

NEWS RELEASE

FOR IMMEDIATE RELEASE

September 9, 2016



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What's Happening in Suffolk This Week ...

Monday, September 12 and Saturday, September 17

Historic Suffolk Narrated Bus Tour



See Suffolk through the eyes of years gone by. Suffolk's rich heritage dates back to the early 17th 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, September 12th and Saturday, September 17th 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, September 12

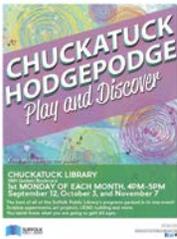
Medicare Benefits Counseling



Medicare can be confusing. Senior Services is here to help. Join them from 1 p.m. to 3 p.m. on Monday, September 12th at the Morgan Memorial Library, 443 West Washington Street. 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 or 757.328.4217.

Monday, September 12

Chuckatuck Hodgepodge



Join us on Monday, September 12th 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, September 12 and Saturday, September 17

Tidewater Reads: Moms Making Stuff in Space



Celebrate Tidewater Reads Month with a special edition of *Moms Making Stuff* on Monday, September 12th from 6:30 p.m. to 7:30 p.m. at the Chuckatuck Library, 5881 Godwin Boulevard and on Saturday, September 17th from 10:30 a.m. to 11:30 a.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road and the Morgan Memorial Library, 443 West Washington Street. Craft a creation inspired by space, robots, and the novel, *Shine, Shine, Shine*. For more information, call 757.514.7323.

Tuesday, September 13 and Wednesday, September 14

Itsy Bitsy Babies and Tiny Tots



Itsy Bitsy Babies, designed for children 12 months and younger, features songs, rhymes and hands-on activities for baby and caregiver. *Tiny Tots*, designed for children ages 12 months to 24 months, includes books, songs, rhymes and more. Registration is required for both programs. The North Suffolk Library, 2000 Bennetts Creek Park Road, will host *Itsy Bitsy Babies* on Tuesday, September 13th from 9:30 a.m. to 10 a.m. *Tiny Tots* will take place at the North Suffolk Library on Wednesday, September 14th from 9:30 a.m. to 10 a.m. For more information, call 757.514.7323.

Tuesday, September 13 and Wednesday, September 14

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 11:45 a.m. each day. For more information, call 757.514.7323.

Tuesday, September 13 and Sunday, September 18

Great Dismal Swamp Safari



The Great Dismal Swamp is anything but dismal! On Tuesday, September 13th and Sunday, September 18th from 9:30 a.m. to 1:30 p.m., learn about the history, lore, vegetation and wildlife with this adventure that includes a brief walk to Lake Drummond. Sunscreen, insect repellent,

comfortable clothes and shoes are recommended. A small snack and beverage is provided.

This tour departs from the Suffolk Visitor Center, located at 524 North Main Street, and is not recommended for very small children. Tickets are \$10 for adults and \$8 for seniors 60+, military, and children ages 3 to 12. Reservations are required. Call the Suffolk Visitor Center at 757.514.4130 to reserve your spot.

Tuesday, September 13

Afternoon Conversations Series: The Daughters of the American Revolution



DAR (Daughters of the American Revolution) members will discuss the history of the DAR and how descendants can become a member of this prestigious organization on Tuesday, September 13th from 2 p.m. to 3 p.m. at the Morgan Memorial Library, 443 West Washington Street. For more information, call 757.514.7323.

Tuesday, September 13

LEGO Club: Robot Month Edition for Tidewater Reads



Test your building skills to create the coolest LEGO robot ever on Tuesday, September 13th from 4:30 p.m. to 6 p.m. at the Morgan Memorial Library, 443 West Washington Street. Program is for ages 6 to 12. For additional information, call 757.514.7323.

Tuesday, September 13 and Thursday, September 15

Adult Coloring Club



Relax and relieve stress with adult coloring pages and non-alcoholic drinks from 6:30 p.m. to 7:30 p.m. at the Morgan Memorial Library, 443 West Washington Street, on Tuesday, September 13th and at the North Suffolk Library, 2000 Bennetts Creek Park Road, on Thursday, September 15th. For more information, call 757.514.7323.

Wednesday, September 14

Babies Tots Combo Class



SUFFOLK
PUBLIC LIBRARY

The *Babies Tots Combo Class* is a combo story time for infants and toddlers that include books, songs, rhymes, and more for ages up to 24 months. Join us on Wednesday, September 14th from 9:30 a.m. to 10 a.m. at the Morgan Memorial Library, 443 West Washington Street. For more information, call 757.514.7323.

Wednesday, September 14

My Storytime



The Chuckatuck Library, located at 5881 Godwin Boulevard, will host *My Storytime*, an early literacy-based storytime with stories, songs, rhymes and more for children ages 0 to 5 on Wednesday, September 14th from 11 a.m. to 11:30 a.m. For more information, call 757.514.7323.

