



DOWNTOWN BUSINESS Buzz

MAY 2026

From the latest news & highlights to exciting events & specials happenings at all of your favorite places, the Downtown Suffolk Business Buzz is your go-to for all business-related information.



[Subscribe to our monthly newsletter](#) & stay up to date on all of the latest & greatest happenings with your favorite Downtown Suffolk businesses!

If you are a Downtown Suffolk business and have something special happening or are offering promotional deals that you would like to share, please let us know via email at tbleakley@suffolkva.us so we can include it as a feature.



Shop, Savor & Linger Longer in Downtown Suffolk

May has arrived, and Downtown Suffolk is stepping fully into event season. From community festivals to visitor experiences, this month is filled with opportunities to enjoy everything that makes downtown special.

We are excited to welcome the **Shop and Savor Suffolk Tour on May 7** from 9 a.m. to 1 p.m., produced by our partners at Retail Alliance. Military spouses located in the region will connect with local vendors at the Hilton Garden Inn Suffolk Riverfront, explore downtown businesses, and experience the hospitality and charm of our community. Events like this help introduce new visitors to the unique shopping, dining, and cultural experiences found only in Downtown Suffolk.

Celebrate **Mother's Day** on **Sunday, May 10** with brunch at her favorite downtown spot followed by a stroll down the pretty tree-lined streets of downtown. Need ideas? Look no further, **CHECK OUT THESE EATERIES**. Many offer brunch and are planning special menus for Mom's special day, For reservations, do not delay!

Downtown will dazzle during **Cultural Fest on May 16** from 11 a.m. to 5 p.m. at the Downtown Festival Park. This family-friendly celebration showcases the many cultures that make up our community through live performances, food, music, and educational experiences. It is a wonderful opportunity to gather, learn, and celebrate together in the heart of downtown.

As we continue building momentum downtown, we remain focused on one simple idea: encouraging people to linger longer. Attend an event, enjoy a meal, browse a local shop, or simply spend extra time exploring. Every visit helps support the businesses, organizations, and experiences that make Downtown Suffolk a destination worth returning to.

This month, **make plans to spend time downtown and invite someone to join you!** Discover something new, support local businesses, and experience the energy of Downtown Suffolk.

[Click for 2026 Events](#)



Healthy Living Starts Downtown

Downtown Suffolk is quickly becoming a place that supports healthy lifestyles, movement, and wellness. With the arrival of warmer weather and outdoor activity season, May is the perfect time to explore downtown in a new way.

On **May 15, 2026**, communities across the country will celebrate **National Bike to Work Day**, and Downtown Suffolk offers a unique opportunity to connect recreation, wellness, and local experiences through the **Seaboard Coastline Trail**. The trail provides cyclists and walkers with a scenic connection into the heart of downtown, encouraging residents and visitors alike to swap car trips for fresh air, exercise, and exploration.

One of the key gateways into downtown is the historic **Seaboard Station Railroad Museum trailhead** area. The station itself has been under renovation and is scheduled to reopen this summer, bringing renewed energy to this important community asset. Visitors should also **WATCH** for a facelift to the nostalgic caboose located on the museum grounds, another step in preserving and celebrating Suffolk's railroad heritage.

Downtown's growing wellness story includes businesses focused on healthy living and personal wellbeing. From fitness and training opportunities at local studios to holistic wellness services, downtown continues to diversify the ways people can invest in themselves while supporting small businesses. Check out these downtown offerings!

ALCHEMIC AURA WELLNESS
TRANSFORMING THE MIND, BODY & SPIRIT

Life Coaching

Roslyn Collins
LIFE COACH & CEO
ALCHEMIC AURA & AURALIFE LIFE COACHING

Hello, amazing wellness seekers!
I'm Roslyn Collins, Your Life Coach, and proud CEO of Alchemic Aura and Auralife Life Coaching.

Welcome. This is our Life and Mindset Coaching platform. We're here to help you achieve your total wellness goals, holistically, with support from our community and expert coaches. Our team offers guidance and accountability, using a combination of therapies like massage, meditation, breathwork, trauma support, nutrition, exercise, detox, and other ayurvedic methods. Let's get to work on your LIFE transformation!

*Change your alchemy.
Change your aura.
Change your life.*

Scan to Book Now!

BOOK NOW - IN PERSON
Your Transformation Starts Here

BOOK NOW - ONLINE
Transform From Anywhere

OUR APPROACH

- MINDSET COACHING
- TRAUMA SUPPORT
- MEDITATION & MINDFULNESS
- NUTRITION GUIDANCE
- BREATHWORK
- MOVEMENT & EXERCISE
- DETOX & CLEANSING
- COMMUNITY SUPPORT

VISIT US
THE WASHINGTON STREET CENTER
127 E. Washington St.
Suffolk, VA

EMPOWERING YOU TO LIVE WELL NATURALLY

HOLISTIC WELLNESS COACHING

TRANSFORMATION THAT LASTS

FOLLOW US FOR MORE WELLNESS TIPS & INSIGHTS

Mind • Body • Spirit

C-FIT STUDIO

PERSONAL TRAINING
SMALL GROUP CLASSES
DIETITIAN SERVICES
INFRARED SAUNA
STYKU 3D BODY SCAN

C-FIT

Corrective Functional Integrated Training

At C-FIT it is our mission to help you move safely and efficiently, to encourage confidence and growth while arming you with knowledge to take charge of your overall wellness.

143 N Main Street, Suite C, Suffolk, VA 23434
ciftstudio.com 757-514-1180

Whether you bike the trail, enjoy a walk downtown, grab a healthy meal, or enjoy social interaction with friends at [Nansemond Brewing Station](#), Downtown Suffolk invites you to slow down, get active, and linger a little longer.

Click on more healthy offerings in downtown!

[1 Foot 2 Foot Centre](#)

[Allonge Studios](#)

[Herb Heads](#)

[Walkers Market](#)



Downtown History Spotlight

Caboose Corner

If you have traveled along North Main Street, chances are you have noticed the red Norfolk & Western caboose parked beside the Seaboard Station Railroad Museum. Once the “office on wheels” for railroad crews, cabooses traveled at the end of freight trains and played an important role in America’s rail history and Suffolk’s too!

Today, this nostalgic railcar serves as a fun reminder of Suffolk’s railroad roots and makes for one of downtown’s favorite photo stops. As the Seaboard Station Railroad Museum continues renovations ahead of its summer reopening,

WATCH for a little facelift coming soon to the caboose as well. All aboard for preserving downtown history!



Fun Fact!

The post in the forefront of the image is called a whistle post. These were traditionally placed about one-quarter mile in advance of a road crossing. These signaled the locomotive engineer to sound the horn (or whistle). Think about that the next time the whistle sounds as it passes through downtown.



Business Spotlights

VeeShay's Jazz Club is newly opened on 203 East Washington Street!

Thursday: Night Happy Hour, Karaoke, and Line Dancing

Friday, May 8: Sonic Virtuoso Saxophonist INDIGO CELESTE plays at 7 p.m.

Saturday, May 9: Live Performance by Mr. Michael Carson

SeKretz Boutique- Located at 150 W Washington Street wants to help Junior and Seniors get ready for prom night! SeKretz is proud to give back to the community by offering FREE prom dresses to Juniors and Seniors who do not have the means to purchase one. Students are invited to come in, try on, and select at no cost. Dresses are available in limited quantities and range in sizes XS to 2X.

Available Property Highlight



Downtown Suffolk | 442 W. Washington Street | Suffolk, VA 23434 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!