

**From:** The Villages at West Neck westnecknotices@gmail.com  
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**To:** idotoomuch@aol.com



THE VILLAGES AT



WEST NECK

*An Active Adult Community*

# June 6, 2023



[Visit our website](#)

[Click here for our Community Calendar](#)

## In this issue:

### **This Month at West Neck...**

- Karma Yoga ~ Mon. & Weds. starting 6/5 & 6/7
- WNEC Dinner at Imperial Palace ~ 6/7
- Art Class ~ 6/12
- Music Night ~ 6/24

### **For Your Information...**

- WNEC 2023 Scholarship Awards
- West Neck Garden Club Awards

# This Month At West Neck...

Click [HERE](#) 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  
June 5, 12, 19 & 26

Every Wednesday at 4:00 pm Gentle Vinyasa Flow  
June 7, 14, 21 & 28

Special Session Second & Third Fridays at 6:00 pm Yoga Nidra  
June 9 & 16

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](mailto:alacarteevents4u@cox.net)

Click [HERE](#) to print flyer (below)



***Join the WN Educators Club for dinner  
And  
Help our Scholarship Program***

**Imperial Palace – Kempsville Market Place**

4878 Princess Anne Rd, Virginia Beach, 757-493-8838

**Wednesday, June 7**

**11:30am to 9pm**

**Dinner menu – only**

**Plus Vegan and Seafood Menus**

**Dine-In or Takeout (Not Delivery)**

**TOMORROW**

**TOMORROW**

**All West Neck residents encouraged to support!**

Please tell your server you support WNEC and  
Write **WNEC** on the Merchant Receipt

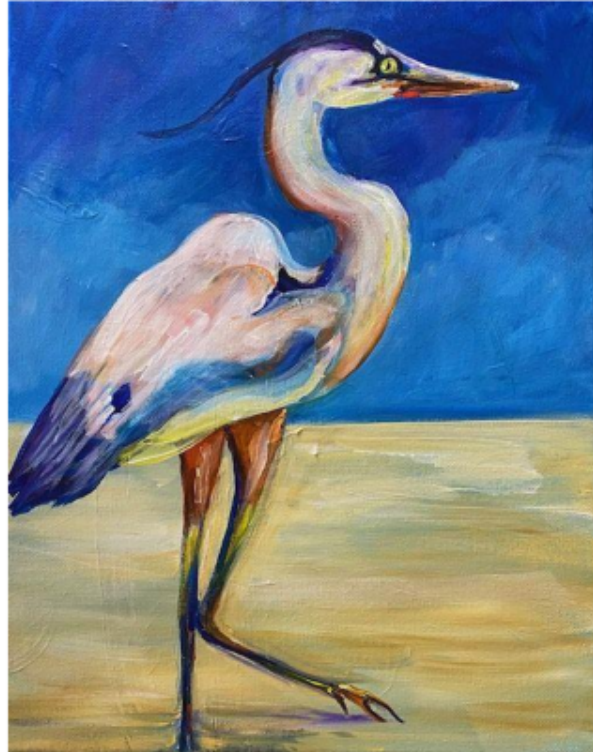
See the menus at

[Imperial Palace \(imperialpalacevb.com\)](http://imperialpalacevb.com)

**For More Info**

Contact is Sherry Ewan, sherryewan@gmail.com, 757-672-5885

Click [HERE](#) to print flyer (below)



Let's paint a colorful heron! This 11"x14" canvas will be painted with acrylic paints. All supplies included. No experience required. Just bring whatever you would like to sip on!

Where: Village Hall/West Neck

When: Monday, June 12<sup>th</sup>

Time: 6-9 P.M.

Cost: \$ 35 each

Please RSVP to Pat Plebani at [pplebani2@gmail.com](mailto:pplebani2@gmail.com) or 757-615-7178 to reserve your space

Click [HERE](#) to print flyer (below)



## SUMMER MUSIC NIGHT



### FEATURING: ASTRO DJ

West Neck Village Hall 7:00-10:00 PM

Saturday, June 24<sup>th</sup> 2023

\$10.00 Per Person

RSVP by June 22<sup>nd</sup> 2023 (limited to 100 people)

BYO Snacks and Drinks Please

**50/50 Raffle**

Sign up for this event at the Village Hall

**West Neck Residents Only**

Payment by check only, payable to WNCA

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SUMMER MUSIC NIGHT 6/24/2023

Name(s): \_\_\_\_\_

Phone #: \_\_\_\_\_ Village: \_\_\_\_\_

Number Attending: \_\_\_\_\_ x \$10 = \_\_\_\_\_

## For Your Information...

Click [HERE](#) to print flyer (below)

### 82 SCHOLARSHIPS TOTALING OVER \$191,000!

The West Neck Educators Club awarded \$32,000 in 2023! The awards were presented at Kellam High School on May 26, 2023. Winning \$6000 were Olyvia El-Attar, Morgan Makovec and Caitlin Porter. Winning \$4000 were Jakob Kieffer Miller, Charlotte Shuffler and Sarah Tyree-Herrmann. Four winners of the \$500 Senior Signature Experience Scholarships were Chase Bonniwell, Emily D'Alba, Olyvia El-Attar and Isabel Fedroff.



From left to right: Ruth Conover, WNEC President; Emily D'Alba, Charlotte Shuffler, Morgan Makovec Olyvia El-Attar, Sarah Tyree-Herrmann, Chase Bonniwell and Tim Ryan, WNEC Scholarship Chair  
Winners not present: Isabel Fedroff, Jakob Miller and Caitlin Porter



to our **membership and residents** who have supported the **WN Educators Club.**

Click [HERE](#) to print flyer (below)

## **WEST NECK GARDEN CLUB RECEIVES AWARDS from Council of Garden Clubs of Virginia Beach, Inc.**

The West Neck Garden Club won three awards from the Council of Garden Clubs of Virginia Beach, Inc. at the Annual Awards and Installation Luncheon held at the Princess Anne Country Club.

\*Reathie Vance Club Membership Award

\*Maintenance Beautification Project at Biznet Village

\*Virginia Aquarium Marine Science Center Flower Guild Arrangement Award



From left to right: Francie Rayburn, Janet Domazos, Kris Przymuzala, Patti Stubbs, Michele Johnson, Susan Driskel, Betty Lake, AnneMarie Sprague and Louise Stuver



## Would your group/club like to submit announcements to eNews?



This is a reminder that if you would like an item published, the due date is the Wednesday before the publication date of Tuesday the following week.

If you would like your item to run in consecutive weeks, please follow the Submission Guidelines: **You will need to submit each week that you want to continue a reminder for the event.**

[Click Here for Submission Guidelines](#)

## The Villages at West Neck Marketing Committee

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