

# PrimeTime

June - July 2011

The Primeplus Program Guide for Active Adults

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



The Wood Shop Studio students have taken on Adirondack chair construction as their personal summer project. Lead by Ed Bunker, students have used templates to create their chairs from cypress wood. Each student designed modifications to meet their personal tastes. Pictured above, Bernie Schloss asked Ed for input.

## Greetings to Each of You!

Hurray for summer, it's finally here! Along with the beautiful weather, we are also enjoying a serge of new membership. The recent Older Americans Month Open House held May 17 was brimming more than 80 new faces, eager to see what we had to offer and to take advantage of meeting the instructors. There are many new faces at the center, as membership continues to grow and expand.

As part of a new collaboration, Primeplus welcomes seventy-five residents of the Ballentine who will now enjoy membership at Primeplus as a new perk when they move into the nearby facility.

Additionally, sponsored by a grant from the Norfolk Task Force on Aging, we have established memberships for a group of Jewish Russian Holocaust survivors who came to the Norfolk community in 2005 and have now elected to take part in our pool walking, Bingo and home-cooked freshly prepared meals program on a monthly basis.

Speaking of the meal program, we are pleased to welcome Chef Charles Hartman as Nutrition Coordinator. A Norfolk native, he returned to the area from Georgia to be near his mother. With over 9 years of senior meal experience, he is a natural for our kitchen.

Please plan to join us to explore the Senior ArtFest Exhibition opening June 6. Started in 1980 as a craft show for members, this fabulous display of creativity from those age 50 + in South Hampton Roads is an inspiration to us all. And don't forget to vote for your favorite piece for People's Choice which continues through July 22. Please drop in and say hello while you are here, I'd love to hear your impressions!

*Take care, Lynne Berg*



Quilting and Sewing Fabric Artists Confer.



Nutrition Corrdinator Charles Hartman, Chef

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*A Bell Senior Living Community*



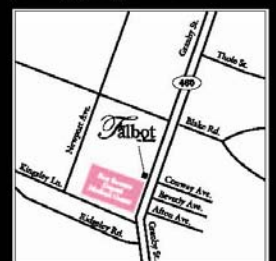
## Cruising for a Deal?

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

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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**



# SENIOR ARTFEST 2011

A Celebration of Art and Life

Exhibit June 6 - 24

South Hampton Roads Artists 50+ annual exhibit featuring a variety of media.

**ARTISTS OPENING RECEPTION**

**June 9 at 4:00 p.m.**

**~Silent Auction~**

**People's Choice Exhibit June 27 - July 23**

**SENIOR ARTFEST LUNCH & LEARN SERIES**

**Week 1: June 13-17**  
**ART DEMONSTRATIONS**

June 13	Jewelry Demo
June 14	Woodworking Demo
June 15	Woodcarving Demo
June 16	Oriental Brush Painting
June 17	Quilting Demo

**Week 2: June 20 - 24**  
**INSTRUCTIONAL PROGRAMS**

June 20	Mixed Media
June 21	Meet the Artists
June 22	Judges Explanation
June 23	Clay Handbuilding
June 24	Art Presentation

**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.

Barbara Battelle	Viola Berger	Sandra Brooks	Khava Chausovsky
Eleanor Cribb	Galina Dolgaleva	Dorothy Eck	John Eck
Jacqueline Falkenhan	Lue Foster	Thynesis Harris	Barbara Harper
Patricia Klimczynski	Lidiya Komarovskaya	Ilya Kremenchligskiy	Leya Kremenchugsky
Anna Liberman	George Lockwood	Veronica Lockwood	Melvina Martin
Mary McGuire	Teresa Murphy	Vincent Ognibene	Susan Plawin
Marina Ponizorskay	Solomon Ponizorskij	Darlene Ratcliff	Aleksander Raykhman
Frances Richie	James Richie	Marianne Runkel	Diane Rucci
Dolores Scheyd	Marjorie Sciulli	Sadie Sheets	Yevdokiya Vernik
Linda Willie	Ann V. Williams	Steven Yaros	Horace Woolard

Please sign up for all activities!

