

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

August 15, 2023

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Visit our NEW website

Click [HERE](#) for a WHERE DO I FIND IT? Guide

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- Art Class ~ 8/28
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Looking Forward

Looking Forward...

- Labor Day Pool Party ~ 9/4

For Your Information...

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- Deterra Drug Disposal System Bags

This Month At West Neck...

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



THE T.A.G. SALE IS THIS WEEKEND!

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 8:00am– Noon

Sneak Preview, August 18th, from 1:00pm - 4:00pm

The T.A.G. Sale is this weekend. All the tables have been rented and all the rooms will be packed with anything you can imagine. This year you are invited to a sneak preview and have the chance to buy before the public visits on Saturday.

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.



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



Let's paint these fun flamingos! 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, August 28th

Time: 6-9 P.M.

Cost: \$ 35 each

Please RSVP to Pat Plebani at Pplebani2@gmail.com or 757-615-7178 to reserve your space.

Click [HERE](#) 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

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 HERE to print flyer \(below\)](#)

EUCHRE

(pronounced YOU_KER)



Come one, come all to have some fun, enjoy a few laughs and play Euchre!!

on Thursdays from 1:00 to 3:00 in Card Room #1 at the Village Hall

-- No Experience Needed --

What's Euchre? It's a little like bridge or hearts but much easier to learn in a few sessions. Ours is a friendly, fun-oriented, informal game and we'll help you every step of the way.

Euchre is a card game that uses only the cards nine through ace and the Jacks are the most important card. Once trump is decided per hand, then the "right bower" is the Jack of Trump and the "left bower" is the other Jack of the same color. It is also a trump card. The Jacks are the highest cards in the hand. (Example: If Hearts are trump, then the Jack of Hearts is the Right Bower and the Jack of Diamonds is the Left Bower).

New and experienced players are wanted now!
All you need to do is show up on

Thursdays at 1:00 pm at the Village Hall!

For more information please contact Jack Fry (402-2757; 689-1658), or Don Tartoni (679-6462; don@sbsvb.com), or Eleanor Massie (508-237-1382; emassie4@aol.com), or Joe Wray (301-6237; jwray1841@gmail.com) or Tim Ryan (427-1451; varyans@cox.net).

Looking Forward...

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



Hey Pool Members!
Please join us on
Monday, Labor Day,
from 4:00 - 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, Sept.1 for planning purposes
to Francie Rayburn (cell: 330.501-4778
or email: frnsdejute@cox.net).

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

For Your Information...

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

“Neither rain nor heat nor gloom...”

Volunteers from the West Neck Garden Club spent an hour in the gardens at Biznet Village. It's always fun and rewarding. In the center picture and *hard at work* are Joanie Harris, Karen Thomas, Donetta Kuhle, Sherry Ewan, Teresa Morris, Francie Rayburn, Cheryl Bugleski and Linda Anderson. Not pictured is Susan Driskel.



Deterra Drug Disposal System Bags

2,000 Deterra Drug Disposal System Bags have been donated to our community courtesy of Optima Health and the Patient Advisory Council for Sentara Princess Anne Hospital.

Each bag can safely dispose of up to 45 pills, or 6 ounces of liquid, or 6 patches.

Residents may pick up these free bags at the Village Hall reception desk.



[Click HERE for an Informational Video](#)

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](#)

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

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