

LOVE FOR VB

MAY REMEMBRANCE ACTIVITIES & SPECIAL PROGRAMMING

YEAR FOUR REMEMBRANCE CEREMONY

Wednesday, May 31 | 8 PM

City Hall, 2401 Courthouse Dr.

An in-person vigil will be held to allow the community to gather to remember those we lost, to lift up survivors and those still healing. Candles will be provided; however, seating will not be available. The event will include the reading of names, a candle ceremony, musical performance by Virginia Beach City Public Schools, and speakers who represent the First Responder community. The 12 blue lights to honor the victims will be returning to Building 2 and will continue to shine in remembrance through the night.

SHOW YOUR "LOVE FOR VB"

Available Throughout May

Find Frames and Sheets: LoveForVB.com

Here are a few ways you can remember in your own way and show your "Love For VB"

- Wear **BLUE** on May 31 in remembrance
- Turn your porch lights blue
- Display the flower and your art through one of the coloring sheets
- Show your love on social media with a Facebook frame

A MOMENT OF SILENCE

Wednesday, May 31 | 4:06 PM

Observe a moment of silence on May 31 at 4:06 p.m., the time when the first 911 call was received. Please pause wherever you may be at that time.



VBPL RESILIENCY PROGRAMMING

Multiple Dates & Times

For More Info: vbpl.librarymarket.com

The library is hosting relaxing programs in the month of May so you can unwind, recharge and shed some of that school stress. Come snuggle animals and hang out with friends all month long. You can also unlock your creativity by joining the Tiny Art Show. Pick up a canvas from your local library, create your masterpiece, and then return it so it can be part of the show at Central Library. Attend the Tiny Art Show opening night to see all the artwork other teens have created.

- Teen Only Teeny Tiny Farm
- Relax with Reptiles, presented by Reptile Education of Virginia
- Sea Turtle Rescue
- Tiny Art Show
- Relax with Reptiles
- Kitten Cuddles with Billy the Kidden Rescue
- Tiny Art Show Gala

FREE FITNESS & FITLOT CLASSES

Multiple Dates & Times

Mt. Trashmore & Williams Farm Park

Physical activity is beneficial to improving health and reducing symptoms of stress related to trauma. Drop-in May 17 & May 31 at 6 p.m. for a free high intensity workout class like Turbo Kick or Cardio HITT. Also offered Monday through Friday is the new FitLot classes created for all ages and abilities, designed to enhance strength, cardio, balance, and flexibility. Be sure to register at Virginia Beach Parks & Recreation Fitness and Wellness!

DHS MENTAL HEALTH AWARENESS

Multiple Dates & Times

For More Information: (757) 385-0803

The Virginia Beach Department of Human Services offers classes throughout the month of May to address:

- Mental Health First Aid
- Community Wellness
- Help me Understand Seminar: Anxiety

LOVE FOR VB AROUND TOWN

Did you know that the forget-me-not is the official Love for VB symbol? Find out what each component stands for at LoveForVB.com.

Be sure to look for the Love For VB symbol displayed around the City!

Our forget-me-not flower will again be painted at Mt. Trashmore on the front of the hill just below the City seal.

Remembrance flags, featuring the Love For VB symbol, will be flown at more than 30 locations throughout the City.

City facilities and bridges including Building 30, the Virginia Beach Convention Center, Virginia Aquarium & Marine Science Center, Greenwich and Lesner Bridge will light up blue in remembrance.