Visit our website at [www.primeplus.org](http://www.primeplus.org)



## 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, July 4** CLOSED

Leon Larsen helps students improve range of motion in wrists, hands, arms, hips, upper back, lower back and feet. **Fee: June: \$20; July: \$15; \$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. **A \$2.00 donation is appreciated. On hiatus July.**

### POOL WALKING

**Mondays** 11:00 a.m. - 12:00 p.m.  
**Monday, July 4** 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.  
Contact Don Davis for details at 533-5103.

### TAI CHI INTERMEDIATE

**Tuesdays** 11:00 a.m.  
Master this ancient art, a centuries-old Chinese system of exercise created to enhance physical, psychological, and spiritual development.

### 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, July 4** 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.  
**June 8 - 29 July 6 - 27**

Combining Integral and Kundalini Yoga with other methods which are designed to help you age gracefully. Pre-Registration required. **Fees: June: \$25, July: \$20; Drop-in fee \$6.**



### ZUMBA GOLD

**Thursdays** 11:15 a.m. - 12:15 p.m.  
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, 10:00 a.m. - 12:00 p.m.

June 3 - 24 & July 8 - 29

Learn how to hold the brush, mix and blend colors from instructor Nancy Lazaron. Pre-registration required. **Fee: \$40 members; \$45 non-members.**

### ART INTERMEDIATE PAINTING ON CANVAS

Tuesdays, 10:00 a.m. - 12:00 p.m.

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

Learn to refine your fine art acrylic painting skills. Pre-registration and payment required.

### OPEN ART STUDIO

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

### QUILTING & SEWING BEE

1st & 3rd Thursday, 9:00 a.m. - 12:00 p.m.

Bring any work (such as sewing, embroidery, or knitting) and join in the friendship and learning in this social setting. Donation appreciated.

### ORIENTAL BRUSH PAINTING

Thursday, July 7 - 25 10 - 12:30 p.m.

Learn the graceful strokes of Oriental brush painting in this fun course that will cover a variety of subjects to paint and is suitable for all skill levels from beginner to advanced. Bring 11 X 14 newsprint pad. Other supplies will be provided. More advanced painters. bring usual brush painting supplies and paper of choice **Fee: \$40 for Members: \$45 non-members.** Previous art experience not necessary.

### ROSE J. CAPLAN CERAMICS STUDIO

CERAMICS & MORE

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

Monday, July 4

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.**

### 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.

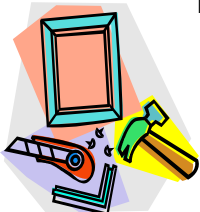
Monday, July 4

CLOSED

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

### Made-to-Order Picture Frames By Ed Bunker

Mondays, Tuesdays  
or Thursdays  
10:00 a.m. - 1:00 p.m.



Proceeds benefit the Wood Shop



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## ARTS & HUMANITIES

### CLASSIC MOVIES

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

The June movie is *North By Northwest*, the July movie will be *Ladies In Lavendar*. Register in advance; a minimum \$2.00 donation for members is appreciated. **Non-Members \$4.00.**

### MUSICAL MEMORIES

**August 4 - Sept. 8 10:30 - 11:30 a.m.**

A musical program of popular music from the 30's, 40's & 50's, Broadway musicals, Ballet and Opera. Join Leonard Freedman to learn about the great stars of music. **Members \$2.00 donation appreciated; Non-Member Fee: \$15.00**

### THE ENDURABLES SINGING GROUP

**Tuesdays 10:00 a.m.**  
Join this group and add your voice to their musical sounds for fun and enjoyment.

### VIOLIN LESSONS FOR SENIORS

**Fridays starting July 8 10:00 a.m. -12:00 p.m.**

Private instruction in Violin or Viola. Beginners use *Essentials for Strings* by David Carr Glover. **Fee: \$20. per 1/2 hr. for members \$25 for non-members. (4 lessons per month)**



