

From: The Villages at West Neck westnecknotices@gmail.com
Subject: eNews update.
Date: July 25, 2023 at 5:00 AM
To: idotoomuch@aol.com



THE VILLAGES AT



WEST NECK

An Active Adult Community

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July 25, 2023

IN THIS ISSUE:

Board of Directors Meeting ~ Tomorrow Night

Road Closure ~ July 31 through August 7

West Neck Activities

- Bingo ~ **Tonight**
- Karma Yoga August Schedule
- Fitness Fun August Schedule
- Ladies Bible Study ~ No meetings in August

**West Neck Board of Directors
Meeting**



Tomorrow night

July 26

6:00 PM

Village Hall

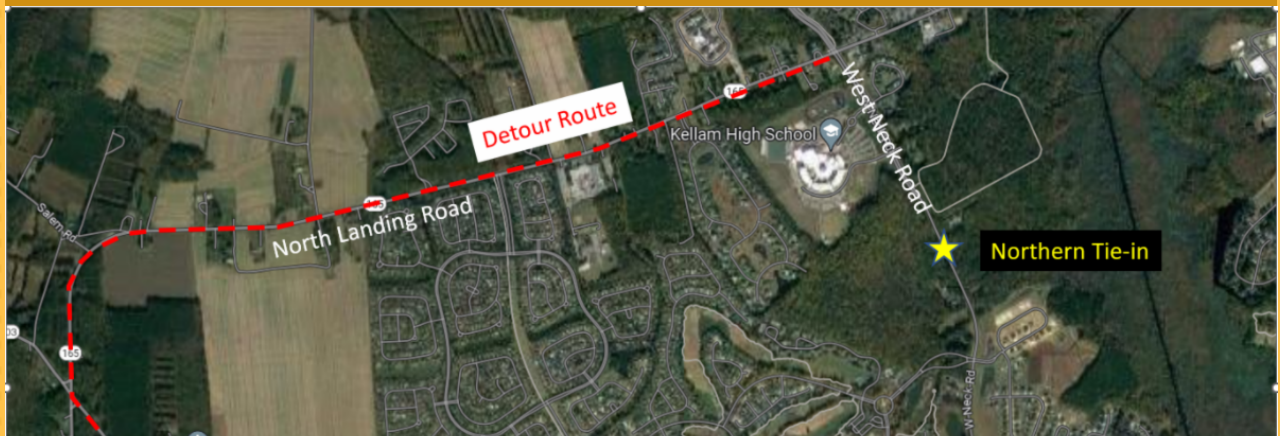
The packet for this meeting is
available on our website

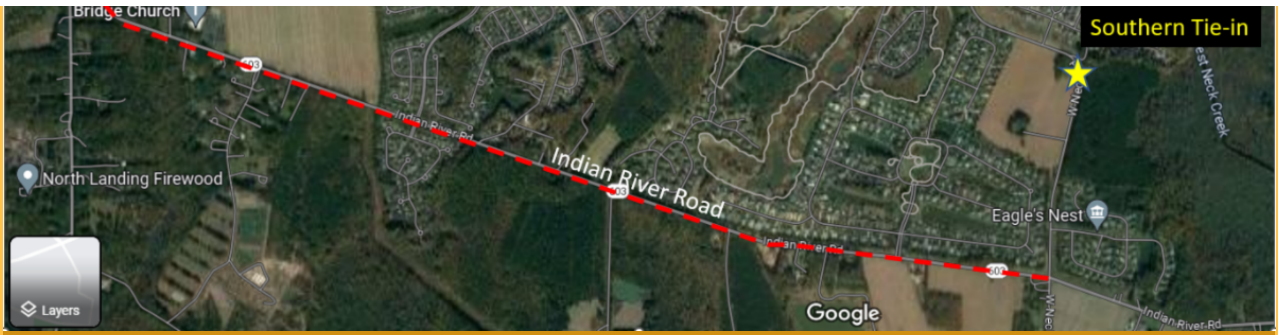
The parking lot will be crowded due to the board meeting, water fitness until 6:00 and the food truck. We suggest that folks coming for the Board meeting should consider carpooling.

Closure of West Neck Road 7/31 - 8/7

This is to inform you of the upcoming road closure and detours set to take place. As part of the West Neck Road Phase IV construction project, Trident Civil will be performing work requiring the closure of West Neck Road between North Landing Road and Indian River Road. The road will be closed to through traffic from Monday July 31st through August 7th. Traffic will be rerouted around the closed area as shown in the map below.

Please note alternate access to WN can be through Courthouse Estates to North Landing Road or Indian River Road through Indian River Plantation.





West Neck Activities

[Click to print flyer below](#)

**West Neck Educators Club (WNEC)
Scholarship Fun(d)raiser**

BINGO SUMMER BINGO

\$10.00 person

(Half goes to the WNEC Scholarship Fund)



July 25 & August 29, 2023

6:30 pm

Come join us for an evening of

FUN & CASH PRIZES

at the Village Hall

Please bring your own drinks, snacks and friends!

(Guests who do not live in WN are welcome.)

\$10.00 person *(half goes to the WNEC Scholarship Fund)*

(Seating is limited to 100.)

Please call the Village Hall at 757-689-4189 to reserve seats.

The WNEC is a 501(c)(3) charitable nonprofit organization supporting

education in one local high school. *Since inception in 2011, the WNEC has awarded \$191,000.00 in scholarships to 82 Kellam High School students.*

[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
August 7, 14, 21 & 28

Every Wednesday at 4:00 pm Gentle Vinyasa Flow
August 2, 9, 16, 23 & 30

No Yoga Nidra in August will resume in September

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

August 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!!!

*****No Class Aug 21st***** sorry for any inconvenience

[Click to print flyer below](#)



Ladies Bible Study Group

Our group will be on vacation in August. We will resume meeting on Thursday September 7th at 10:15 AM at the Village Hall. The study topic will be the 7 Churches by Dr. David Jeremiah. If you have any questions, please contact Judy Johnson at 757-289-7941. Enjoy your summer!

The Villages at West Neck Marketing Committee

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