

**NEWS RELEASE**  
**FOR IMMEDIATE RELEASE**  
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## What's Happening in Suffolk this Weekend

**Saturday, October 16**



The Alzheimer's Association Southeastern Virginia Chapter will hold the Alzheimer's Association Memory Walk® in Suffolk on Saturday, October 16th at Constant's Wharf, located behind the Hilton Garden Inn - Suffolk Conference Center, 100 East Constance Road. Registration begins at 9:00 a.m., with the option of either 1 or 3 mile scenic route walks starting at 10:00 a.m. This family-friendly event is co-sponsored by Suffolk Parks & Recreation and is the community's largest event to raise awareness and funds for Alzheimer research, care and support. Special activities include music and family entertainment, remembrance areas, food and beverages and lots of family fun. For additional information, call 459-2405, or visit [www.alz.org/seva](http://www.alz.org/seva) to register on-line. We're on the MOVE to end Alzheimer's!

### *Tea with Mrs. Riddick*



Nationally-known first person interpreter, Gae Ward, becomes Mrs. Missouri Riddick, with storytelling, discussion of manners, music and gossip. The event takes place at the

Riddick's Folly House Museum located at 510 N. Main street at 11am and 2pm. Tickets are \$15 per person. Space is limited and tickets sell quickly. For more information please call 757-934-0822 or e-mail [rfcurator@verizon.net](mailto:rfcurator@verizon.net).

*Celebrating Health, Fitness and Active*

The East Suffolk Community Day and Open House takes place between 12 pm and 3 pm at 138 S. 6th Street. Come out and take part in a number of activities geared toward the body and the mind. There will be health and fitness screenings, a bike rodeo, a 3-on-3 basketball tournament and car seat inspections. You'll learn about Project Lifesaver, Gang Awareness, CSI Fingerprinting and how to become a Suffolk Police Officer. There will also be a canine demonstration, a resource fair, amusements and food vendors. For more information, call 757-514-7250.



*Greater Hampton Roads Crime Lines 10th Annual Top Cop Awards Dinner*



Hampton Roads Crime Lines 10th Annual Top Cop Awards Dinner and Silent Auction will take place at the Renaissance Portsmouth Hotel. The hotel is located at 425 Water Street in Portsmouth. The event is from 6 pm to 9 pm. There will be a silent auction, a 50/50 raffle and other prizes, Hampton Roads Top Cop Awards, and music provided by Porte Towne Magic.

Join us as we honor local law enforcement officers, individuals, corporations, and organizations that have helped make our community a safer place to live and work. This event raises revenue to provide the 1-888-LOCK-U-UP telephone service. For ticket information, contact Christie

Saunders at (757) 393-8752, ext. 10.

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