## EDUCATION/ SERVICES

### AARP 55 ALIVE MATURE DRIVERS COURSE

**Thursday, June 16 9:30 a.m. - 2:00 p.m.**

**Friday, June 17 9:30 a.m. - 2:00 p.m.**

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

**Friday, July 22 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**

**May 1st 3 Thursdays 12:15 - 1:00 p.m.**

### CONVERSATIONAL SPANISH LESSONS

**Mondays, 10:00 a.m. - 12:00 p.m.**

**Monday, July 4 CLOSED**

**Fee: June: Members; \$30.00; \$35.00 Non-Members. July \$20.00 Members; Non-Members \$25.00**

Learn the basics of the Spanish language with instructor Dan Sias. **Fee: Members \$30; Non-Members \$35.00 per month.**

### EDWARD JONES FINANCIAL WORKSHOP

**2<sup>nd</sup> 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. Gain a better understanding of the 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 & snacks served!**

### FARMER'S MARKET REGISTRATION

**Friday, June 17 10:00 - 2:00 p.m.**

Applications taken by Senior Services at Primeplus for the annual program that provides eligible seniors with \$40 in "checks" redeemable at participating farmer's markets and roadside produce stands. Must be 60 years or older, have monthly income of less than \$1,361 and have photo I.D. on hand. Call Senior Services at (757) 461-948 for details.



### 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.*

### SENIOR DINING PROGRAM

**Monday-Friday 11:30 - 1:00 p.m.**

**Monday, July 4 CLOSED**

The meal program is provided for those 60 and up through a grant from SSSEVA and 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.

Food is **not permitted** to leave the facility per VDA and VDH policies. **Call 24 hours in advance to register for a meal at: 625-5857.**

## 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, June 13 - 27 9:30 - 11:30 a.m.**

**Mondays, August 8 - 22 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, TBA 1:00 - 3:00 p.m.**

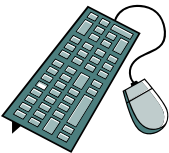
Learn how to clean up files, check security and delete emails & cookies in this two hour session. Your computer will perform better and be safer with proper regular maintenance. **Prerequisite: Introduction to Computers** or equivalent experience with file management.  
**Fee: \$25 members; \$30 non-members.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

### COMPUTER KEYBOARDING -Touch Typing

**Tuesdays, TBA 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, until 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.**

### USING A DIGITAL CAMERA

**Wednesdays, TBA 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, TBA 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

**June 10 10:45 a.m.**

**On hiatus for July & August**

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**

**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**  
**4th Wednesday 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.**  
 On hiatus for the month of July and August

**SENIOR CENTER ADVISORY COUNCIL**  
**2nd Friday of each month 9:30 a.m.**  
**On hiatus for the month of July and August.**  
 Share your ideas and suggestions with your representative. All input is valued.

**THE MAYOR'S COMMISSION FOR PERSONS WITH DISABILITIES**  
**On hiatus for the month of June & July**  
 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**  
**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.**  
**Monday, July 4 CLOSED**  
 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**  
 On hiatus for the summer

**BRIDGE - OPEN PLAY**  
**Mondays 10:00 a.m. - 3:00 p.m.**  
**Monday, July 4 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.**  
**Monday, July 4, 2011 CLOSED**  
**Fridays 11:00 a.m. - 3:00 p.m.**  
**A \$2 donation appreciated**

**BEGINNING MAH JONGG -LESSONS**  
**Tuesdays June 14 - July 19 10 a.m. - 12 p.m**  
 Kathryn Clendenon will provide instruction for 6 sessions on this interesting game. Learn about the tiles, the card, game protocol, strategy, rules and procedures, Min. 4 Max 8  
 Supplies needed: National Mah-Jongg League Card for \$7.00

**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.



**OLYMPICS: CONGRATULATIONS TO ALL!**  
**Award Winning Olympians**  
**Kirk Miller, (Left) Gold Medal: Bridge**  
**Beverly Gill, (Right) Gold Medal in Pool Walking.**  
**Not pictured: Gayle and Joan Garrison won the Silver Medal for the Rumba in the Dance Competition.**  
**Wonderful accomplishments!**



## SPECIAL PROGRAMS & EVENTS

### ARTS WITHIN REACH *Bellissima!*

Tuesday, June 7

7:00 p.m.

*Bellissima!* composed of highly skilled and dedicated women who love to sing. 12 Women 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.



### PREVENTING DEMENTIA AND LATE LIFE DEPRESSION

Wednesday, June 22

10:00 a.m. -11:00 a.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.

