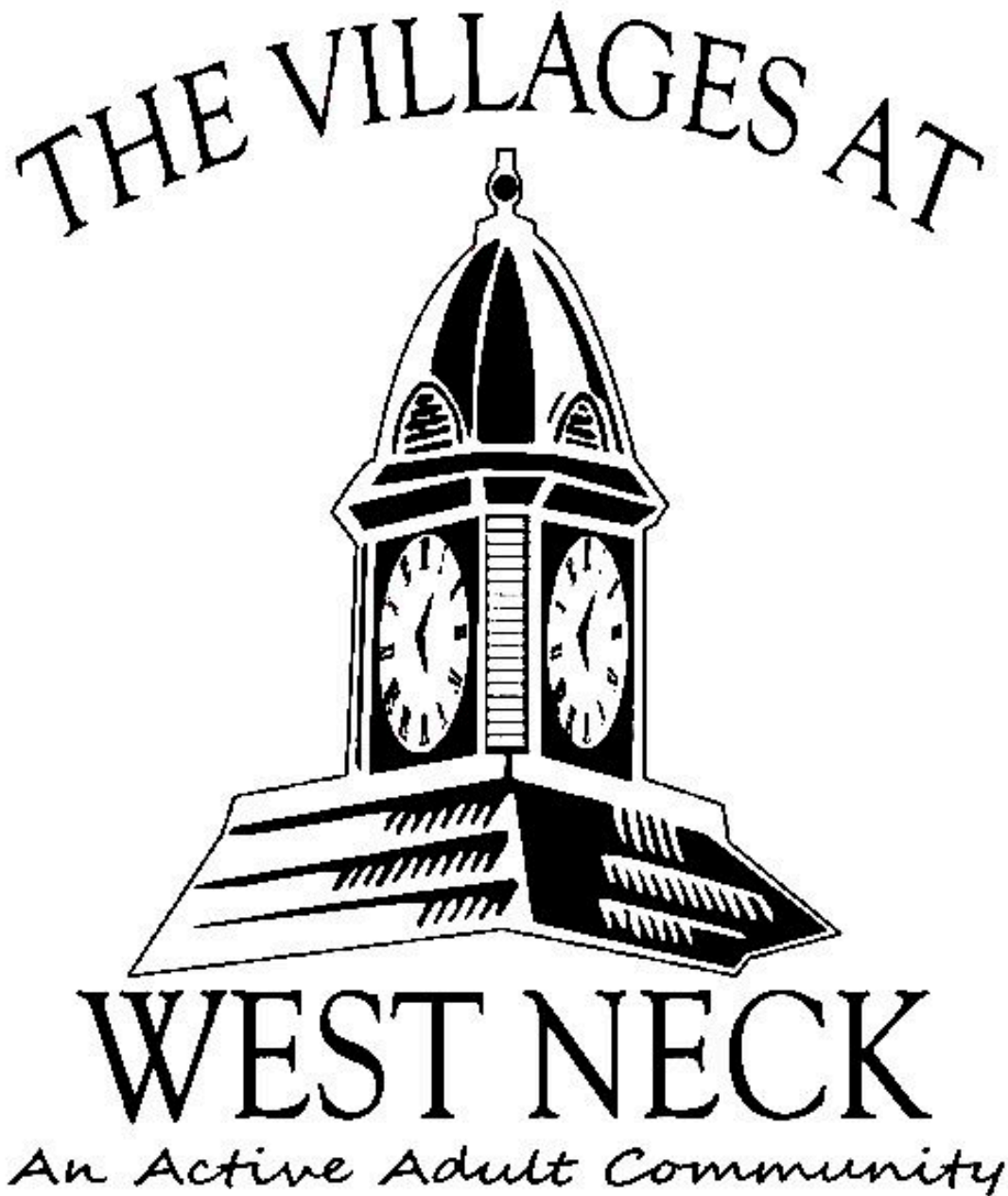


eNews update

From: The Villages at West Neck (enews@villagesatwestneck.ccsend.com)

To: dleedy54@yahoo.com

Date: Tuesday, April 30, 2024 at 05:00 AM EDT



Click [HERE](#) to Visit our Website & Community

Calendar (Resident Login required for calendar)



April 30, 2024

In this issue:

Announcements

- West Neck BOD Meeting
- Village Hall Refurbishment Committee

Upcoming events

- Free Karma Yoga - 5/1, 5/6 and onward
- WN Fitness Fun - 5/2, 5/6 and onward
- Poker Run - Saturday, 5/4
- Needles and Threads - Monday, 5/6
- iPhone Workshop - Wednesday, 5/8
- WN Bluegrass Jam Session - Friday, 5/19
- Summer Bingo - Tuesday, 5/28

eNews Submission Guidelines

ARC Application

ANNOUNCEMENTS

The next West Neck Board of Directors Meeting
will be held on
Wednesday, May 15 at 6:00 PM
in the Village Hall

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

Village Hall Refurbishment Committee



Village Hall Refurbishment Ad Hoc Committee

At the March Board of Directors meeting, the Board approved a charter for the establishment of this committee. The goal of this committee is to make recommendations to improve the Village Hall for current resident use, to attract new residents, and to promote event contracts. Committee membership is open to all residents. The committee will be comprised of no fewer than 7 and no more than 11 members including the Director of Operations. Committee members will be approved by the Board. So, if you're interested in serving on this committee, please email George at the Village Hall at gcdavis3@cox.net no later than May 6th.

