

eNews update

From: The Villages at West Neck (westnecknotices@gmail.com)

To: dleedy54@yahoo.com

Date: Tuesday, October 10, 2023 at 05:00 AM EDT

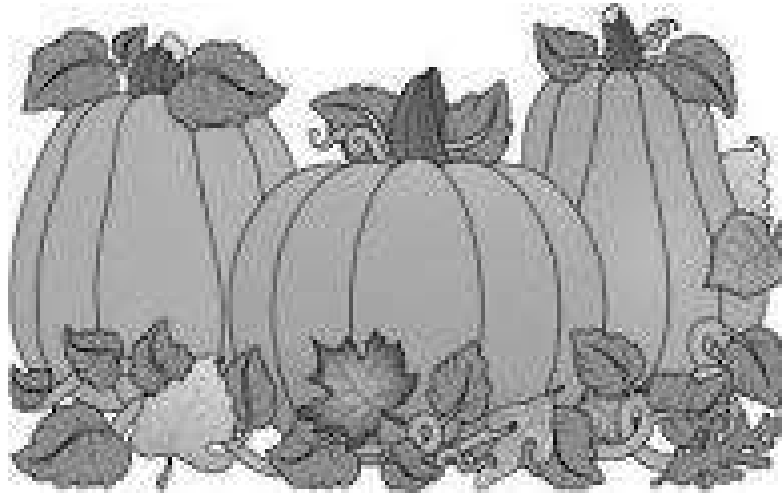
THE VILLAGES AT



WEST NECK

An Active Adult Community

October 10, 2023



Click [HERE](#) to Visit our Website & Community Calendar (Resident Login required for calendar)



**[Click HERE for our \(website\)](#)
[Where Do I Find It? Guide](#)**

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This Month At West Neck...

- Kirsten Buchanan Fitness Schedule for October
- Texas Hold'em Poker ~ 10/10 (**TONIGHT**)
- Sip & Savor ~ 10/13
- Investment Club ~ 10/16
- iphone Workshop ~ 10/18
- WNEC Cashola at El Azteca ~ 10/18
- Active Aging Expo ~ 10/20
- West Neck Garden Club ~ 10/24
- Bingo ~ 10/24

- Witches of West Neck Luncheon ~ 10/27
- Halloween Costume Party ~ 10/28 (**10/25 RSVP**)

Looking Forward...

- West Neck Arts and Crafts Show ~ 11/04

For Your Information...

- Institute for Learning in Retirement (ILR)

This Month At West Neck...

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



West Neck Village Fitness Fun Schedule



KIRSTEN BUCHANAN
Fitness

October 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 matts. Come be surprised!! We have Loads of FUN!! Give it a Go!! First class is **COMPLIMENTARY** for you to experience.

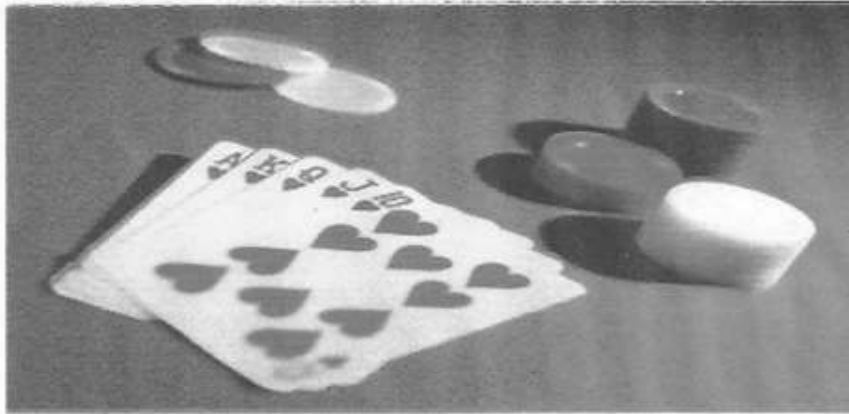
Individual, Couple, Group-Personal Training, Program Design, Flexibility Conditioning, Nutrition Counseling available for in-home, zoom, village hall gym, my gym: inquire @757-286-9694

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

Get to know me @ www.kirstenbuchanan.com

Click HERE to print flyer (below)