### ALL-HEART HOME HOSPICE

Tuesday, June 28

11:30 a.m.

Amy Kelly with All Heart Home Hospice will be here to cover two aspects of hospice care. First part covers choices for end-of-life care. The second part involves volunteer recruitment for the program. People of the older generation have life experiences that other generations don't have and those experiences would make them excellent volunteers with hospice. Their services could be used once a week or maybe just once a month. Please register for this program by calling 625-5857.

### BENEFITS OF SOCIAL SECURITY

Tuesday, July 12

10:00 a.m.

This will help individuals understand the benefits of social security and what you need to know to help keep it going. It is presented through Virginia Organizing, a grassroots non-profit organization. Please RSVP so we know if you plan to attend.

### SENIOR ARTFEST - June 6th - 24th

### ARTISTS RECEPTION JUNE 9TH

Artists 50+ throughout South Hampton Roads participate in this spectacular annual exhibit featuring a variety of medium. Art Sales contribute to the success of this event each year. **Lunch & Learn Series: June 13-June 24 consisting of a week of art demos and a week of presentations.**

### CHOIR PRESENTATION

Tuesday, June 28

11:00 a.m.



Enjoy a performance from the Youth Choir *One Voice* Bridge Tour 2011 from First Baptist Church, Easley, South Carolina. The name of the "program" is *This Changes Everything*. It is a youth musical about Jesus' encounters with people in the Bible and how he changed their lives. The musical is written by Kyle Matthews.



## 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 Tuesday A: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: CRUISE THE CREEK At the VIRGINIA AQUARIUM

Tuesday, June 14 11:00 a.m. – 4:00 p.m.

Some of the Savvy Group will head for the Virginia Beach Aquarium to Cruise the Creek on a pontoon boat. The Cruise the Creek pontoon leaves at noon. \$7.00 for the Cruise the Creek Ride. Lunch will be Dutch treat at a nearby restaurant. Call 625-5857 to register for this trip.

Van Fee: \$9.00 Minimum: 10

### SHOPPING SERVICE

#### VIRGINIA BEACH FARMERS MARKET

Friday, June 24 10:00 a.m. – 3:00 p.m.

We'll travel to the Farmers Market in Virginia Beach. This year-round open air market features regional and fresh produce, a dairy store, butcher shop, a wild bird store, seafood, candy, florist and other specialty shops. Shoppers must carry purchases independently. Please call **625-5857** to register for this trip.

Van Fee: \$7.00 Minimum: 6

### VOTE TO GET US A FREE VEHICLE !!

Visit [www.FREECharityCars.org](http://www.FREECharityCars.org)

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

### SAVVY TRIP: EDENTON, NC HISTORIC DISTRICT

Tuesday, July 12 9:00 a.m. – 3:00 p.m.

The Savvy Group will travel to Edenton, NC in July to see the Chowan County Courthouse, Barker House, Edenton Cotton Mill Village, Chowan Arts Council Gallery, Historic Hicks Field and other historic landmarks. Lunch will be Dutch treat at a nearby restaurant.

Van Fee: \$15.00 Minimum: 10

### SHOPPING SERVICE

#### WALMART

Friday, July 8 10:00 a.m. – 3:00 p.m.

We will visit Wal-Mart at Tidewater Drive. Lunch is 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 support by donations to the Friends Drive. Call 625-5857 to register.*

Van Fee: \$6.00 Minimum: 6

## 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, much more. (Sorry, no clothing is accepted.)*

**Please call 625-5857 for more information.**

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

*Please sign up for all activities!*

**Call 625-5857**



**Mad Hatter Tea Party  
Best Hat Winners  
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**Special Thanks to Betty Ann Quayle** for providing us with Radio Guest Spots on WJOI



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

### Program Guide Sponsors

PrimeTime accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is preferred and must be received during the first week of the month preceding the desired publication issue. Rates (based on a bi-monthly issues).


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### 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.

### MEMBERSHIP RENEWAL LETTERS

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!