UPCOMING EVENTS

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



Free Karma Yoga May Schedule

*Mondays at 10:00 Beginner Gentle
May 6, 13, 20 & 27**

**Memorial Day there will be class! 😊*

*Wednesdays at 4:00 Gentle Flow
May 1, 8, 15, 22 & 29*

Special Session - Yoga Nidra - Friday May 24th at 4:00pm



Gretchen

Gratuity accepted but not required.

757-402-1407

Alacarteevents4u@cox.net

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



KIRSTEN BUCHANAN
Fitness

West Neck Village "Set" Fitness Fun Schedule

MONDAY @ 12

THURSDAY @ 12

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.

** 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.*

Fitness Fun Punch Cards available for SAVINGS! \$80 for a 8 class punch card. 2 punch (\$28) and 4 punch (\$48) 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

**WATER FITNESS CLASSES HAPPENING SUMMER 2024---JOIN
THE FUN !!**

**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**

Click HERE to print flyer (below)

Sponsored by West Neck Educators Club

JOIN US & HAVE SOME FUN!

It's a **POKER RUN!**

SATURDAY, MAY 4th

3:00 - 6:00 pm



**ANTE is \$5/CARD
BEST HAND WINS
\$100!**



Purchase your 'hands' at the Village Hall between 3-5pm.

**Each card must be drawn from a full deck
at 5 different locations in West Neck.**

Return your 'hands' to the Village Hall no later than 5:30pm.

Light refreshments served at several locations.

Winner(s) will be announced at 6:00pm

Winners do not need to be present to win.

**Questions? Contact Francie Rayburn at (email) frnsdejute or
(c) 330.501-4778 or (h) 757.689-8915**

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.

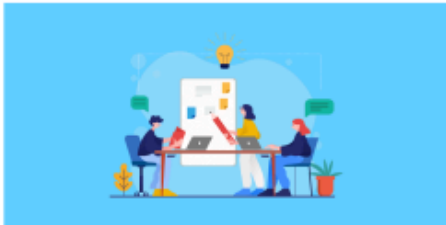
Our next meeting is Monday, May 6.

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

IPHONE & IPAD WORKSHOP

West Neck Learning Committee

Our next topic ORGANIZING APPS



“How do I” questions are always welcome. Learn new techniques and features as we explore and learn together.

Next meeting: Village Hall, Wed., MAY 8th at 10:30a to 12p.

Are you coming? RSVP jimblohm@me.com or text 516 662 2512
and get to know your iPhone AND iPad

Thanks to those who attended the last workshop! I look forward to seeing you again.

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

May 19, 2024

(light refreshments will be available)



West Neck Villages Bluegrass Jam Sessions

We kicked off the first "West Neck Jams" session on April 21st with 9 musicians and over 20 people attending. It was fine fun! The idea is to have these sessions on the 3rd Sundays of each month from 2-4pm at the West Neck Village Hall.

The next "West Neck Jams" will be on May 19th **Calling All Acoustic String Musicians!**

(ie: Guitar, Violin/Fiddle, Mandolin, Banjo, Harp, Bass, *Dobro*, *Dulcimer*...etc.)

Jam Sessions are a fun, no pressure way to participate in music making, meet new folks and advance your playing skills in a fun setting. Or Just Come on Out and Listen, Clap your hands and Sing along!

So, what exactly is a "jam," you might ask... A good definition for jamming would be a place where musicians come together to play and sing music with and for each other. The musicians may or may not know each other and will typically have varying levels of expertise and playing ability. There could be those that just come to listen and observe, but the common goal for a jam is to have fun playing, singing, and listening to music together.

Initially we are looking for Acoustic String Musicians, ie: Guitar, Violin/Fiddle, Mandolin, Banjo, Harp, Bass, etc. and also anyone that has participated in or led Jamming Groups, small bands, etc. to help us get growing. We can also expand instruments and vocals as the group sees fit!

Listeners, Spectators & Music Lovers Welcome!

Interested? Contact Dave Wessner dh.wessner@cox.net Text or Call 757-374-0179

Sponsored by the West Neck Learning Committee (WNLC)

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

SAVE-THE-DATES
West Neck Educators Club (WNEC)
Scholarship Fun(d)raiser

BINGO SUMMER BINGO

\$10.00 person
(\$5.00 goes to the WNEC Scholarship Fund)



May 28, June 25, July 23 and August 27, 2024
6:30 pm

Come join us for an evening of
FUN & CASH PRIZES
at the Village Hall

Please bring your own drinks, snacks, friends & family
\$10.00 person (half goes to the WNEC Scholarship Fund)

...there will also be a 50/50 raffle...

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 over \$191,000.00 in scholarships to 82 Kellam High School students.

ALL residents of The Villages at West Neck are eligible for WNEC membership.
(Dues are \$20.00 per year per person. Proceeds go to the Scholarship Fund)

eNews Submission Guidelines

Click on the update button for
the complete Submission
Guidelines.

eNews has made a small
revision to our Submission
Guidelines:

*If your event is being sponsored by a
committee/club (ex: Social Committee,*

Learning Committee, etc.), the sponsoring name must appear on the flyer.



ARC application (Please note: not applicable to Wordsworth or Browningstone)

Click on image to view/ print ARC application.



What's the Difference Between **eNews** and our **West Neck Website?**

eNews is our weekly community newsletter that is sent 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**

Click here for directions how to log on to our website

**The Villages at West Neck
Communications & Marketing Committee**

Your West Neck



eNews delivered
directly to your inbox!

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

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