

in a night out with Neptune? This is one evening Hampton Roads Seniors will not want to miss.

**Ticket Information:** Tickets are \$15/person, and **reservations with payment must be made in advance.** Tables of 10 may also be reserved for \$150. Call the Neptune Festival office to make your reservation at (757)498-0215. **All attendees must be over the age of 62 and are subject to ID check at the door.** No refunds.

**Venue:** Virginia Beach Convention Center Ballroom, 1000 19th Street, Virginia Beach, VA 23451. **Valet parking is available**

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## More Food for Thought from Dave Barry's *Lessons from Lucy*

1. Make new friends and keep the ones you have.
2. Don't stop having fun, and if you have stopped, start having fun again.
3. Pay attention to the people you love, not later, but right now.
4. Let go of your anger unless it's about something really important, which it almost never is.
5. Try not to judge people by their looks and don't obsess about your own.
6. Don't let your happiness depend on things. They don't make you happy and you'll never have enough anyway.
7. Don't lie unless you have a really good reason, which you probably don't.

## Needle Felting Class Pungo-Blackwater Library Saturday, Sept. 14 1 - 3 pm

Needle felting is the process of transforming wool into 3D objects using a barbed needle. With just a few basic tools and a simple tutorial, you'll be on your way to making adorable, fuzzy animals, or any other felted creations you can dream up. **Registration is required** and begins at 10 am on August 29, 2019.

Visit [www.vbgov.com/library-events](http://www.vbgov.com/library-events) or call 385-7790.

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## School Starts Tues., Sept. 3

Be mindful that the 2019/2020 school year begins on September 3. There will be many school buses and cars going through our parking lot, so be prepared. We again suggest that you exit our parking area by going around the rear of our building and exiting by the library.

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## Shall We Dance?

Rita Joyner, our terrific exercise instructor, is again offering ballroom dance class if there is enough interest. She would host lessons on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays each month, from 7 – 9 p.m. Ballroom dancing is back in vogue, so here's your chance to either learn how to dance or to refresh your memory, have some fun and exercise too. Call us at 385-2175 to let us know you are interested, and we'll see if enough of you would like to take advantage of this neat opportunity. Our members and their adult children are welcome to join this class.