









Date	Event	Description	Time	Registration	Fee	Location
Wed 1, 8 & 22	Zumba Gold	This is a brand new exercise class. It is lively and FUN! If you want to burn calories & lose weight, you'll want to try this class.	9:00	No	Free	Portsmouth Center
Wed 1, 8,15, 22 & 29	Painting Class	Art Therapist, Kay Kerr, will be teaching this new painting class. Sign up early as she would like to have just six people per session. See Denise for supply list.	1:00	Yes	\$50.00 for five classes Plus supplies	Activity Room
Wed 1	Nansemond-Suffolk Academy Art Show & Sale	This show grows every year. There are a variety of different mediums, from paintings to sculpture. We will have a continental breakfast reception, too! Deadline 1/27	8:45	Yes	Free	Suffolk
Wed 1	Movie Night "Super 8"	This is an extraordinary tale of youth, mystery and adventure. Six friends witness a train wreck while making a home movie. They soon discover a mystery. Rated PG-13	7:00 	No	Free	Portsmouth Center
Thurs 2	"Trio Voronezh" American Theatre	These three virtuoso musicians were "discovered" playing for crowds in the subways of Germany. Since then they have become one of the most sought after groups in the business. Deadline 1/20	6:00	Yes	\$25.00 Ticket \$5.00 Bus	 Hampton
Fri 3	"Beethoven, Dvorak & Mozart" VSO Coffee Concert	Experience Czech melodies within a Romantic violin concerto, featuring Simone Lapoint. Enjoy coffee and Danish before the concert at the Ferguson Center. Deadline 1/13	9:30	Yes	\$18.00 Ticket \$5.00 Bus	Newport News
Fri 3	First Friday Concert at Main Street UMC	A 30 minute concert is followed by a soup and sandwich lunch. Deadline 1/27	11:30	Yes	\$5.00 donation \$2.00 Bus	Suffolk
Fri 3	Wear Red Day Walk	Meet at the Healthcare entrance to walk Anna Goode Way for Heart Health Awareness-WEAR RED!	2:00	No	Free	Healthcare

Date	Event	Description	Time	Registration	Fee	Location
Sat 4	Paperhand Puppets "Big Tent Cabaret Road Show", Suffolk Center	Visually stunning, this company hails from N.C. and has been around for 12 years. This is a family show with live music. Deadline 1/27	1:00	Yes	\$15.00 Ticket \$2.00 Bus	Suffolk 
Thurs 9	Joyful Sound Concert	They love to sing some gospel songs and some hymns. It's been awhile since they were here.	2:00	No	Free	Portsmouth Center
Thurs 9	"Isn't it Iconic?" Chicago City Limits, Suffolk Center	This comedy Improv theatre group brings it's unique style, which combines sketches, song parodies and more-family friendly improvisations. Deadline 1/27	6:30	Yes	\$25.00 Ticket \$2.00 Bus	Suffolk
Sat 11	Norfolk Little Theatre "A Flea in Her Ear"	A true farce involving multiple players in mixed up shenanigans. Deadline 1/27	6:30 	Yes	\$14.00 Ticket \$5.00 Bus	Norfolk
Sun 12	Va. Musical Theatre "Carousel", Sandler Center	A heart-felt testimony to the power of love (to the music of Rodgers & Hammerstein). Deadline 1/27	12:30	Yes	\$40.00 Ticket \$5.00 Bus	Va. Beach
Mon 13	Girl Scout Cookie Sale	Come to the Activity Room and pick up your supply of yummy cookies. The girls have made us Valentine cards also!	6:30	No	\$3.50 per box	Activity Room
Mon 13 & 20	PDCCC Lecture "The American Pagaent"	This month continues the series with "Reforming the Nation: the 13th, 14th and 15th Amendments to the Constitution" with Professor Zack Deal. Deadline 2/3	7:00	Yes	\$25.00 for two	Portsmouth Center
Tues 14	Valentine's Day Social 	Come and enjoy some sweets with your neighbors.	3:00	No	Free	Commons Lobby

Date	Event	Description	Time	Registration	Fee	Location
Wed 15	Movie Night "Pajama Game"	A lighthearted, nimble-footed movie starring Doris Day, with terrific tunes and dynamic dances. Not Rated	7:00	No	Free	Portsmouth Center 
Thurs 16	OpSail 2012 Speaker Series	Author Brian Lavery speaks about his book "In Nelson's Shadow: The Royal Navy in 1812" at Chrysler Museum's Kaufman Theatre. Deadline 2/3	5:30	Yes	Free Lecture \$5.00 Bus	Norfolk
Sat 18	Outing to Richmond	Visit the Museum of the Confederacy, have lunch at Sam Miller's Restaurant and tour our State Capitol. Deadline 2/3	8:00	Yes	\$30.00 Tour and Transportation Pay own lunch	Richmond
Mon 20	Mardi Gras Party	We'll have beads and refreshments and Dixieland Jazz, bring your joy de vive!	3:00	 No	Free	Portsmouth Center
Tues 21	Out to Lunch George's	Want a great meal (more than you can eat) for a very reasonable price? They have great salads, a nice selection of sandwiches and really fantastic specials. Deadline 2/10	11:00	Yes	\$2.00 Bus Pay own lunch	Suffolk
Thurs 23	Shopping at Chesapeake Square Mall	Shop for bargains and have lunch in the food court. Deadline 2/10	9:30	Yes	\$2.00 Bus	Chesapeake
Fri 24	Happy Hour	 Let's get together for an informal social hour so you can BYOB and chat with your neighbors.	4:00	No	Free	Billiards Room




