

eNews update

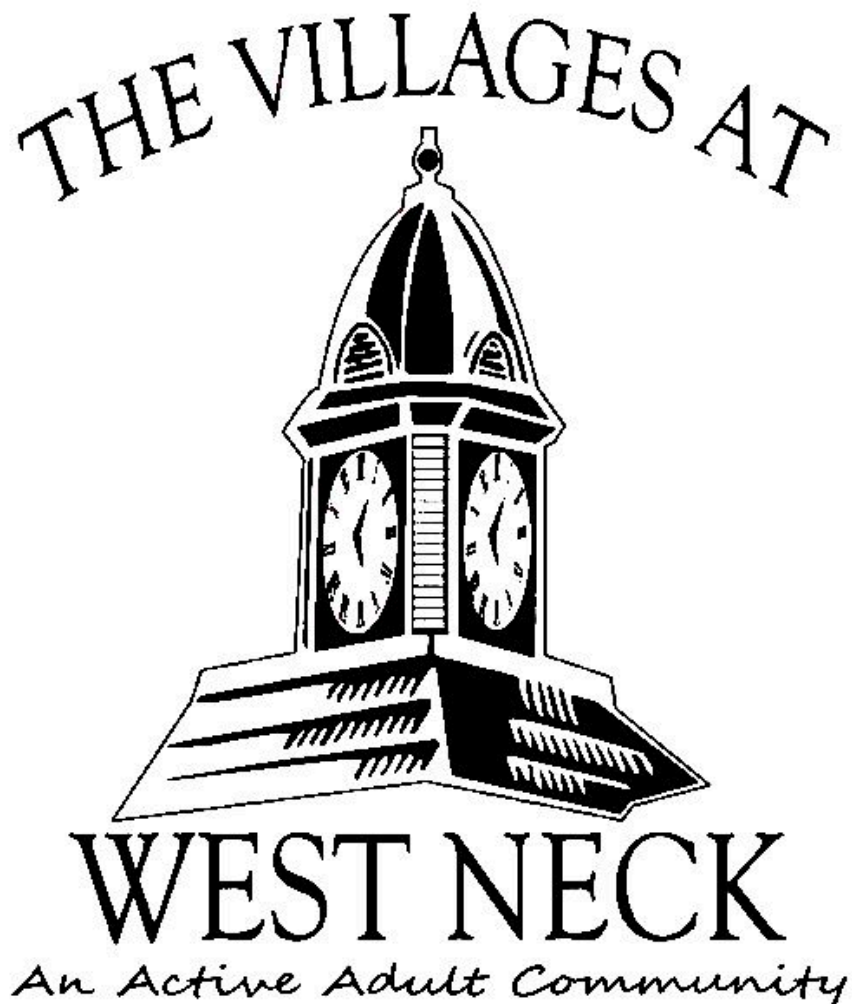
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From: The Villages at West Neck (enews@villagesatwestneck.ccsend.com)

To: dleedy54@yahoo.com

Date: Tuesday, June 25, 2024 at 05:00 AM EDT

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

**June 25, 2024**

# THIS DAY IN HISTORY

On this day in 1924, Rosalind P. Walter (Rosie the Riveter) was born. Rosalind was one of many young women who worked in the war industry during World War II. After high school, 19 year old Rosalind began working as a riveter on Corsair fighter planes at the Vought Aircraft Company in Stratford, Connecticut.

After a newspaper article featuring Rosalind's work was published, songwriters Redd Evans and John Jacob Loeb were inspired to write the song "Rosie the Riveter." With the release of this song, the concept of Rosie the Riveter became a part of public consciousness. Some of the lyrics include:

"All the day long,  
Whether rain or shine,  
She's a part of the assembly line.  
She's making history,  
Working for victory,  
Rosie the Riveter.  
Keeps a sharp lookout for sabotage,  
Sitting up there on the fuselage.  
That little girl will do more than a male will do.  
There's something true about,  
Red, white, and blue about,  
Rosie the Riveter."

It should be noted that while Rosalind may have been the first, there were many other "real life Rosies" throughout the war. Rosie the Riveter came to be a symbol of all women working in the war industries during World War II.

# **In this issue:**

## **Announcements**

- Board of Directors Meeting - Wednesday, July 17
- Pool Membership Announcement
- Village Hall Clean Up Reminder

## **This Month At West Neck**

- Water Aerobics - Wednesday, June 26
- Chair Yoga - Wednesday, June 26
- Water Aerobics - Saturday, June 29
- Karma Yoga - Monday, July 1
- Needles and Threads - Monday, July 1

## **Upcoming vents**

- Bus Trip to Charlottesville Winery - Sign Up by 7/8
- WN Neck Learning Committee First Aid, AED, CPR and Fall Presentation - July 11

## **eNews Submission Guidelines**

## **ARC Application**

# **ANNOUNCEMENTS**

The next West Neck Board of Directors Meeting  
will be held on  
**Wednesday, July 17 at 6:00 PM**  
in the Village Hall.

