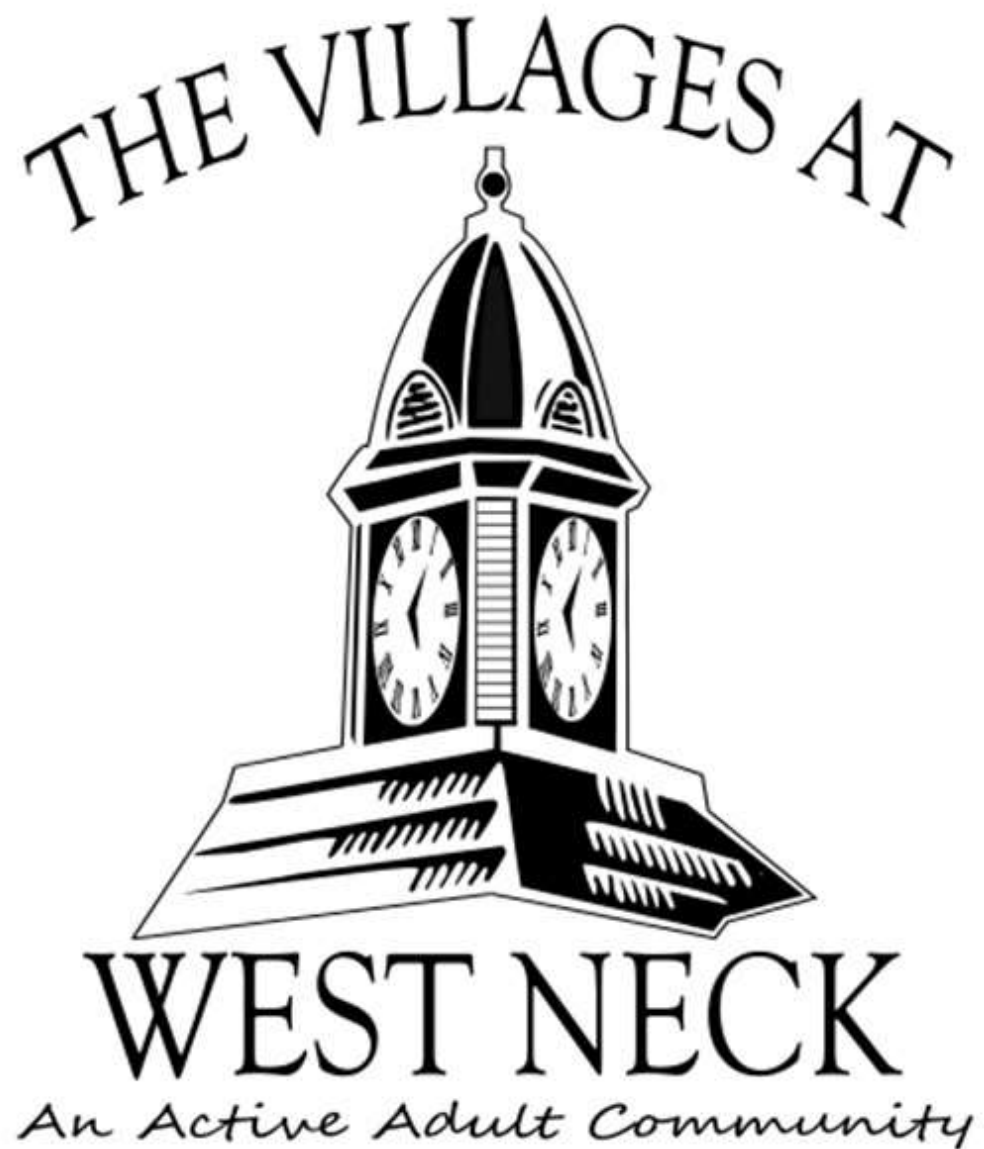


eNews update

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

To: dleedy54@yahoo.com

Date: Tuesday, October 31, 2023 at 05:00 AM EDT





October 31, 2023

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

In this issue:

November Activities At West Neck...

- Karma Yoga ~ 11/1
- November Fitness Fun ~ 11/2
- Needles and Threads ~ 11/6
- Ladies Bible Study ~ 11/9
- Sip and Savor ~ 11/10
- Villages at West Neck Honor Veterans ~ 11/11

Looking Forward...