TEXAS HOLD' EM

WHERE VILLAGE HALL
COST \$20.00 BUY IN
TIME 7:00 PM
WHEN SECOND TUESDAY OF EVERY MONTH
ANY QUESTIONS CALL TOM CARINI 689-8707
OR NORM GAITHER 593-7063
OR RICH SILVA 301-2467

ALL ARE WELCOME

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



SIP & SAVOR



Sip & Savor potluck dinners are fun and enjoyable evenings with your neighbors. The first potluck dinner of Sip & Savor has been scheduled for Friday, October 13, from 6:00 to 8:00 p.m. at the Village Hall. Plates, cups, cutlery and napkins will be provided. To help defray costs and restock items, we will be selling tickets for a 50/50 raffle.

Please call the Village Hall (757.689-4189) from 9:00 am until 4:00 pm on Mondays through Fridays for reservations. The meeting room in our Village Hall can comfortably accommodate 100 residents at this event. Your reservation allows us to purchase adequate amounts of plates, cups, napkins, etc. and set up the correct number of tables and chairs in advance. Staff at the Village Hall will let you know whether to bring a salad, side dish, entree or dessert. Please accept the dish you are asked to bring because this balances the buffet for everyone. Because some residents have allergies, we ask that you identify your dish using a small card that can be placed by your salad, side, entree or dessert.

October's hosts will be Linda Durkee, Sherry Ewan, Anne Haley & Pam Snyder. I thank them in advance for getting us started. We still need hosts for December, January, February, March and April 2024.

Sincerely,
Francie Rayburn
frnsdejute@cox.net
(H)757.689-8915
(C)330.501-4778



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

West Neck Investment Club

Next Meeting

Monday October 16 at 7:00 PM

Village Hall Large Meeting Room

All are welcome!

Come join a diverse group of residents who are interested in learning about investing or enjoy talking about changing markets / current events that are likely to impact the value of one's investments. We meet on the third Monday night of each month at the Village Hall at 7 PM. The West Neck Investment Club is one of the most successful clubs in West Neck, having met continually since 2012! Questions please contact:

<i>Bob McCartney</i>	<i>757 618 7468</i>	<i>mccarts@cox.net</i>
<i>Allen Goldstein</i>	<i>757 301 2139</i>	<i>amg_56@hotmail.com</i>
<i>Janet Blohm</i>	<i>516 987 8642</i>	<i>idotoomuch@aol.com</i>

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

**West Neck Learns
Presents
*GET to KNOW YOUR iPHONE***

iPHONE WORKSHOP

Learn to Use *Reminders*
for completing tasks.

We will dive into *Notes*
to identify plants, scan
documents, make lists and more.



We will meet in the Village Hall
October 18th at 10:30am to 12pm

RSVP <jimblohm@me.com>
to participate. Include an issue
or topic of interest
for future meetings.

Click **HERE** to print flyer (below)



WEST NECK EDUCATORS CLUB CASHOLA
SUPPORTING OUR SCHOLARSHIP FUND
DINE AT **EL AZTECA**

WEDNESDAY, OCT 18 , 4-10, INCLUDING TAKEOUT
2476 NIMMO PKWY (OUR HARRIS TEETER PLAZA)
757-276-3974

TELL YOUR SERVER YOU SUPPORT WNEC, AND WRITE IT ON THE RECEIPT.

GREAT MENU AT: <https://elaztecavb.com>

Questions? Contact: Sherryewan@gmail.com or 757-672-5885

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

SeniorAdvocateSM



ACTIVE AGING EXPO
West Neck Village Hall
Friday, October 20, 2:00 - 4:00PM
2580 Signature Dr., Virginia Beach
Sponsored by the West Neck Educators Club

Join us for our Fall Social and Expo featuring informative exhibitors, health screenings, fun giveaways AND a 'to go' charcuterie tray and bottle of wine!

PARTICIPANTS:

CapTel Captioned Phones
Dial Family Travel
Dominion Energy
Garrett Realty Partners
Generations Home Health
Harmony Cares
Law Office of Angela Manz
New Era Healthcare
Raymond James
Revolution Hearing
Sentara Health Plans
Virginia Beach Sheriff's Dept.

RSVP TO SENIORADVOCATE.LIVE OR CALL 757-724-7001.