Wednesday, September 14 and Saturday, September 17

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 at the Morgan Memorial Library, 443 West Washington Street, on Wednesday, September 14th from 6:30 p.m. to 7:30 p.m. and on Saturday, September 17th from 2 p.m. to 3 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road; registration is required. For more information, call 757.514.7323.

Thursday, September 15

Your Life, Your Legacy Class with Meadowbrook Memorial



Get information on pre-planning with representatives from Meadowbrook Memorial and Cremation Gardens on Thursday, September 15th from 2 p.m. to 3 p.m. at the North Suffolk Library, 2000 Bennetts Creek Park Road.

An instructor will discuss the various options in pre-planning end of life needs, why pre-planning is important, and what to look for to make the best choices for your family. A counselor will be available to set a personal appointment to discuss your personal needs, if desired. For more information, call 757.514.7323.

Thursday, September 15

Tai Chi for Arthritis and Fall Prevention



Join us for an 8-week program, *Tai Chi for Arthritis and Fall Prevention* that will meet on Thursdays from 4 p.m. to 5 p.m. beginning September 8th and ending on October 27th at the North Suffolk Library, 2000 Bennetts Creek Park Road. Registration is

required; for more information, call 757.514.7323.

Friday, September 16

21st Annual Treasurer's United Way Golf Tournament



Treasurer, Ronald H. Williams, invites you to join him at the 21st Annual Treasurer's United Way Golf Tournament on Friday, September 16th at the Nansemond River Golf Club, 1000 Hillpoint Boulevard. The cost to participate is \$100 per golfer

or \$400 per foursome and includes green fees, cart, breakfast, lunch, dinner, snacks, beverages, and a chance to win outstanding prizes. Registration begins at 8:30 a.m.; shotgun start is at 10 a.m. To register as a player or team, or to inquire about sponsorship opportunities, please contact Shirley Snead at ssnead@suffolkva.us or call 757.514.4284.

Friday, September 16

Gallery After Hours

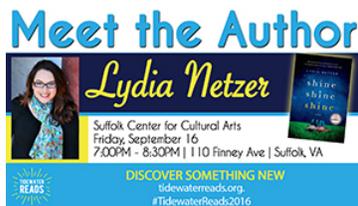


Join us on Friday, September 16th from 7 p.m. to 9 p.m. at the Suffolk Art Gallery, 118 Bosley Avenue for fun after-hours events close to home. Enjoy art demonstrations, live music or a DJ, games, DIY art-making stations that fit the

evening's theme, food and drink. Some events are for the entire family and include kids' craft stations, others are adult fun only. For more information, visit www.heartandsoulsuffolk.com or call 757.514.7284.

Friday, September 16

Meet the Author: Lydia Netzer



New York Times best-selling author, Lydia Netzer, will speak about her novel, *Shine, Shine, Shine* and southern writing as part of the Tidewater Reads program on Friday, September 16th from 7 p.m. to 8:30 p.m. at the Suffolk Center for Cultural Arts, 110 West Finney Avenue. This event is free and open to the public. For more information, visit www.tidewaterreads.org.

Friday, September 16

Little Scientists



Children ages 3 to 5 are invited to investigate, experiment, and explore through hands-on STEM activities at the North Suffolk Library, 2000 Bennetts Creek Park Road, on Friday, September 16th from 10:30 a.m. to 11:30 a.m. For more information, call 757.514.7323.

Friday, September 16

Preschool Discovery



Join us at the Morgan Memorial Library, 443 West Washington Street, on Friday, September 16th from 10:30 a.m. to 11:30 a.m. Children ages 3 to 5 will drop in to explore different building, hands-on, and sensory activities. No registration is required. For more information, call 757.514.7323.

Friday, September 16

Legends of Main Street: A Suffolk Ghost Walk



Would you like to experience a hair-raising encounter with the “spirited” side of Suffolk? On Friday, September 16th at 8 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, September 17

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 19th, 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.

Saturday, September 17

Walk to End Alzheimer's



On Saturday, September 17, 2016, the *Western Tidewater Walk to End Alzheimer's* will take place at Constant's Wharf Park & Marina, located at 110 East Constance Road. Registration will begin at 8:30 a.m., the ceremony at 9:40 a.m., and the walk at 10 a.m. The scenic route length is three miles, with a one-mile option. This year's honorary chair is Suffolk Mayor Linda T. Johnson.

Alzheimer's is an epidemic devastating our families, our finances and our future. The Walk to End Alzheimer's is the world's largest event to raise awareness and funds for Alzheimer's care, support and research.

Saturday, September 17

Great Dismal Swamp Guided Nature Walk



“Swamped and Loving It!” Meet the Great Dismal Swamp National Wildlife Refuge in a new way – up close and personal! On Saturday, September 17th from 10 a.m. to 11:30 a.m., enjoy a biologist-led nature walk at the Great Dismal Swamp National Wildlife Refuge – Washington Ditch, off of White Marsh Road, as you learn about the flora, fauna, wildlife and history that abound in the 111,000-acre wilderness. Tickets are \$7 for adults; \$5 for seniors (60+), military, and children ages 3 to 12. Reservations are required and cancellations are expected no less than 48 hours prior to scheduled tour. Call the Suffolk Visitor Center at 757.514.4130 to reserve your spot.

