.

Call: 1-757-608-8726 to learn more about our services.

ACKNOWLEDGEMENTS

Congratulations to Frances Thompson our 2011 Sweetheart Volunteer. Thanks to our individual and group volunteers for all they do: Mrs. Williams and Mabel Robinson for Library support, Mr. Gilbert for Painting. Sarah LaRose Wood, Bereavement Support Group Leader. Many thanks to the ODU School of Physical Therapy staff and students for PT assessments, Norfolk Collegiate Student Government Association (SGA) volunteers for set-up and decorations for the Mad Hatter Tea Party. Applause goes to Humana Inc. for sponsoring our Mad Hatter Tea Party, Bank of America for help with Norfolk Tax Relief and to Verizon volunteers for all their continuous support.



(L to R) Ms. Mabel Robinson and Mrs. Williams for Library support.

Wireless Wednesday Volunteers visit from Verizon.



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Letter to Primeplus and the Wonderful Tax Prep Team

So grateful for the Primeplus Senior Center for making available the service of AARP in preparing taxes for the senior citizens of Norfolk free of charge. I've been having my taxes prepared at the center for the last five years and in these days of the questionable economy it's a peace for me.

-Delores A. Blanchard

Primeplus Norfolk Senior Center Staff

<p>Lynne Berg, Executive Director Kathy Thumm, Senior Center Director Gwendolyn Kight, Membership Services Coordinator Beulah Brooks, Driver (PT) Ed Bunker, Woodshop Manager (PT) Jeanette Thorpe, Ceramics Teacher (PT)</p>	<p><i>Candace Skinner, Adult Day Services Director</i> <i>Miriam Jarvis, Adult Day Services Office Asst.</i> <i>Tammy Green, ADS Activities Asst.</i> <i>Dora Morris, ADS Nurse</i> <i>Mary Joyce, ADS Activities Asst. (PRN)</i> <i>Dorothy Williams, ADS Activities Asst. (PRN)</i></p>	<p><i>Mary Wittmayer, Accounting Manager</i> <i>Erica Ellis, Accounting Clerk</i> <i>Chantel Randolph, Administrative Asst.</i> <i>Mary Taylor, First Impressions Specialist</i> <i>Charles Hartman, Nutrition Coordinator (PT)</i> <i>Dorothy Cooke, Assistant Chef (PT)</i> <i>Cari Beauregard, R.S.V.P. Coordinator (PT)</i></p>
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Senior Community Services Employment Program Clients: Claudette Brown, Annie Thorogood, ADS Assistants; Lloyd Curtis Futrell, ADS Senior Companion; Robert Beale, Juniors Riddick, Janitors; Patricia Knox, Annie Marshall, Bessie Martin, Fannie Taylor, Edith White, Irene Howell; Housekeepers; Nutrition; Gwen Hogue, Peggy McGuire, Billy Richardson, Office Clerks; Thelma Creekmore, Margaret Curry, Shop Managers;

Adult Day Services Consultants: Patricia Burns, ADS RN Consultant; Lisa Cahill, ADS activity consultants

SSSEVA Staff: Pam Kern, Norfolk R.S.V. P. Coordinator ** Italicized also work in the Adult Day Services Program*

Please sign up for all activities!

Call 625-5857



1



2



7

Jan-Feb Events: 1. ODU PT students take measurements, 2. Wood Carvers, 3. Smart Money speaker, 4. Oriental Brush Painting, 5. Classic Movies, 6. Too-Fit-to-Quit, 7. Bereavement Support Group.



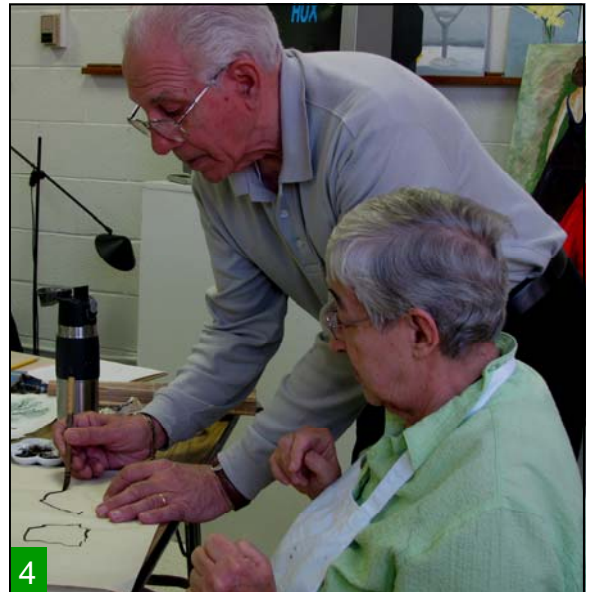
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