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## PROGRAM DONATIONS

	April	March
Woodshop	19.05	62.24
Ballroom	42.00	53.00
Bereavement	2.00	4.00
Bingo	282.10	360.86
Blood Pressure	1.00	3.00
Bridge Lessons	119.00	85.00
Bridge Open Play	42.00	67.71
Canasta	42.00	40.00
Dancercise	71.00	113.75
Mah Jongg	57.00	49.00
Music	0.00	20.00
Quilting	20.00	18.00
SAVVY	20.00	24.00
Scrabble	14.25	24.25
Sign/Lip	28.10	37.90
Singing	12.00	10.50
Smart Money	21.00	0.50
Stretch	67.00	91.00
Table Tennis	5.00	3.75
Too Fit	307.10	368.00
Woodcarving	32.00	55.00
Zumba	20.00	0.00
<b>Total</b>	<b>\$1,223.60</b>	<b>\$1,491.46</b>

## SENIOR CENTER DONATION

Anonymous

Ms. Margaret Cordovana

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## SENIOR CENTER GIFTS IN-KIND

Nancy Topping Bazin	Cabot Creamery
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Fresh Market	Barbara Jordan
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Anne Traylor	Seeley FLorist
Edith White	Virginia Symphony

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](http://www.primeplus.org)

# SPRING SHREDDING FUNDRAISER

Saturday, June 25th 9:00 a.m. - 1:00 p.m.



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.



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# ADULT DAY SERVICES (ADS)

## SELECTING AN ADULT DAY CARE PROGRAM

For many families, adult day service programs can be a good way to meet two needs. They provide caregivers with a much-needed break (respite) and they also give people who need to be in a supervised setting a chance to get out and socialize with others. Caregivers who are considering an adult day program need to keep in mind that such programs may vary widely in what services they offer. It is good to ask a lot of questions to decide which program might be the best one for your situation.

- Is the program licensed?
- What is the direct care staff ratio? Direct care staff are the people who work directly with the individuals in the program with the state requirement saying there should be 1 staff for every 6 participants.
- What levels of care does the center provide? Will they accept a person who needs help with toileting? Use a walker or wheelchair?
- How does the center assess a new participant?
- Does the program offer nutritious meals or snacks? Will they be able to accommodate any special dietary needs?
- What leisure activities does the program provide?
- What behaviors can the program handle? Are they prepared to deal with things like wandering, incontinence or speech difficulties?

When you evaluate a day program, it is good to make a few visits to get a feel for how it operates. Also ask friends who have used day programs for their recommendations. Once you select a center, give it a chance. People sometimes need a chance to adjust before they enjoy it. Consider using it a few times before deciding whether it is working for your family or not.

## ADULT DAY SERVICES ACTIVITY SCHEDULE

### June 2011

1-Say Something Nice Day  
 5-World Environment Day  
 6-National Applesauce Cake & Yo-Yo Day  
 9- June Craft & Donald Duck's Birthday  
 10 & 11-Banana Split Day  
 13-The Price Is Right  
 14-National Strawberry Shortcake Day  
 17-Father's Day Celebration  
 19-Garfield's Birthday  
 21-First Day of Spring Craft  
 30-National Hand Shake Day

### July 2011

1-International Joke Day  
 1 July 4<sup>th</sup> Celebration  
 5-8-Bring Your Photo to Work  
 11-Cheer Up the Lonely Day  
 13-Hot Potato Game  
 15-July Craft  
 27-Bugs Bunny Birthday  
 26-The Price Is Right  
 29-Poem Day (Help participants write a poem for the day)



Please sign up for all activities!

Visit our website at [www.primeplus.org](http://www.primeplus.org)

# The Caregiver Resource Corner:

## BEATING THE SUMMER HEAT

With hot summer weather around the corner, it is important that people remember to get enough fluids to stay hydrated (dehydration is the reduction of total body water and may be the result of limited intake of fluids and/or fluid loss) and prevent heat-related illnesses. Older people are at high risk for developing heat-related illness because the ability to respond to summer heat can become less efficient as a person ages. Symptoms of heat-related illnesses include headache, nausea, muscle spasms and fatigue after exposure to heat. Some of the precautions that can be taken to avoid being a heat-related illness are the following:

