

eNews update

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

To: dleedy54@yahoo.com

Date: Tuesday, June 11, 2024 at 05:00 AM EDT

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**Click here to Visit our Website & Community  
Calendar (Resident Login required for calendar)**

# June 11, 2024

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## In this issue:

### Announcements

- Village Hall Ad Hoc Committee Update
- Water Aerobics ~ begins 6/19

### This Month at West Neck

- Fitness Fun Schedule
- Line Dancing Class ~ 6/13
- Summer Music Night ~ 6/15
- WNLC Acoustic Jam Session ~ 6/16
- Investment Club ~ 6/17
- WNEC Cashola @Imperial Palace ~ 6/19

### Upcoming Events

- Bus Trip to Charlottesville Area Winery ~ 7/8 sign-up deadline
- WN Learning Committee ~ 7/11

### eNews Submission Guidelines

### ARC Application

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## Announcements

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[Click here to print flyer below](#)

## **Village Hall Refurbishment Ad Hoc Committee**

At the May 15<sup>th</sup> Board Meeting, a new Committee was approved for the purpose of improving the appearance of the Village Hall facility (Village Hall Refurbishment Ad Hoc Committee). Since that approval, community members have stepped forward to volunteer and the group is now actively working on the initial steps and planning.

One of the first tasks that has been identified is to organize all Village Hall storage spaces in preparation for upcoming changes. This includes all closets, kitchen cabinets, credenzas, etc. To achieve this goal we need your help.

***Any resident, group, committee or club who has items stored in the Village Hall is being asked to organize and identify your items no later than Thursday, June 27<sup>th</sup>. This includes securing the items and marking them with the group/club name, a contact name, and a contact phone number.*** For instance, if you have items in a cabinet in the kitchen, please organize those items and post a sign on the inside of the cabinet door noting the club/group name as well as the group's contact name and phone number.

In consideration of scheduled special events, we ask that all cleanup be completed Monday through Thursday.

**After June 27<sup>th</sup>, all remaining items in stored spaces not identified as noted above will be removed from the facility.**

We are excited about the improvements to come and appreciate your support with this first initiative. We will continue to provide updates as plans continue.

If you have specific questions regarding your stored items, please contact George Davis at the Village Hall (757-689-4189).

**[Click here to print flyer below](#)**



**COUNT DOWN to WATER fitness has begun 😊**

Want to feel better while having fun? Come join us in YOUR gorgeous village pool for a safe and effective **water aerobics class** that can improve your strength, flexibility, and stamina.

Classes kick off June 19th, 2024

Classes offered Wednesdays @ 5:00 p.m. and Saturdays @ 9 a.m.

Class program is available to all registered pool members

**FREE OF CHARGE**

End of class season scheduled for August 31, 2024

**Equipment not provided. Please bring your own water weights and noodle.**

*Additional Suggestions: water shoes, sun hat, sun screen, spf shirt, plenty of water to drink & any additional items for your*

*Equipment can be found on amazon, at Walmart, target, dicks sporting goods and*

*Most sporting retailers.*



*Please contact the Village Hall for information*

*On joining your Pool Member community.*

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**This Month at West Neck...**

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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](http://www.kirstenbuchanan.com)

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

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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**

### Summertime Line Dancing in the Village Hall

A summer session of line dancing will begin on **Thursday, June 13<sup>th</sup> at 1:30 PM**, and continue throughout the summer on Thursdays at 1:30. We will be relearning/reviewing the dances we have been doing over the past two years. Just come as your summer schedule permits! New dancers are always welcome as well as guests! Hope to see you on the dance floor!  
Jodie



**Click here to print flyer below**





**SUMMER MUSIC NIGHT**  
**SPONSORED BY**  
**THE WEST NECK SOCIAL COMMITTEE**  
**FEATURING: ASTRO DJ**

**West Neck Village Hall 7:00-10:00 PM**

**Saturday, June 15<sup>th</sup> 2024**

**\$10.00 Per Person**

**RSVP by June 12<sup>th</sup> 2024 (limited to 100 people)**

**BYO Snacks and Drinks Please**

**50/50 Raffle**

**Sign up for this event at the Village Hall**

**West Neck Residents Only**

**Payment by check only, payable to WNCA**

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**SUMMER MUSIC NIGHT 6/15/2024**

**Name(s):** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **Village:** \_\_\_\_\_

**Number Attending:** \_\_\_\_\_ **x \$10 =** \_\_\_\_\_

**Click here to print flyer below**

**June 16, 2024**

(light refreshments will be available)



**West Neck Villages Bluegrass Jam Sessions**

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

**The next "West Neck Jams" will be on June 16<sup>th</sup>**  
**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! It's FREE to all!

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.

