

NEWS RELEASE

FOR IMMEDIATE RELEASE _____

July 3, 2019



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What's Happening in Suffolk This Week

Monday, July 8

Cinema Craft Café: My Neighbor Totoro

Join us at the Morgan Memorial Library, 443 West Washington Street, from 12 p.m. to 2:30 p.m., to watch *My Neighbor Totoro* (rated G), a classic Hayao Miyazaki animated film that depicts a pair of young children who discover magical friendly spirits that live in the forest near their new home. This program will also include a Totoro craft. For more information, call 757.514.7323.

Tuesday, July 9

Ask LaSandra: Census Records

Have questions about the United States Census records? Ask LaSandra, Local History and Genealogy Librarian! Join us from 10 a.m. to 11:30 a.m. at the Morgan Memorial Library, 443 West Washington Street. For more information, call 757.514.7323.

Wednesday, July 10

Afternoon Conversations: Native Horticulture with Suffolk Master Gardeners

Wanda Gerard from the Suffolk Master Gardeners Association will speak about the rewards and challenges of summer gardening in Suffolk from 2 p.m. to 3 p.m. at the Phillips-Dawson House, 137 Bank Street. Free and open to the public. Visit www.SuffolkPublicLibrary.com for more information.

Thursday, July 11*Get Creative! Shadow Box Art*

Get creative and join us at the North Suffolk Library, 2000 Bennetts Creek Park Road, from 6 p.m. to 7:30 p.m. to make Shadow Box Art! Supplies will be provided. Recommended for ages 16 and up; registration required. Visit <https://suffolkpubliclibrary.libcal.com/event/5345167>.

Friday, July 12*T.G.I.F. Summer Concert Series: Party Fins*

Join your neighbors at Constant's Wharf Park & Marina, 110 East Constance Road, for the first half of the T.G.I.F. Summer Concert Series. From 6 p.m. to 9:30 p.m., enjoy this free and family-friendly event in the park as *Party Fins* play a variety of hits guaranteed to make you move! Kids will enjoy the children's area. Our aim is to get you out of your lounge chair and enjoying your Friday night! This event is free and open to the public. For more information, call 757.514.7250.

Friday, July 12*Summer Dance Soirée*

Stars will be found at our community dance, so dress in your finest and get ready to show off your skills from 6:30 p.m. to 9 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road. Bring your family, that special someone, or make new friends during this entertaining evening. While taking a break from the dance floor, enjoy our photo booth, light refreshments, or try some fun craft projects. All ages. Visit <https://suffolkpubliclibrary.libcal.com/event/5281961> for more information.

Saturday, July 13*Suffolk Farmers' Market*

The Suffolk Farmers' Market, now in its 14th season in the open air special event pavilion, is conveniently located behind the Suffolk Visitor Center at the corner of Main Street and East Constance Road. Enjoy the best in locally-grown fresh fruits and

vegetables, baked goods, organically raised poultry, fresh eggs and milk, honey, and a variety of artisan-crafted goods.

The first Saturday of each month will feature live music, activities and a petting zoo. Other themed days are scheduled throughout the season and will include entertainment and exhibits. The Suffolk Farmers' Market will be open on Saturdays from 9 a.m. to 1 p.m. through November 23, 2019. For more information, contact the Suffolk Visitor Center at 757.514.4130, or VisitSuffolk@SuffolkVa.us.

Saturday, July 13

Massage Workshop

Join us at the North Suffolk Library, 2000 Bennetts Creek Park Road, from 10 a.m. to 11 a.m. for a Massage Workshop with Sarah Polak, licensed massage therapist and owner of Much Kneaded Relief, to learn about massage techniques you can use to reduce stress and pain and promote relaxation. All attendees will be entered into a drawing to win a chair massage at the end of the demonstration. Visit <https://suffolkpubliclibrary.libcal.com/event/5405522> for more information.

There are more interesting and exciting events happening in the City of Suffolk!

See what Suffolk Parks & Recreation has to offer! Visit www.SuffolkVa.us/parks.

For a complete listing of Suffolk Public Library events, visit www.SuffolkPublicLibrary.com.

For a complete listing of Suffolk Tourism events, visit www.VisitSuffolkva.com.

To view other City events, visit www.SuffolkVa.us/calendar.aspx.

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