- \*Eat lightly and drink plenty of non-alcoholic beverages
- \*Wear lightweight, light colored and loose fitting clothing; choose fabrics such as cotton or silk that allow the body to release heat
- \*Keep a container of cool water nearby and use wet washcloths to pat the wrists, face and back of neck or, for a quick cool down, wrap ice cubes in a washcloth or use blue cooler packs
- \*Use small battery operated hand-held fans and misters for a cooling break
- \*Slow down; schedule outside activities before noon or in the evening
- \*Wear a wide-brimmed hat in the sun
- \*Stay in the coolest part of the house-usually on the lowest floor-as much as possible
- \*A shady spot outdoors may be cooler than the house, especially if there's a breeze
- \*Go to a cool place like a shopping mall, a library or senior center
- \*Take cool baths or showers
- \*Electric fans do not cool the air, but they do create a breeze, which cools your body
- \*Stay indoors, especially in well-ventilated or air conditioned areas
- \*Close blinds or curtains to keep direct sunlight from entering the home
- \* Eat light meals or salads and fruit that help replenish fluids to the body
- \*Use portable/ceiling fans in frequently used rooms to substitute for/assist the air-conditioner
- \*Close shades or draperies on sunny windows
- \*Vacuum, clean or replace air filters regularly for maximum cooling efficiency

This information provided by the [National Center for Environmental Health \(NCEH\)](#)

### Primeplus Norfolk Senior Center Staff

#### **Lynne Berg, Executive Director**

Kathy Thumm, Senior Center Director  
Gwendolyn Kight, Membership Coordinator  
Beulah Brooks, Driver (PT)  
Ed Bunker, Woodshop Manager (PT)  
Jeanette Thorpe, Ceramics Teacher (PT)

#### **Candace Skinner, Adult Day Services Director**

Tammy Green, ADS Activities Asst.  
Dora Morris, ADS Nurse  
Dorothy Williams, ADS Activities Asst. (PRN)  
Mary Joyce, ADS Activities Asst. (PRN)

#### **Mary Wittmayer, Grant Administrative/IT**

Christine Kroetsch, Accounting Specialist  
Chantel Randolph, Administrative Asst.  
Charles Hartman, Nutrition Coordinator (PT)  
Dorothy Cooke, Assistant Chef (PT)  
Cari Beauregard, R.S.V.P. Coordinator (PT)

**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; Gail Unuigbe; 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 consultant.

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

# Retired Senior Volunteer Professionals (RSVP)

April was National Volunteer Appreciation Month and on April 29th thirty-five volunteers attended the Annual RSVP Volunteer Recognition Luncheon. The turn-out for the event was significant because our first as program hosts. It was held in the same location as the RSVP office, the historical Trinity Episcopal Church, on the corner of Court and High Streets in Portsmouth. The event provided an opportunity for every volunteer to tour the office, meet the Primeplus Executive Director, and to receive personal congratulations and validation for their good works in the community.

Volunteers were treated to a picnic style spread and delighted in decorating their own mini-cupcakes for dessert. Participants were awarded certificates indicating their hourly achievements. At the end of the ceremony, volunteers from each table were chosen at random to take home the garden themed centerpieces.



Long-time Oasis Social Ministries volunteer, Catherine Hendricks, is pictured to the right with one of the centerpieces. Catherine, age 92, has been with the RSVP Program for 28 years and has served over 200 hours in recent months.

Such events are a small way to thank the volunteers who donate their time, expertise, and kindness to benefit others in the community. Our RSVP volunteers are truly inspirational and I look forward to working with them and growing our program in the future. Cari Beauregard, Volunteer Coordinator

## Fall Assessment presented by:



**Karva Home Care, Inc.**  
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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 day 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.**

# SENIOR ARTFEST RAFFLE

## Drawing to be Held July 22

**Win one of these items:**

**Ceramic Victorian Teapot**

by Jeanette Thorpe

**Wood Bowl**

by Ed Bunker

**Original Art by**

Nancy Topping Bazin

**Art Note Cards**

created with art by Intermediate Art Class Students



**Wrought Iron Table** with tile design by Anne Traylor

**Also:**

- Free Ceramics Class
- Free Woodworking Class\*
- Free Primeplus Membership



**Purchase your tickets at the Senior Center office!**



**Instructor Joe Nicholas shares his knowledge with Gail Goodman during the Oriental Landscape painting class held May 5-26. The next class on Oriental Brush Painting begins in July. See Page 5.**