- Wordsworth Holiday Party ~ 12/2

- WNEC Cookie Walk ~ 12/6



November Activities at West Neck

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



November Schedule

Mondays at 10:00 Beginner Gentle
November 6, 13 & 20

Wednesdays at 4:00 Gentle Flow
November 1, 8 & 15

Special Time Wednesday, November 22nd 10:00
If there is enough interest

Nidra, November 13th 5:00



Gretchen

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



West Neck Village Fitness Fun Schedule



KIRSTEN BUCHANAN
Fitness

November 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! \$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

Happy Thanksgiving to ALL

NO CLASS NOV 23-27

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, November 6.

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



Come join us for a new series by Dr. David Jeremiah: What Are You Afraid Of?

Beginning Thursday, November 9th.

We meet every Thursday, 10:15 to Noon in the large meeting room at the Village Hall.

For additional information, please contact:

Judi Johnson, 757.289.7941

judijohnson@cox.net

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

WEST NECK SIP & SAVOR

Sip & Savor potluck dinners are fun and enjoyable evenings with your neighbors. The next potluck dinner of Sip & Savor has been scheduled for Friday, November 10, 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 5:00 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. This balances the buffet for everyone. Please identify what you bring using a small card that can be placed by your item.

A special thank-you is extended to Dan & Pam Snyder and Sherry Ewan our first hosts. There are also residents who help with clean-up and are greatly appreciated. November's hostesses are Kris Ganley, Colleen Stiles and Ellie Weingaertner. We hope to see you!

Sincerely,
Francie Rayburn



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



**VILLAGES AT WEST NECK HONOR VETERANS
VILLAGE HALL**

SATURDAY, NOVEMBER 11, 2 - 4pm

PROGRAM

Daybreak Singers

Multimedia Program "America's Wars in Music"

Special WW I Memorabilia Display

Lite Refreshments

Attendees: Please bring service-connected items, pictures, etc., for display on our memorabilia tables.

The Veterans Administration encourages veterans to wear their military decorations at Veterans Day events.
Please wear yours.



West Neck Educators Club

Questions: Warren Curd
colonel66@msn.com

Looking Ahead...

**Click on image to print
flyer (below)**





WORDSWORTH HOLIDAY PARTY

Saturday, December 2

7pm

Village Hall

REFRESHMENTS ~~~ Scrumptious Dinner catered by Primo Pizzeria Ristorante

ATTIRE ~~~ Dressy Casual with touch of holiday fun
Do not forget your dancing shoes and BYOB!!!

ENTERTAINMENT ~~~ Our favorite Astro DJ, will be playing music ~~~
PLUS many fun surprises

COST ~~~ \$25. per person, your check will be your reservation

- Please make check to Wordsworth Association
- Please fill out the coupon below and mail or put in basket at Pearl's condo

Pearl Taylor – 2834 Loveliness Court – Virginia Beach, VA 23456

- RSVP must be received by November 21, 2022
- Call Pearl at 406-7947 with questions

Amazing Dessert!!

NAME _____

PHONE NUMBER _____

NUMBER OF PERSONS _____

*PLEASE BRING AN UNWRAPPED TOY FOR
Virginia Beach Department of Human Services
For Kids*

**Click on image to print
flyer (below)**



SAVE THE DATE!
Wed., Dec. 6th from 9:00am - noon
at the Village Hall
for the
West Neck Educators Club's
COOKIE WALK

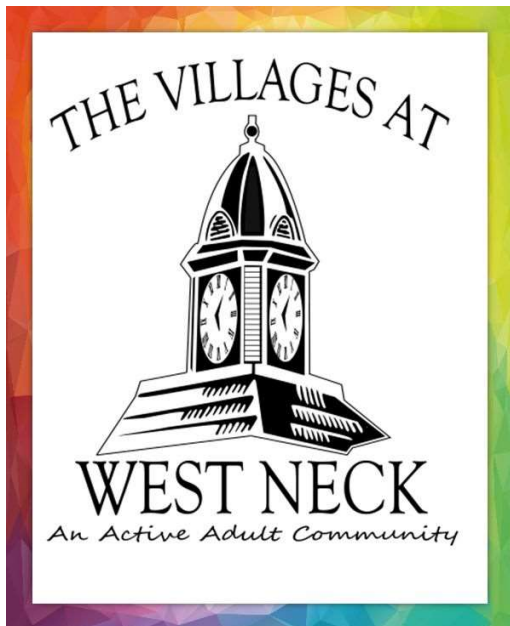


All the cookies in this picture were purchased
at the 2022 Cookie Walk!

What's the Difference
Between eNews and our

West Neck Website?

eNews is our weekly community newsletter that is sent to you every Tuesday. In fact you are reading it right now!



Our **West Neck Website** is the community's major marketing tool and resident information center. It is not sent to you...you must log on at www.westneckvillages.com



If you are not yet registered for resident access, click below for instructions and sign on today!

**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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