

Homes, gardens, ideas and inspiration

The Mid-Atlantic Home and Flower Show was recently presented at the Virginia Beach Convention Center. "Love Your Home Again" was the theme and it presented new ideas and inspiration for every area of homes and gardens.



Shesha Keiningham of Atlantic Bay Mortgage Group



Owner of A & A Awning, Michael McDonald



Buddy Smith, left, and Mike Smith of Russell's Heating and Cooling



From left: Robin, Linda, and Brenda of 'Whole-ly' Rollers



Nicholas Straszewski of East Coast Appliances



Jerry Harris of Jerry Harris Remodeling

See these and other photos at TheShopper.com

Photography and reporting by Evelyn Melody



32nd Annual Chesapeake Senior Games

Ages 55+

Senior Games Opening Ceremony
Friday, April 22
9:00 - 10:00 am

*Games immediately following
Indian River Community Center
2250 Old Greenbrier Road, Chesapeake 23325

—Speakers—

Mayor Alan P. Krasnoff | Sheriff John R. Newhart & Michael J. Kalvort—Director, Parks and Recreation

Lunch provided for participants by Optima Health

Senior Games registration forms can be picked up at all Chesapeake Community Centers & Chesapeake Public Libraries.

Events April 18 - 23

At various locations—see registration form

Use Senior Games Registration Form To Participate

OptimaHealth

Take a break. . . . **Recre-8!**
Chesapeake Parks and Recreation Department

PLANET CHIROPRACTIC

Call 962-5828 for details.

Visit us on the web

www.CityofChesapeake.net/seniorprograms

—Call to sign up for our Senior E-Newsletter—