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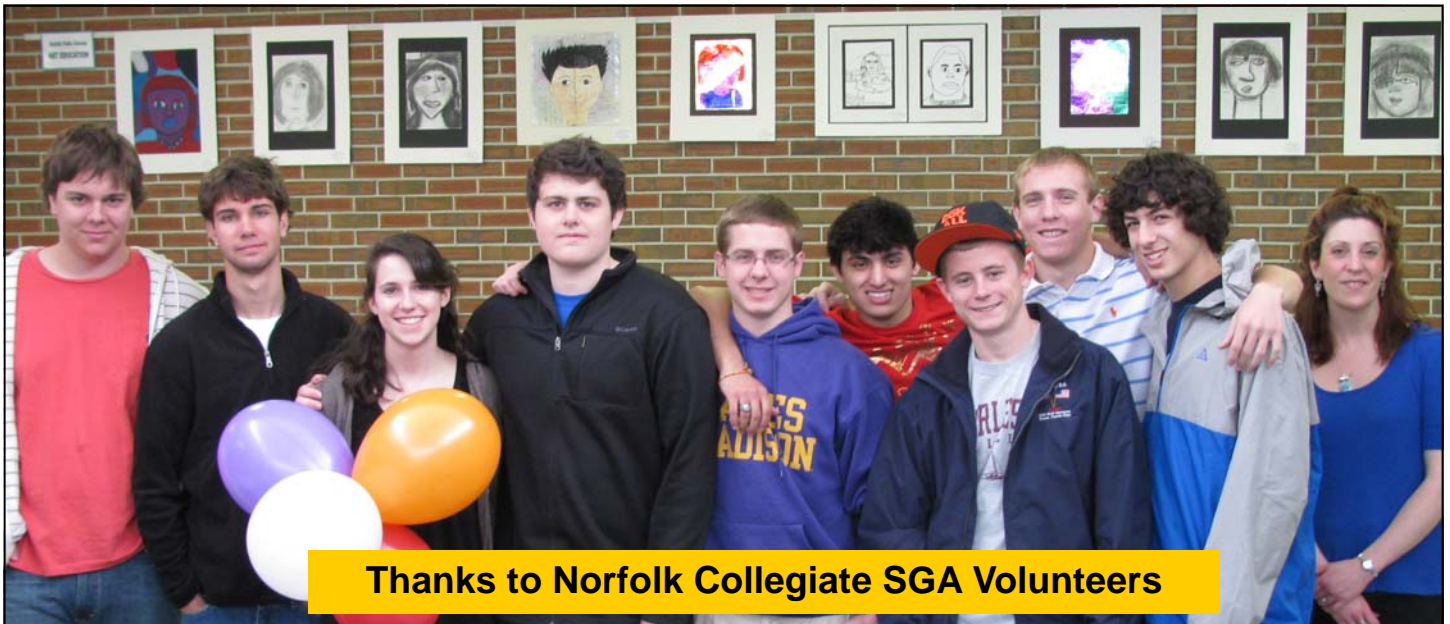


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## ACKNOWLEDGEMENTS

Special Thanks to Specialty Shredding, Bank of America, Sharon Huxford, and Pat Scott for lending a helping hand at our first ever Shredding Fundraiser at the Norfolk Masonic Temple. Thanks to the Norfolk Collegiate SGA Volunteers for helping set up the Mad Hatter Tea Party. Thanks to The Talbot on Granby for partnering on the Picasso Exhibition trip to



**Day Trip to the Virginia Museum of Fine Arts Picasso Exhibition in Richmond, VA**

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**SENIOR  
ARTFEST  
June 6 - 24th**



**Mary Jane Johnson has joined the Ceramics & More class with instructor Jeanette Thorpe Mondays & Thursday.**



**Woodcarvers will be demonstrating how to create delicately designed bird carvings, chip carving and more for the Senior ArtFest Lunch & Learn Demo June 15 from 12-1 p.m.**