

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



THE VILLAGES AT



WEST NECK

An Active Adult Community

September 5, 2023

[Visit our website](#)

[Click here for our Community Calendar](#)

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For Your Information

**WNCA Board Meeting
scheduled for
September 13th has**



**been cancelled. It will
be rescheduled for a
date in October.**



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

Caregiver Support in West Neck

... Complimentary Service ...

... a senior helping seniors...



Carmen Ickert is looking to help her fellow seniors by occasionally providing light meals, running errands, companionship and support in various other ways. Carmen has experience in caregiving, having taken care of her own mother and ailing friend for many years.

If you are interested in discussing this possibility,
please call Carmen Ickert at 757-241-3001
or email her at lisaqilbert123@gmail.com



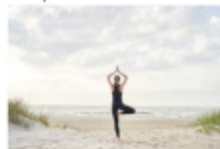
Upcoming Events/Activities

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*



September Schedule

Every Monday at 10:00 am Gentle Yoga
September 4, 11, 18 & 25

Every Wednesday at 4:00 pm Gentle Vinyasa Flow
September 6, 13, 20 & 27

Friday at 4:00 pm Yoga Nidra
September 8 & 22

For Beginner and experienced students.
Learn the foundations of Gentle Yoga and Vinyasa Flow
How to use props and alternative postures

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



New Fall Session- Line Dancing with Jodie

**Thursdays at 1:30 PM starting Sept 7th
in the Village Hall**

Returning and new dancers are welcome!

*We are starting our second year of line dancing.
Each week we will review 2-3 of last year's dances
as well as learn and review new ones.*

Wear shoes that will allow you to dance on carpet and bring water.

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



The West Neck Men's Bible Study will be starting a chapter by chapter verse by verse study on the Book of Jude starting September 8, 2023.

This will be an eight week study with the Books of 1st and 2nd Timothy to follow, also eight weeks.

The group meets on Friday's at 10:00 AM to 12:00 PM in the Village Hall Big Meeting Room. The expositional, in-depth commentary is by Dr. Chuck Missler in the DVD format.

Commentary Handbooks can be ordered at Koinonia House, www.khouse.org or 1-800-546-0731. I can easily take care of the ordering and will have some of the books on hand. Any extras will need to be ordered and can be obtained quite quickly. The cost of these handbooks are \$8.00.

All are welcome!

West Neck Men's Bible Study Contact Information.
Albert Daly
419-779-5323
Aldaly730@gmail.com

[Click HERE 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 Monday, September 11.

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

--COME ONE COME ALL--

West Neck Community Night

Monday, September 11, 2023 from 7:00 to 9:00pm
at the Village Hall

This is an evening to discover how to become more involved in the Villages at West Neck. Learn what clubs, organizations and activities are available. Discover opportunities for volunteering in the area.

Please join us and learn what you can do in the Villages at West Neck!

... lite refreshments will be available ...

IF YOU ARE LOOKING FOR MORE INFORMATION OR INTERESTED IN FORMING A NEW GROUP PLEASE CONTACT:

Pearl Taylor – 757-406-7947- pearltay@cox.net

Coordinated by the
West Neck Educators Club (WNEC)
... and the Village Hall 689-4189 ...

Looking Ahead

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



The West Neck Social Committee will be hosting
Bingo on the following dates in 2023:

9/26/23, 10/24/23

At 6:30 PM

Come join us for an evening of fun and

CASH PRIZES

At the Village Hall

WEST NECK RESIDENTS ONLY!!

Please bring your own drinks and snacks


Please bring your own drinks and snacks

\$10.00 per person

Please call the Village Hall at 689-4189
to reserve a seat

**PLEASE CANCEL YOUR RESERVATION
IF YOU ARE UNABLE TO ATTEND**

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



New Members Welcome

You are invited to a
West Neck Garden Club Luncheon
on Tuesday, September 26, 2023
from 11:00am - 2:00pm
at the Village Hall.

Checks should be written to the
West Neck Garden Club and
delivered to the Village Hall no later than 9/21/23.

The cost of the luncheon is \$25 and
membership dues of \$35 will be collected at the luncheon .

If you have questions,
please contact Susanne Peterson at
(c) 757.693-2172 or (h) 757.721-2961.

New Members Welcome

Menu

Chicken Salad Garden Salad Pasta Salad Frittata
Assorted Breads & Butter
Assorted Cupcakes
Wine, Water & Tea

Catered by Bob Diana



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



SAVE the DATE

October 20

2 to 4 pm

Village Hall

Fall Senior Expo

West Neck Educator Club and **Senior Advocate** invites community residents to a **Fall Senior Expo**. Senior Advocate, a local organization that promotes quality of life for seniors, offers this event to the West Neck community. Visit educational exhibitors, enjoy complimentary health screenings, and socialize with other seniors. A complimentary charcuterie tray and two small bottles of wine will be Senior Advocates' gift to

you.

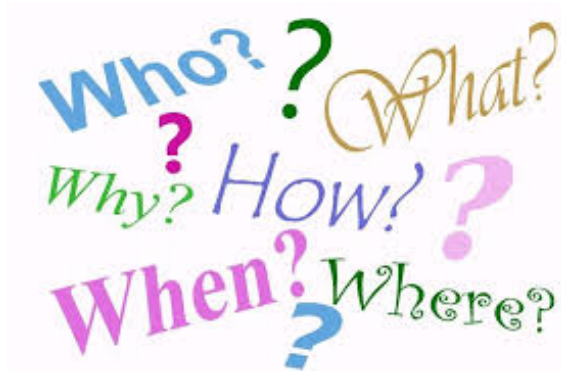
More information on exhibitors' names and health screenings to come.

www.SeniorAdvocate.live

WNEC Contact: June Kates

june@junekates.com

WEBSITE RESIDENT ONLY ACCESS!



Have you explored the Resident Only section of our NEW website?

Click [HERE](#) to access our WEBSITE

Not yet registered?

Log onto our West Neck website to sign up for Resident Only access!

Click [HERE](#) to print Resident Only Sign Up Instructions

**The Villages at West Neck
Marketing Committee**

Your West Neck



eNews delivered
directly to your inbox!



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