*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 Jam 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!**

**Questions? Contact Dave Wessner [dh.wessner@cox.net](mailto:dh.wessner@cox.net) ,Text or Call 757-374-0179**



**Sponsored by the West Neck Learning Committee (WNLC)**

**Click here to print flyer below**



# West Neck

## Investment Club

### Next Meeting

Monday June 17 at 7:00 PM

Village Hall Large Meeting Room

*As we enter the summer months, we wish you all happy times and enjoyable moments!... And in this month of the summer solstice, The Investment Club would be pleased to welcome you as a new member!*

*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:*

Bob McCartney	757 618 7468	<a href="mailto:mccarts@cox.net">mccarts@cox.net</a>
Allen Goldstein	757 301 2139	<a href="mailto:amg_56@hotmail.com">amg_56@hotmail.com</a>
Janet Blohm	516 987 8642	<a href="mailto:idotoomuch@aol.com">idotoomuch@aol.com</a>

**Click here to print flyer below**



Enjoy a delicious lunch or dinner at **IMPERIAL PALACE**  
located at 4878 Princess Anne Road, VB 23462  
on Wed., June 19 from 11:30 am to 9:00 pm.

**You don't have to do anything but show up and eat!**

Tell Imperial Palace **YOU** support the  
**West Neck Educators Club!**

Proceeds from 10% of dinner menu meals will be donated by  
Imperial Palace and go towards the  
**WNEC Scholarship Fund.**

For more information, contact Ruth Conover at  
757.301-2903 or [conover2@cox.net](mailto:conover2@cox.net).

For reservations or take-out, call 757.493-8838 .

*Sponsored by the West Neck Educators Club.*



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## Upcoming Events

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Click here to print flyer below

**THE WEST NECK SOCIAL COMMITTEE  
IS PLANNING A BUS TRIP TO A  
CHARLOTTESVILLE AREA WINERY**

**THE TRIP WILL BE ON OCTOBER 23rd 2024**

**THE COST WILL BE APPROXIMATELY \$90-\$100  
PER PERSON DEPENDANT UPON THE NUMBER  
OF PEOPLE SIGNING UP.**

**THIS WILL INCLUDE BUS TRANSPORTATION, A  
WINERY VISIT, LUNCH, AND ADMISSION TO  
JAMES MONROE'S HIGHLAND.**

**DINNER IN WILLIAMSBURG NOT INCLUDED IN  
PRICE.**

**A \$25 DEPOSIT PER PERSON IS REQUIRED,  
WHICH WILL BE REFUNDED IF THE TRIP IS  
CANCELLED. PAYABLE BY CHECK ONLY TO  
WNCA.**

**PLEASE SIGN UP AT THE VILLAGE HALL NOT  
LATER THAN JULY 8th 2024**

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**Charlottesville Winery**

**Name(s):** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **Village:** \_\_\_\_\_

**Number Attending:** \_\_\_\_\_ **x \$ 25 =** \_\_\_\_\_  
**(deposit)**

Click here to print flyer below

**SAVE THE DATE**  
July 11, 2024 at 3:30pm in the Village Hall  
**First Aid, AED, FALLS, CPR**



Captain Lyndee Tripp, Nationally Registered Paramedic (NRP) and Certified Community Paramedic (CP-C) is a member of Virginia Beach Rescue, Emergency Medical Services. She will be conducting informational presentations on Thursday, July 11, 2024 at 3:30pm in the large room at the Village Hall.



The topics include: First Aid refresher, Automated External Defibrillator (**AED**) how-to's; Do's & Don'ts for seniors regarding trip & fall issues and a refresher on CardioPulmonary Resuscitation (**CPR**).

Please plan to attend.

This program is coordinated by the West Neck Learning Committee (WNLC).

Questions?: please contact Marlee Porter at [lucyp72@aol.com](mailto:lucyp72@aol.com) 757-620-6433



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The West Neck Village Hall is located at 2580 Signature Drive, Virginia Beach

## eNews Submission Guidelines

Click on the submit 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.*

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

Click on image to view/ print ARC application.



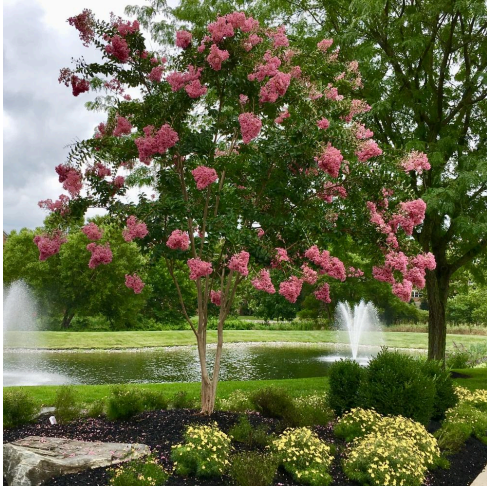
What's the Difference Between **eNews** and our **West Neck Website?**

**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](http://www.westneckvillages.com)**

**Click here for directions how to log on to our website**





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

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