



- 1 Client
- 1 Trainer
- 1 Goal

Lace up those kicks! 1 mile FUN RUN
All ages! Beginning Wednesday, July 1st, and continuing every other week. **6 p.m.** Call Darryl for details at 251-625-4060.

Lemonade & Fun! Saturday, July 11 - 11 a.m.—3 p.m.

Please join WARE JEWELER'S at the fountain for lemonade and fun! Join the mailing list to receive first-hand notice of exclusive events and receive 20% off your next purchase. **** ENTER TO WIN** one of 10 items or services!
*If weather doesn't permit, please call the store for more details at 251.338.9273.
**Some exclusions may apply.



Saturday, July 11 - The Haven will be holding a **PAWS & STRIPES** animal adoption from 11 a.m. - 3 p.m. at PetSmart in the Plaza-
Come find your summer love ~Your new friend is waiting for his/her furever home!



Saturday, July 11 - Eastern Shore Cruisers return for their monthly **CLASSIC CAR Cruise In.** Plaza Parking lot. **6 - 9 p.m.** Music by DJ Daddy O.
Please visit! www.easternshorecruisers.com

LifeSouth Blood Drive

Wednesday, July 15, 10:00—3:00 p.m.
in front of BARNES & NOBLE

FREE CONCERT! FREE CONCERT!
Summer Nights Concert Series is back!
WINTZELL'S OYSTER HOUSE Est. 1938
ROMAN STREET
Friday night, July 17th; 5:30-8:30 at the Fountain (sponsored by Wintzell's Oyster House)



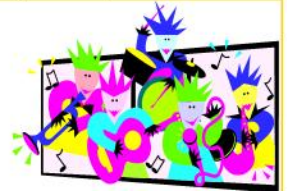
FREE CONCERT! FREE CONCERT!
Summer Nights Concert Series is back!
WINTZELL'S OYSTER HOUSE Est. 1938
PEEK
Friday night, July 24th; 5:30-8:30 at the Fountain (sponsored by Wintzell's Oyster House)



SUMMER HARVEST MENU COOKING CLASS at Williams Sonoma
Friday, July 24 — 6 p.m.—8 p.m.
Transform peak-of-season ingredients into an extraordinary meal! It's simple. On the menu: Cherry Tomatoes filled with Goat Cheese, Baby Spinach & Roasted Beet Salad, Asparagus Fettuccini and Roasted Apricot & Vanilla Tart. Presented by Amy Goreham. Spaces are limited and class fee includes an in-store discount on purchases. Please call to sign up. 251-625-6229.

Amer. Cancer Soc. RELAY RUMMAGE sale, Dillard's parking lot, 7/25, 7 am-noon

FREE CONCERT! FREE CONCERT!
Summer Nights Concert Series is back!
WINTZELL'S OYSTER HOUSE Est. 1938
FAT MAN SQUEEZE
Friday night, July 31st; 5:30-8:30 at the Fountain (sponsored by Wintzell's Oyster House)



PREMIERE CINEMAS Upcoming July Family Features

- July 1— Ice Age: Dawn of the Dinosaurs (3D)
- July 15— Harry Potter and the Half-Blood Prince
- July 24— G-Force (3D)
- July 31— Aliens in the Attic