

NEWS RELEASE
FOR IMMEDIATE RELEASE
February 6, 2012



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, February 06, 2012

- *Get Up and Get Out*



Get Up & Get Out is a fitness program designed to help you get on track and stay on track throughout the year. There are four sessions beginning on February 6, 2012, with additional sessions set to start April 2, June 4, and August 6. The East Suffolk Recreation Center will host all of the sessions.

Each six-week, three-day-a-week program combines nutrition and physical activity guidance designed to teach the benefits of making healthy choices. Activities, seminars, and exercise will be coordinated by a Community Nutritionist and Fitness Assistant. There are no fees to participate and each participant will receive a free one-year membership to East Suffolk Recreation Center and Fitness Center. For more information, contact Mike Frickanisce at (757) 514-4504. East Suffolk Recreation Center is located at 138 South 6th Street.

TUESDAY, January 31st- April 17th, 2012

- *Tax Preparation Assistance*



The Suffolk Workforce Development Center has partnered with the AARP Tax Division and will assist citizens with the preparation of tax returns every Tuesday, Wednesday and Thursday afternoon from 12:30 p.m. until 3:30 p.m. beginning January 31st through April 17th.

Citizens will be served on a walk-in basis, first come-first served, and must bring photo identification, W2 forms and their last year tax return (if available). You must be 18 or older to receive assistance, and there is no restriction on income requirements. Volunteers will not prepare complicated returns or business returns.

The Workforce Development Center is located in the heart of downtown Suffolk at 157 North Main Street, second floor. For more information, contact 514-7748.

WEDNESDAY, February 8, 2012

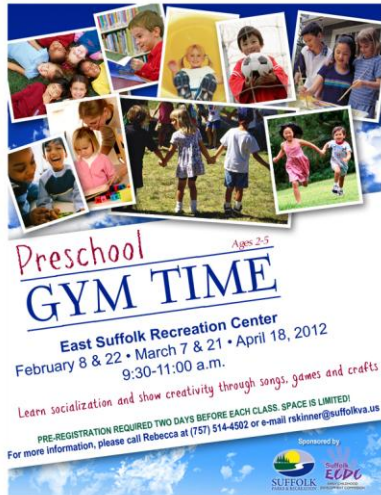
- *Senior Sweetheart Ball*



Celebrate Valentine's Day with your sweetheart or a special friend. Suffolk Parks and Recreation is hosting the annual "Senior Sweetheart Ball" on Wednesday, February 8, 2012 from 10:00 a.m. until 2:00 p.m. at the historic Planter's Club. This event is sure to bring the inner cupid out as you dress up in your favorite gown, tuxedo, or suit and celebrate the day of love with great entertainment, food, fun, and friends.

Registration is from January 16th until February 3, 2012. Space is limited! There is a \$7 fee per participant. The Planters Club is located at 4600 Planter's Club Drive, Suffolk, VA 23435. For more information, call Curtis Kindred at (757) 514-7265.

- *Pre-School Gym Time*



Everyone knows that toddlers have excess energy to burn...get them active at Pre-School Gym Time, hosted by the East Suffolk Recreation Center.

Sessions are set for February 8, February 22, March 7, March 21, and April 18, 2012, from 9:30 a.m. until 11:00 a.m. Children will enjoy a special time with other toddlers, learning songs, games, and crafts. Pre-School Gym Time will allow toddlers the opportunity to learn socialization and show their creativity through play, with each class session offering something new. Pre-registration is

required and space is limited. Fees are \$2 per child. For more information, contact Rebecca Skinner at (757) 514-4500. East Suffolk Recreation Center is located at 138 South 6th Street.

SATURDAY, February 11, 2012 and SUNDAY, February 12, 2012

- *Suffolk Humane Society Adopt-a-Thon*



Elvis sang, "Ain't Nothing But A Hound Dog," but it's "Ain't Nothing Like A Hound Dog" as Suffolk Humane and Suffolk Animal Control celebrate lovable hounds, beagles, cats and other dogs at its February adoption events at the PetSmart Charities ® Adoption Center at the Chesapeake Square PetSmart® stores on February

11 and 12. All adoption events will be held from 11 a.m. to 3 p.m. at the Chesapeake Square PetSmart® Store, 4300 Portsmouth Boulevard, Chesapeake, VA. Suffolk Humane Society and Suffolk Animal Control are sponsoring the adopt-a-thons.

Visit www.SuffolkHumaneSociety.com each week to get the latest information about the group's activities and to view the up-to-date photos of the adoptable animals at Suffolk Animal Control, 124 Forest Glen Drive, Suffolk (757-514-7855). Call Suffolk Humane 757-538-3030 for more information.

###