

## **Primeplus, Norfolk Senior Center**

Age Requirements

56-60

,

60+

Available 24/7

No

Documents Required

No documentation required

Other Eligibility Criteria

Seniors 50 and over

Family

No

Intake Contact Email

membership@primeplus.org

Intake Process

Telephone referral; application required.

Provider Refer

Yes

Report Problems

Send an Email

,

Visit the Agency

Self Refer

Yes

Primeplus, Norfolk Senior Center

<https://primeplus.org/>

<https://primeplus.org/adult-day-services/>

<https://www.facebook.com/AskPrimeplus>

Main

(757) 625-5857

7300 Newport Avenue Suite 100

23505 VA

United States

## Fee Structure

### Fixed Fee

,

### Membership Fee

### Payment Method(s)

Cash only

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Cash or Check

,

Money Order

,

Credit / Debit

### Languages Spoken

English

Primeplus' Active Adult Program is designed to improve the quality of life for older adults. The Active Adult Program focuses on healthy living, emphasizing emotional and mental health through a variety of Holistic exercise classes, home-cooked meals, health screenings, seminars, and workshops. Our Senior Center is designed to be responsive to the need of the senior community and will change as the community changes. We maintain a focus on quality, cooperation, and coordination. Our wellness program instructors are certified to teach classes for older adults. Our meal program follows the guidelines set forth and required by the Older Americans Act of 1965 to ensure nutritional needs of the elderly are being met. When a need is identified, we respond as quickly as possible to provide access to quality programming and information for the seniors in Hampton Roads. Seniors that participate in a senior center have a heightened perception of general well-being. Members feel less isolated and feel a greater level of social support than their nonparticipating counterparts.

Primeplus is a SilverSneakers facility and as part of this program we offer exercise classes to SilverSneakers members every Monday, Wednesday and Friday at no charge and they do not have to be a member of Primeplus to attend. SilverSneakers is the premier fitness program provided by more than 60 health plans nationwide.

We offer a community scholarship fund for members who have limited financial means and work with each member individually to determine whether they have a need for financial support. We also offer discounts for large groups that reside in

Senior Living facilities. Membership is \$60 per year.

A fully equipped fitness studio, tennis and racquetball courts, a swimming pool, and a gymnasium are all on-site and available through an additional membership fee.

Service Area(s)

Hampton City

,

Norfolk City