Date	Event	Description	Time	Registration	Fee	Location
Sun 26	Guy Penrod in Concert, Franklin/Southampton County	Guy was formerly with the Gaither Vocal Band. He enjoys singing some of his original country music and his favorite gospel tunes. Deadline 2/3	1:30	Yes	\$30.00 Ticket \$5.00 Bus	Southampton High School

*****There must be a minimum of 4 signed up AND PAID for an outing to take place*****




Please sign up and pay for tickets by the Deadline

****Events are subject to change****




Ongoing Events

Date	Event	Description	Time	Registration	Fee	Location
Mondays & Wednesdays	Local Transportation	If you need transportation to local places within a 10-mile radius of Lake Prince Woods, contact Sam at 5514.	1:30-4:00 Meet at Anchorage	Yes, 48 Hours Notice	\$2.00	Suffolk 
Check posted Schedule	Beauty Shop 	For an appointment please call x5532. All work done by appointment. Please give 24 hours notice for cancellation.	By Appointment	Yes	Yes	Beauty Shop
1st Thursday	Library Workshop	For Independent living residents who want to enjoy the company of other residents organizing the library.	9:30 AM	No	Free	Smithfield Library
Wednesdays	Bible Study	Local ministers lead residents in weekly discussion. Ministers will rotate monthly.	2:00 	No	Free	Back of Portsmouth Center
Every Monday & Friday	Open Games	Got a game you love? Let's meet in the Activity room and PLAY! Call Denise if you have any questions (5513)	10:30	No	Free	Activity Room
Every Fri.	Poker Party	Try your hand at a hand of poker! Dealer's Choice.	7:00	No	\$1.00	Activity Room
Wednesdays	Balance Exercise	Focus on your core muscles and posture in this strengthen and toning exercise class.	10:00	No	Free	Portsmouth Center

Ongoing Events

Date	Event	Description	Time	Registration	Fee	Location
Third Friday	Sing-A-Long	This monthly get together provides Fun & Fellowship with a musical theme for each month.	7:00 	No	Free	Portsmouth Center
Third Monday	Care Givers Support Group	If you have any questions please call Lee Rae Matthews @ 5550	3:00	No	Free	Portsmouth Center
2nd & 4th Wednesday	Bingo 	Have some fun and try your luck! Bring \$1 to play Bingo.	7:15 PM	No	\$1	Portsmouth Center
Tues. & Thurs. 1st & 3rd Sun.	Bridge & Duplicate Bridge	Come play bridge with other residents. Please sign up with receptionist. 	7:00 PM	Yes, with receptionist	\$1	Activity Room
Every Monday	Line Dancing	Simple, easy and senior friendly! Denise will walk you through the steps.	10:15am	No	Free	Portsmouth Center
Every Friday	Chair Yoga	A gentle, relaxing exercise that improves muscle tone and flexibility. Certified instructor Michelle Folsom leads the class.	9:30	No	Free	Portsmouth Center
Third Friday	Birthday Celebration	Come help sing to the birthday boys and girls!	2:00	No	Free	Portsmouth Center

Ongoing Events

Date	Event	Description	Time	Registration	Fee	Location
Every Tues & Thurs	Stretch & Tone	A chair exercise class that will improve joint mobility and flexibility.	10:20	No	Free	Portsmouth Center
Every Fri.	Low Impact Aerobics	Get that heart pumping and tone those muscles!	8:45	No 	Free	Portsmouth Center
Every Mon., Tues. & Thurs.	Chair Exercises	A vigorous workout for the whole body using weights and resistance bands to improve muscle tone and fitness.	9:30	No	Free	Portsmouth Center
Every Thurs	Golden Voices practice	The Golden Voices welcomes, as new members, anyone who enjoys singing. Come and join us in the Portsmouth Center! 	3:30	No	Free	Portsmouth Center
Every Sunday	Vespers	Worship service conducted by local pastors and our chaplain Woodie Rea.	4:00	No	Free	Portsmouth Center
Monday through Friday	 Gift Shop	The Lake Prince Gift Shop provides cards, candy, and a variety of gifts to purchase. Use the gift shop as an opportunity to brighten someone's day! If you have not been in awhile you might want to see what's new.	Mon-Fri 2:00-4:00	No	Cost of purchase	Near Healthcare Administrative offices
Every Mon. Except 1st	Wii Bowling	Sign up for a time at 2:30, 3:00 or 3:30 and come enjoy yourself!	2:30 3:00 or 3:30	Yes	Free	Activity Room or Portsmouth Center