Saturday, September 17

Community Yard Sale at East Suffolk Recreation Center



One man's trash is another man's treasure! Come sell and shop at the East Suffolk Recreation Center's *Community Yard Sale* on Saturday, September 17th at 9 a.m. The East Suffolk Recreation Center is located at 138 South 6th Street. For more information, call 757.514.4500.

Saturday, September 17

Cedar Hill Cemetery Tour



The Suffolk Division of Tourism is introducing a new guided stroll through a pleasant 32-acre cemetery, rich in history and natural beauty. Join us on Saturday, September 17th from 10 a.m. to 11:45 a.m. for the *Cedar Hill Cemetery Tour*, which departs from the Suffolk Visitor Center, 524 North Main

Street. An official Virginia Civil War Trail site, Cedar Hill Cemetery has long been an attraction for history buffs and even walking groups. The 90-minute daytime tour will offer unique insights into Suffolk's heritage as tour goers traverse the cedar-lined terrain dotted with timeworn headstones.

Tickets are \$7 for adults; \$5 for seniors (60+) and the military. This tour is not recommended for children under 12 years of age. Reservations are required and cancellations are expected no less than 48 hours prior to scheduled tour; special rates available for groups of 12 or more. Call 757.514.4130 for more information.

Saturday, September 17 and Sunday, September 18

Summer Adopt-A-Thons



The Suffolk Animal Care Center and the Suffolk Humane Society will host their last *Summer Adopt-A-Thons* from 12 p.m. to 3 p.m. on Saturday, September 17th at the Chesapeake Square PetSmart, 4300 Portsmouth Boulevard in Chesapeake and on Sunday, September 18th at the North Suffolk PetSmart, 6243 College Drive. For more information, call 757.514.7855 or 757.538.3030.

Saturday, September 17

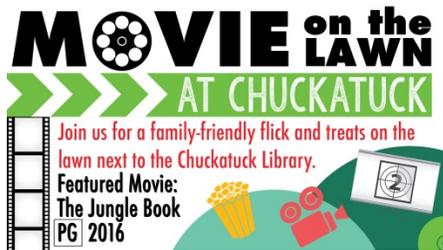
Cupcake Wars



Families are welcome to celebrate everyone's birthday with a little friendly competition. Join us on Saturday, September 17th from 2 p.m. to 3 p.m. at the Morgan Memorial Library, 443 West Washington Street for competitions that will include piñata, musical chairs and cupcake decorating. For more information, call 757.514.7323.

Saturday, September 17

Movies on the Lawn at Chuckatuck



Join us for a family friendly flick and treats on the lawn next to the Chuckatuck Library, 5881 Godwin Boulevard on Saturday, September 17th from 6 p.m. to 8 p.m. The featured movie is *The Jungle Book* (2016) © Walk Disney Pictures, rated PG. For more information, call 757.514.7323.

September 15 – September 29

Get Inspired: Open Writing Studio

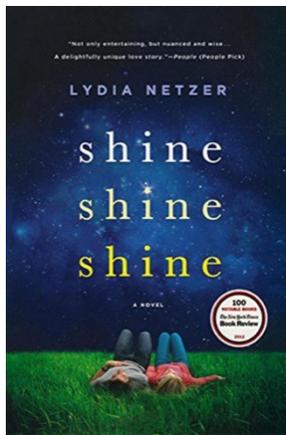


Hitting a creative wall? Supercharge your writing with prompts and inspiration from Tidewater Reads' *Shine, Shine, Shine* on Thursdays, September 15th, September 22nd and September 29th from 6 p.m. to 8:30 p.m. at the ODU Tri-Cities Center, 1070 University Boulevard in Portsmouth.

In this free, fast-paced workshop, we'll challenge ourselves to create new writing each week, ranging from new pieces of flash fiction and poetry to new beginnings for longer works. We'll use different exercises to explore plot, character, setting, and language; you will get immediate feedback on your writing from both the instructor fellow students. Open to writers of all levels of experience and genres. Registration is required and can be made online through the Suffolk Public Library's website calendar at www.suffolkpubliclibrary.com.

September 6 – October 21

Verbal 2 Visual, an Exhibit based on "Shine, Shine, Shine," a novel by Lydia Netzer



The Suffolk Art Gallery and the Suffolk Art League have invited artists and writers to read Lydia Netzer's novel, *Shine, Shine, Shine*, and create works inspired by the novel for a juried exhibition September 6th through October 21st. This exhibition is presented in conjunction with *Tidewater Reads*, a regional literary collaborative. The Suffolk Art Gallery, located at 118 Bosley Avenue, is open Tuesday through Saturday, 10 a.m. to 5 p.m.; and on Sunday from 1 p.m. to 5 p.m. For more information, call 757.514.7284 or 757.925.0448.