

## NEWS RELEASE

FOR IMMEDIATE RELEASE

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

### Monday, November 7

#### *Historic Suffolk Narrated Bus Tour*



See Suffolk through the eyes of years gone by. Suffolk's rich heritage dates back to the early 17<sup>th</sup> century when Captain John Smith first encountered the Nansemond Indians on the Nansemond River. Guided by a Suffolk historian, you meet the people and places that made Suffolk the City it is today.

Highlights of this windshield tour include Cedar Hill Cemetery, Riddick's Folly House Museum, Constant's Wharf, College Court and Suffolk's historic Lakeside neighborhood.

The Historic Suffolk Narrated Bus Tour departs from the Suffolk Visitor Center, conveniently located at 524 North Main Street on Monday, November 7<sup>th</sup> at 2 p.m. Tickets for each tour are \$8 for adults and \$6 for seniors, military and children ages 9 to 12. For more information, call 757.514.4130.

## Monday, November 7 and Thursday, November 10

### *Medicare Benefits Counseling*



Medicare can be confusing. Senior Services is here to help. Join them from 1 p.m. to 3 p.m. on Monday, November 7<sup>th</sup> at the Morgan Memorial Library, 443 West Washington Street and on Thursday, November 10<sup>th</sup> at the North Suffolk Library, 2000 Bennetts Creek Park Road. Receive information and advice from a counselor about applying for Medicare, Medicaid, or Medicare Part D. These services are free and confidential. For more information or to schedule an appointment, call 757.449.8706.

## Monday, November 7

### *Chuckatuck Hodgepodge*



Join us on Monday, November 7<sup>th</sup> at 4 p.m. at the Chuckatuck Library, 5881 Godwin Boulevard, to work on science experiments, art projects, building activities and more. This is a combination of activities for all ages selected from Lego Club, Little Scientists, Pint-Size Picassos and more! For more information, call 757.514.7323.

## Monday, November 7

### *Cool Chuckatuck Nights*



Create something cool at an open crafting night for all ages and skill levels at the Chuckatuck Library, 5881 Godwin Boulevard, on Monday, November 7<sup>th</sup> from 6:30 p.m. to 7:30 p.m. For more information, call 757.514.7323.

## Tuesday, November 8

### *Itsy Bitsy Babies*



Itsy Bitsy Babies is a program featuring songs, rhymes, bounces and more for babies ages 0 to 12 months and their caregivers. Join us at the North Suffolk Library, 2000 Bennetts Creek Park Road, on Tuesday, November 8<sup>th</sup> from 9:30 a.m. to 10 a.m. For more information, call 757.514.7323.

## Tuesday, November 8

### *Toddler Time and Preschool Time*



The Suffolk Public Library is offering *Toddler Time* and *Preschool Time* programs. *Toddler Time*, a program designed for children ages 18 months to 3 years, includes stories, songs and activities designed for toddlers. The Morgan Memorial Library, 443 West Washington Street, and the North Suffolk Library, 2000 Bennetts Creek Park Road, will host *Toddler Time* from 10:15 a.m. to 10:45 a.m. each day.

Children ages 3 to 5 will enjoy *Preschool Time*, a 30-minute program featuring stories, educational activities, rhymes and more! *Preschool Time* will be held at both the North Suffolk and Morgan Memorial Libraries from 11 a.m. to 11:30 a.m. each day. For more information, call 757.514.7323.

## Tuesday, November 8

### *Competing with the Big Guys – How Independent Retailers Win & Keep Customers*



Suffolk Economic Development, along with The Small Business Development Center (SBDC) is pleased to present a **FREE** small business seminar entitled “**Competing With the Big Guys...How Independent Retailers Win & Keep Customers**”.

The seminar, facilitated by Mr. Marc Willson, is designed to give small, independently-owned retailers valuable guidance about competing with larger “big-box” businesses,

such as the importance of differentiating their product mix and the significance of posting quality photographs on webpages and social media.

This seminar will help businesses learn about:

- Make your business a shopping destination
- Out - maneuver on social platforms
- Create a memorable experience for the customer
- Add to your services
- How to treat your customers
- Choose and position your products
- Build on community involvement
- Create and communicate your niche

The complimentary seminar will run from 4 p.m. to 5:30 p.m. on Tuesday, November 8<sup>th</sup> at The First Lady of Suffolk (447 W. Washington Street). To register or to learn more, contact Deanna Holt at 757.514.4049 or [Dholt@Suffolkva.us](mailto:Dholt@Suffolkva.us).

## **Tuesday, November 8**

### *Lego Club*



Drop in and use your imagination to create things with Legos provided by the library from 4:30 p.m. to 6 p.m. on Tuesday, November 8<sup>th</sup> at the Morgan Memorial Library, 443 West Washington Street. For ages 6 to 11; children younger than 6 may attend if accompanied by an adult. For additional information, call 757.514.7323.

## Tuesday, November 8

### *Adult Coloring Club*



Relax and relieve stress with adult coloring pages and nonalcoholic drinks at the Morgan Memorial Library, 443 West Washington Street, on Tuesday, November 8<sup>th</sup> from 6:30 p.m. to 7:30 p.m. For more information, call 757.514.7323.

## Tuesday, November 8

### *Creation Exploration: Race Tracks & Hot Wheels*



Traction! Gravity! Friction! Come join the library race team on Tuesday, November 8<sup>th</sup> from 6:30 p.m. to 7:30 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road. Students will create a car race track for Hot Wheels. We will

also create LEGO vehicles. Will your car or truck be the winner? Registration required; for more information, call 757.514.7323.

