

## **NEWS RELEASE**

**FOR IMMEDIATE RELEASE** \_\_\_\_\_

March 16, 2018



**Contact:**

Diana Klink  
757.514.4104  
757.359.1845

Tim Kelley  
757.514.4103  
757.871.3039

## **What's Happening in Suffolk This Week**

### **Monday, March 19**

#### *Choose Kind Movie Night*

Create kindness projects and a weekly random acts of kindness planner while enjoying the movie *Wonder*. *Wonder* is based on the book *Wonder* by RJ Palacio about a boy named August who struggles to fit in at school but also inspires many to choose kindness, friendship and acceptance. This is a family friendly movie targeted for school age children. For more information, call 757.514.7323.

### **Monday, March 19**

#### *Career Series: What Do I Want to Do When I Grow Up?*

Career Access Network will deliver a program on Acing the Job Interview from 6:30 p.m. to 7:30 p.m. at Morgan Memorial Library, 443 West Washington Street. Learn the do's and don'ts including how to be successful in an interview. Participate in an interview relay while learning how to pick out an appropriate interview outfit. Finish off by completing a mock interview. Get ready to ace that next job interview! For more information, call 757.514.7323.

**Wednesday, March 21***Healthy Living for Your Brain and Body*

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. From 2 p.m. to 4 p.m. at Morgan Memorial Library, 443 West Washington Street, learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This program is presented by the Alzheimer's Association Southeastern Virginia Chapter. To register, call 1.800.272.3900.

**Thursday, March 22***Medicare Benefits Counseling*

Receive information and advice from a counselor about applying for Medicare, Medicaid, or Medicare Part D from 1 p.m. to 3 p.m. at North Suffolk Library, 2000 Bennetts Creek Park Road. Please bring Medicare card, photo identification, and a list of all current medications in order to complete appointment. Registration is not required, but participants are encouraged to call ahead to reserve their time slot with the counselor. Call Sam Mizelle at 757.328.4217 to reserve your appointment. These services are free and confidential.

**Thursday, March 22***Genealogy Meetup*

Interested in exploring your family history or other genealogical projects? Meetup at Morgan Memorial Library, 443 West Washington Street, at 6 p.m. and we will discuss our discoveries and share research tips. For more information, call 757.514.7323.

## **Saturday, March 24**

### *Suffolk Public Library SAT Exam Diagnostic Day*

The Suffolk Public Library in conjunction with Sylvan Learning Centers will offer a free full-length SAT exam for interested 9<sup>th</sup> – 12<sup>th</sup> grade students at Morgan Memorial Library, 443 West Washington Street, beginning at 9:30 a.m. This is an opportunity to take a practice SAT exam, obtain results, and have 30-days FREE access to [sylvanprep.com](https://locations.sylvanlearning.com/us/suffolk-va/schedules) where students can watch tutorial videos of each SAT question to help prepare them for the actual SAT. Registration is required; visit <https://locations.sylvanlearning.com/us/suffolk-va/schedules> (Choose Group College Prep).

## **Saturday, March 24**

### *Eggstravaganza*

Join Suffolk Parks & Recreation for the Annual Spring Eggstravaganza from 11 a.m. to 2 p.m.! This event will have your kids hopping for joy at Bennett's Creek Park, 3000 Bennetts Creek Park Road. Filled with games, pony rides, crafts, music and more, this event is geared towards families with children ages 10 and under. Kids can decorate bags to stash the eggs they collect throughout the scavenger hunt. Peter Cottontail will arrive to this egg-citing event at 11:15 a.m. and will be available all morning to meet the children. Bring your camera to capture a day full of memories! Food and vendor items will be available for purchase in the park. This event is free and open to the public. For more information, call 757.514.7267.

## **Saturday, March 17 – Saturday, March 24**

### *Suffolk Restaurant Week: A Culinary Showcase*

As Suffolk's premier culinary celebration, Suffolk Restaurant Week was launched by Suffolk Tourism to showcase the array of exceptional dishes prepared by the best chefs in Suffolk.

During this spring showcase, participating eateries offer chef-created delicacies and simple three-course, price fixed menus at the **deluxe** (\$10 lunch/\$20 dinner), **premier** (\$15 lunch/\$30 dinner) or **ultimate** (\$20 lunch/\$40 dinner) levels.

There are no passes to buy, coupons to carry or cards to punch – simply order from the Suffolk Restaurant Week menu. It's the perfect time to sample new restaurants or delight in old favorites. For a list of participating restaurants and additional information, visit [www.restaurantweekssuffolk.com](http://www.restaurantweekssuffolk.com) or call 757.514.4130.

**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](http://www.SuffolkVa.us/parks).

For a complete listing of Suffolk Public Library events, visit [www.SuffolkPublicLibrary.com](http://www.SuffolkPublicLibrary.com).

For a complete listing of Suffolk Tourism events, visit [www.VisitSuffolkva.com](http://www.VisitSuffolkva.com).

To view other City events, visit [www.SuffolkVa.us/calendar.aspx](http://www.SuffolkVa.us/calendar.aspx).

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