**POOL MEMBERSHIPS ARE  
AVAILABLE!  
CHECK IT OUT!**

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



IT'S POOL SEASON!  
MEMBERSHIPS ARE  
AVAILABLE:

Join for 1  
calendar month  
\$110.00  
(per household)  
Includes 3 guest passes

Join for 2  
calendar months  
\$220.00  
(per household)  
Includes 6 guest passes

Entire season  
\$330.00



Enjoy relaxing with  
friends, join a water  
aerobics class, or just  
soak up the rays!

For more information  
call  
757-689-4189 or stop  
by the Village Hall.

## Last minute reminder:

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**. This includes securing the items and marking them with the group/club name, a contact name and a contact phone number.

After June 27, all remaining items in stored spaces not identified as noted above will be removed from the facility. Thank you for your cooperation.

## **This Month At West Neck...**

### **SUMMER WATER AEROBICS**

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.*

**KARMA YOGA**

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



## Free Karma Yoga July & August Schedule

*Beginner Gentle*

Every Monday 10am July & August

*Gentle Flow*

Summer Break - No Classes on Wednesdays July & August

[September Watch eNews for new classes and schedule](#)



Gretchen

Gratuity accepted but not required.

757-402-1407

[Alacarteevents4u@aol.com](mailto:Alacarteevents4u@aol.com)



# NEEDLES AND THREADS

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](mailto:dpcue@live.com)) if you would like to know more about our group.**

**Our next meeting is Monday, July 1.**

# **UPCOMING EVENTS**

## **CHAIR YOGA**

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

**Come and join your friends!**

**Chair Yoga  
with  
Catherine Schmidt**

***ERYT200 Certified & Fully Insured Yoga Instructor***  
**1-hour Class**

- Tuesday @ 11am July 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, and 30<sup>th</sup>
- Wednesday @ 2pm June 26<sup>th</sup> July 3<sup>rd</sup>, 10<sup>th</sup> 17<sup>th</sup> 24<sup>th</sup> and 31<sup>st</sup>

**In the Village Hall large room**



- Free Yoga classes (*Gratuity accepted and appreciated*)
- No previous Yoga experience required
- No punch cards, No commitments
- GIVE YOGA A TRY!

Contact Catherine at 757-846-6564 or email [Catcandoyoga@yahoo.com](mailto:Catcandoyoga@yahoo.com)

**CHARLOTTESVILLE WINERY TRIP  
BE SURE TO SIGN UP BY MONDAY, JULY 8**

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)**

# **WEST NECK LEARNING COMMITTEE FIRST AID PRESENTATION**

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

## **SUBMISSION GUIDELINES FOR eNEWS**

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

### **The Villages at West Neck eNews Submission Guidelines**

These guidelines are for **all West Neck residents** who wish to submit an announcement for publication in the weekly Tuesday eNews.

All requests for publication shall be directed to the dedicated email address:  
[westnecknotices@gmail.com](mailto:westnecknotices@gmail.com)

eNews submission dates for Tuesday eNews publication:

- Submission deadline will be the prior Wednesday at noon.
- Submissions received after this Wednesday deadline may result in your flyer not being published or published a week later if it is still within your event timeframe.

Event flyer submission:

- **Provide a .pdf** (preferred format) **or .jpeg flyer**

Use the **SUBJECT LINE of your email** to indicate the edition date and your event date and name, such as:

- **10/18/23 edition for 10/20/23 (your event name)**
- If your event is not date specific (i.e. monthly fitness calendars), indicate your event in this manner:
  - **03/28/23 edition for 04/00/23 (your event name)**
- If you are submitting a flyer that has been updated or changed in any manner, **alert the editors** when submitting and **rename the flyer** for clarity so that it will not be confused with a previous flyer such as:
  - **07/11/23 edition for 07/20/23 CORRECTED (your event name)**
- If your event is being sponsored by a committee/club (ex: Social Committee, Learning Committee, etc.), the sponsoring name must appear on the flyer.
- You will need to submit each week that you want to continue a reminder for the event.

## ARC APPLICATION

(Please note: not applicable to Wordsworth or Browningstone)

Click on image to view/ print ARC application.

### ARC Factoid of the Week.

Did you know that one (1) American Flag, no larger than 4 feet by 8 feet and in good repair, may be displayed in accordance with generally accepted standards? (ARC Guidelines and Community Standards para. 1.52)



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)



**It is easy to be informed!! All the information you need for our community can be right at your fingertips! Register on the West Neck Villages**



**website AND sign up to receive our weekly  
eNews directly to your inbox!**

**Just go to:**

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

**If you need assistance, please send an email to:  
[info@westneckvillages.com](mailto:info@westneckvillages.com).**

**Type website in the subject line and our website  
administrator will email instructions or answer any  
questions you may have.**



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

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