## Wednesday, November 9

### *Baby Tots Combo and Tiny Tots*



The *Babies Tots Combo Class* is a combo storytime that includes books, songs, rhymes, and more for ages up to 24 months. Join us on Wednesday, November 9<sup>th</sup> from 9:30 a.m. to 10 a.m. at the Morgan Memorial Library, 443 West Washington Street.

*Tiny Tots*, a storytime for ages 12 to 24 months, will be held at the North Suffolk Library, 2000 Bennetts Creek Park Road, from 9:30 a.m. to 10 am. For more information, call 757.514.7323

## Wednesday, November 9

### *My Storytime*



Bring your children ages 0 to 5 years to the Chuckatuck Library, 5881 Godwin Boulevard, on Wednesday, November 9<sup>th</sup> at 11 a.m. for an early literacy-based storytime filled with stories, songs, rhymes, and more! For more information, call 757.514.7323.

## Thursday, November 10

### *What's Your Score? – Life-Sized Board Games for Teens*



Are you ready to navigate the highs and lows of your credit score? From landing that dream job to buying a home of your own, credit impacts your life every step of the way. Jump into this live-action game that will teach you the ins and outs of credit along with tips to secure a high credit score of your own. This workshop will be held on Thursday, November 10<sup>th</sup> from 6 p.m. to 8 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road. For more information, call 757.514.7323.

## Thursday, November 10

### *BARKS (Books and Reading for Kids in Suffolk)*



The Suffolk Humane Society has brought their therapy dogs and they want to hear you read! Children in grades K-5 will get a chance to practice their reading skills and to meet all types and sizes of our furry canine friends! Join us on Thursday, November 10<sup>th</sup> from 6:30 p.m. to 7:30 p.m. at the Morgan Memorial Library, 443 West Washington Street; registration is required. For more information, call 757.514.7323.

## Friday, November 11

*Veterans Day – Suffolk City Offices' Closed*



In observance of Veterans Day, Suffolk City offices will be closed Friday, November 11, 2016. Normal operations will resume Monday, November 14, 2016, at 8:30 a.m. The city observes all State-designated holidays.

**Suffolk Public Works Department will pick up trash on a one day delay.** Friday's route (Friday, November 11<sup>th</sup>) will be picked up on Saturday (Saturday, November 12<sup>th</sup>). **TFC Recycling** will also run on a one day delay with Friday's routes picked up on Saturday. Suffolk Public Works Department reminds you that trash must be placed at curbside no later than 7 a.m. on the day of collection. For more information on refuse collection, please call Public Works at 514-7630. **Businesses located in the Downtown Business Overlay District (DBOD) will also have their regular Friday collection picked up on Saturday, November 12<sup>th</sup>.**

## Saturday, November 12

*Suffolk Farmers' Market*



The Suffolk Farmers' Market is a popular outlet for locally grown fruits and vegetables, baked goods, organically raised poultry, fresh eggs and milk, honey and a variety of artisan-crafted goods. The Suffolk Farmer's Market is conveniently located in the Suffolk Visitor Center Pavilion at 524 North Main Street.

Free and open to the public from 9 a.m. until 1 p.m. on Saturdays through November 19<sup>th</sup>, the Market will host a variety of Family Fun Days, special guest speakers and performers, petting zoos, book signings, workshops, crafts and more. For more information, contact the Suffolk Visitor Center at 757.514.4130 or [VisitSuffolk@suffolkva.us](mailto:VisitSuffolk@suffolkva.us).

## **Saturday, November 12 and Sunday, November 13**

### *Thanks for Pets Adopt-A-Thons*



The Suffolk Animal Care Center and the Suffolk Humane Society will host “*Thanks for Pets*” Adopt-A-Thons from 12 p.m. to 3 p.m. on Saturday, November 12<sup>th</sup> at the Chesapeake Square PetSmart, 4300 Portsmouth Boulevard in Chesapeake and on Sunday, November 13<sup>th</sup> at the North Suffolk PetSmart, 6243 College Drive. For more information, call 757.514.7855 or 757.538.3030.

## **Saturday, November 12**

### *Legends of Main Street: A Suffolk Ghost Walk*

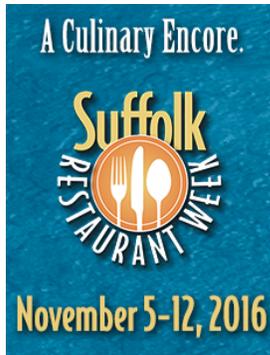


Would you like to experience a hair-raising encounter with the “spirited” side of Suffolk? On Saturday, November 12<sup>th</sup> at 7 p.m., come follow a costumed guide through the shadows of historic Main Street discovering stories, legends and “unexplained occurrences” by lantern light. Suffolk’s historically hip Ghost Walk departs from the Suffolk Visitor Center, located at 524 North Main Street. This tour is not recommended for children under the age of 9.

Tickets are \$10 for adults and \$8 for seniors 60+, military and children ages 9 to 12. Reservations are required. For more information or to reserve your spooky adventure, contact the Suffolk Visitor Center at 757.514.4130.

**Saturday, November 5 – Saturday, November 12**

*Suffolk Restaurant Week: A Culinary Encore*



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. This popular culinary tradition features the best restaurants citywide offering fixed-price, three-course meals. There are no passes to buy, coupons to carry or cards to punch. Food lovers may simply dine at as many participating restaurants as they like during Suffolk Restaurant Week to explore new dining opportunities or enjoy old favorites. For a list of participating eateries and for more information, visit [www.restaurantweekssuffolk.com](http://www.restaurantweekssuffolk.com) or call 757.514.4130.

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