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



WEST NECK GARDEN CLUB
will meet on Tuesday, Oct. 24 @ 10:00
Meeting Room of the Village Hall

PANSIES

presented by
West Neck Garden Club President,
Louise Stuver

New Members are always welcome.
Light refreshments served.



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



**The West Neck Social Committee will be hosting
Bingo on the following dates in 2023 & 2024:**

**10/24/23, 1/23/24, 2/27/24,
3/26/24, & 4/23/24
@ 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
\$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)

*Witches of West Neck
Potluck Luncheon*

Village Hall

Friday, the 27th of October at 1p.m.



****Best Witchey Bouquet Contest****

And other prizes!!

Entry \$10 and a dish to share, BYOB

Open to All West Neck Women

Limited seating around the cauldron

Reservations required

@ Patrice.t.murphy@gmail.com

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



COSTUME PARTY

Featuring: ASTRO DJ

West Neck Village Hall from 7:00 PM to 10:00 PM

Saturday October 28th 2023 – (Costumes Preferred)

Prizes for the Funniest, Scariest, and Most Original Costumes

\$10 Per Person – RSVP by October 25th

Includes MUSIC & DANCING and COFFEE & DESSERT
50/50 RAFFLE

PLEASE BRING YOUR OWN DRINKS

Sign up for this event at the Village Hall

WEST NECK RESIDENTS ONLY!!

Payment by check only, payable to WNCA

Name(s): _____

Phone #: _____ Village: _____

Number Attending: _____ x \$10 = _____

Looking Ahead...

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

WEST NECK

Arts and Crafts Show

Saturday Nov. 4th

10:00-3:00

Village Hall

2580 Signature Dr.

Virginia Beach

19 WEST NECK

ARTISTS & CRAFTERS

Homemade Totes, Zipper Bags

Microwave Cozies, Table Runners

Cups, Tumblers, Glasses

Seasonal Items

Ornaments

Wooden Crafts

Quilted Items

Photographs

Cards

Wreaths

Paintings

Jewelry

Ceramics

For Your Information...

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



Institute for Learning in Retirement

At Tidewater Community College

Princess Anne Bldg-A, A103

1700 College Crescent

Virginia Beach, VA 23453-1918

For membership costs and registration
information contact:

757.756.4861 www.ilrvb.org

office@ilrvb.org

OCTOBER

- 2 The State of Public Education in America
- 4 Virginia Beach Mass Shooting
- 10 Hurricanes, El Nino, Tornadoes: What They Are and What We Can Expect
- 12 The Swamp Fox (1:00 pm)
- 17 Oysters: History on the Half Shell
- 19 Artificial Intelligence: Exploring Data Science and Machine Learning (1:00 pm)
- 23 The Dark Side of Cinema: An Exploration Of Film Noir
- 25 International Criminal Law: Challenges and Responses During War
- 30 Crows and Ravens: How Spooky Are They? (1:00 pm)

NOVEMBER

- 1 What to Expect From Government Intelligence
- 6 Abraham Lincoln During the Civil War: Welcoming Slaves in "The House Built By Slaves," and Destroying the Illegal Transatlantic Slave Trade (ZOOM ONLY)
- 9 Benedict Arnold (1:00 pm)
- 13 The Impact of the Depression, WWII, and Post-WWII on Universities
- 14 Old Brick Churches in the Tidewater Area During Colonial Times (1:00 pm)

CLASSES AT TCC-VB and ON ZOOM

At 10 AM Unless Otherwise Noted

ILR ALSO OFFERS SOCIAL ACTIVITIES



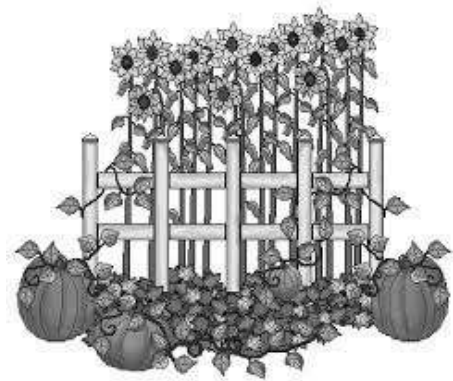
Have you registered for
Resident Only access
on our new website?

<https://westneckvillages.com/>

**Click Here for Instructions for
Full Website Access**

**The Villages at West Neck
Marketing Committee**

Your West Neck
eNews delivered
directly to your inbox!



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