

From: The Villages at West Neck westnecknotices@gmail.com
Subject: eNews update.
Date: June 27, 2023 at 5:00 AM
To: idotoomuch@aol.com



THE VILLAGES AT



WEST NECK

An Active Adult Community

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[Click here for the West Neck Community Calendar](#)

June 27, 2023

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Mark your calendar

- WNEC Tag Sale ~ 08/19

Evidence of a Bear in Rosecrest

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Evidence of a Bear Destroying Bird Feeders in Rosecrest Last Week

Please Read and Heed This Information

Hi George,

I understand you all have been seeing evidence of a bear in your area recently. I wanted to touch base with you to make sure you are reiterating to residents that this is not a public safety issue; it is a food issue. If all food sources are secure, the bear will no longer have incentive to be in the area. Please review this information from our website: <https://www.dgif.virginia.gov/wildlife/bear/becoming-bear-aware/> and make sure that ALL potential food sources such as trash cans, bird feeders, pet food, and outdoor grills are secured and unavailable to this animal. Bears becoming habituated to humans via human negligence in cases such as this are at risk and in danger, since they cannot unlearn this behavior, and sometimes need to be put down

due to careless actions of people continuing to leave food out. If I can be of further assistance, please let me know.

Thanks, Pete Acker

District Terrestrial Biologist
Virginia Department of Game and Inland Fisheries
Cell: (757)818-4527

Becoming Bear Aware!

[Click here for more information](#)

West Neck Activities

[Click to print flyer below](#)





**100% of Unwanted Shoes
Can Be Recycled**

**KEEP 'EM COMING!
THERE'S NO LIMIT / DEADLINE!
WEST NECK EDUCATORS CLUB
is collecting old sneakers!
Your donation of sneakers will
provide \$\$\$ for its
SCHOLARSHIP FUND!
Simply deposit your sneakers
in the box at the Village Hall and WNEC
will do the rest!
THANK YOU IN ADVANCE!**

[Click to print flyer below](#)



STRENGTH & FLEXIBILITY
while calming your mind

**FREE KARMA YOGA
VILLAGE HALL LARGE MEETING ROOM**
*No Punch Cards, No Commitments, Just Join Us
Gratuity Accepted But Not Required*



Schedule

Every Monday at 10:00 am Gentle Yoga
July 3, 10, 17, 24* & 31

Every Wednesday at 4:00 pm Gentle Vinyasa Flow
July 5, 12, 19, 26*

*Guest Instructor, West Neck Resident Marsha Engle

Special Session Friday July 7 at 6:00 pm Yoga Nidra

For Beginner and experienced students.
Learn the foundations of Gentle Yoga and Vinyasa Flow
How to use props and alternative postures.
NEW - Yoga Nidra a 30 minute Guided Meditation for Relaxation and Sleep

For questions contact Gretchen at 757.402.1407 or email alacarteevents4u@cox.net

Click to print flyer below



West Neck Village Fitness Fun Schedule



KIRSTEN BUCHANAN
Fitness

July 2023 FITNESS FUN SCHEDULE

MONDAY @ 12

THURSDAY @ 12

* Class design will be based after a class assessment of participants and discretion of your FIT PRO before the hour begins. *Classes will vary: any combination of strength, cardio movements and stretch done on our feet, from a chair or on our mats. Come be surprised!! We have Loads of FUN!! Give it a Go!! First class is COMPLIMENTARY for you to experience.

Individual, Couple, Group-Personal Training, Program Design, Flexibility Conditioning, Nutrition Counseling available for in-home, zoom, village hall gym, my gym: inquire @ **757-286-9694**

Come join us!!! All Fitness Levels are encouraged and welcomed. Modifications and

appropriate levels of intensity will be instructed throughout our session; which is held in the activities room at the VILLAGE HALL.

Fitness Fun Punch Cards available for SAVINGS! Drop in @ \$15 per class or \$80 for a 8 class punch card. 2 punch (\$25) and 4 punch (\$45) also available No expiration dates. Transferrable. Gift Certificates available. Credit Cards accepted with a cc fee applied of 3.58 %

Get to know me @ www.kirstenbuchanan.com

Complimentary Water Aerobics Classes for pool members every Wednesday @ 5 p.m. Please bring your water weights and noodle!!! 😊 Only thing cancelling class is RAIN!!!

Click to print flyer below

West Neck Needles & Threads

For any West Neck resident who enjoys working with their hands. We knit, crochet, do lap quilting, needlepoint and cross stitch. Some members knit or crochet prayer shawls or baby hats to be distributed to those in need.

We meet on the first Monday of the month at the Village Hall from 1-3 PM, except holidays, then we meet on the following Monday.

Contact Diana (dpcue@live.com) if you would like

to know more about our group.

Our next meeting is July 3.

[Click to print flyer below](#)

A flyer for a pool party on Independence Day. The background is light gray with several colorful fireworks exploding in the sky. The text is centered and uses a mix of red and blue colors for emphasis.

Hey Pool Members!
Please join us on
Tuesday, July 4, Independence Day,
from 5:00 - 8:00 p.m.
for a pool party.

Hot dogs will be grilled for all.
Please bring a salad, side or dessert to share
and your own beverage.

Tables will be set in the Meeting Room
of the Village Hall for dining or
you may eat outdoors.

R.S.V.P. by Friday, **6/30**, for planning purposes
to Francie Rayburn (cell: 330.501-4778
or email: frnsdejute@cox.net).



Please, no glass or breakables
around the pool and picnic areas.

Don't be Deirdre.
It's picnic season again. Even people who are not good cooks can take this opportunity to avoid embarrassment by making their own dishes for the occasion.
I'm not talking about anything fancy or difficult. It doesn't have to impress. All your friends and family will be appreciative if it just comes from your own hands.
It's the difference between a homemade Mother's Day card made with crayons and glitter, and a mass-produced one bought at a store.

Mark Your Calendar...

[Click to print flyer below](#)

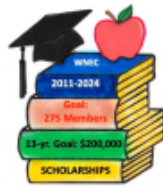


THE T.A.G. SALE IS COMING!

West Neck Community **T.A.G.** Sale
(**T**reasures from the **A**ttic & **G**arage)
will be held at the Village Hall on
Saturday, August 19th from 8:00 a.m. – 12:00 p.m.

The T.A.G. Sale is just around the corner and there are still a few tables available to rent. For \$10 you can rent, sell and keep what you earn at this event. If you want a table, call Michele Adamchuk at 757.639-0051 to reserve your table.

Please come & see West Neck at work and buy a treasure... or two... or three. It is through the combined efforts of the West Neck Community and the West Neck Educators Club that we have given **\$192,000** in scholarships, offer programs and provide volunteer opportunities in the Virginia Beach City Public Schools.



The Villages at West Neck Marketing Committee

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your inbox!



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The Villages at West Neck | 2580 Signature Drive, Virginia Beach, VA 23456

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