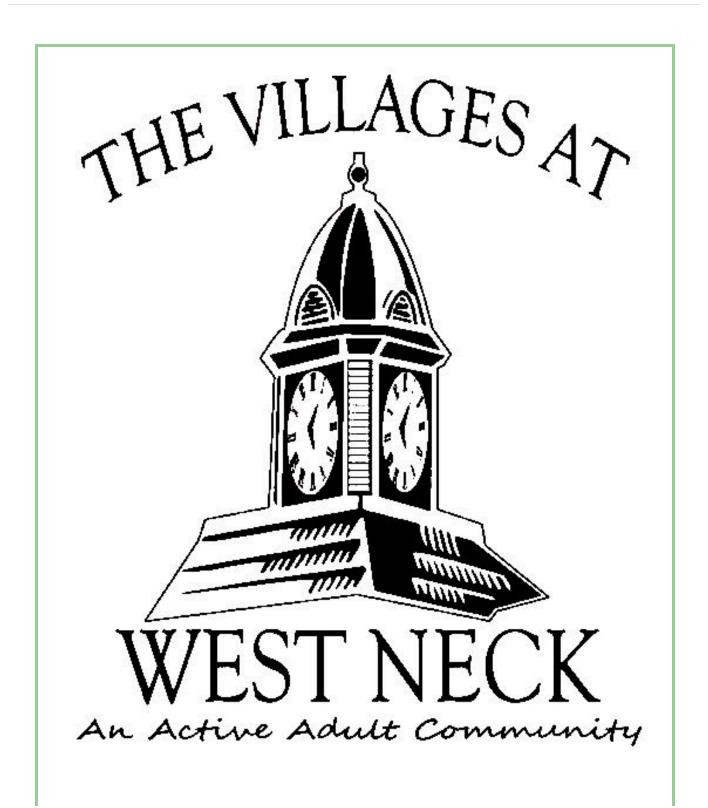
eNews update

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

To: dleedy54@yahoo.com

Date: Tuesday, July 16, 2024 at 05:00 AM EDT



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

July 16, 2024

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- West Neck Community TAG Sale Sneak Preview, Friday, August 16 & Sale, Saturday, August, 17

ARC Application

eNews Submission Guidelines: Submissions due the previous Wednesday by noon

ANNOUNCEMENTS



The next West Neck

Board of Directors Meeting

will be held on

Wednesday, July 17 at

6:00 PM

in the Village Hall.

Well Received, Well Attended, Well Done!!

WELL RECEIVED, WELL ATTENDED & WELL DONE!!

Captain Lyndee Tripp, Nationally Registered Paramedic (NRP) and Certified Community Paramedic (CP-C) and a member of Virginia Beach Rescue, Emergency Medical Servies conducted an informational program presentation on July 11 at the Village Hall. She was joined by Kelly Lee who is the Aging-in-Place Program Manager for the Virginia Beach Department of Public Health. The topics included: 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).

This program was coordinated by West Neck Learning Committee (WNLC) member Marlee Porter. Lite refreshments were provided for everyone. Over 60 homeowners / residents attended.





The presenters also provided handouts for all attendees. Brochures on "What You Can Do To Prevent Falls" and "Check for Safety – A Home Fall Prevention Checklist For Older Adults" along with a one-page "Medication Safety for Older Adults". Extra copies of these three handouts are in the library at the Village Hall. Please help yourself (first come first serve).

Note: for those who may be interested, there are Free CPR / Stop-the-Bleed Classes offered by the Virginia Beach Volunteer Rescue Squad (VBVRS). These classes run from 9:00am to 12:00pm and are all held at VBVRS Station 8 (757-333-3365). The station is located at 1243 Bayne Drive in Virginia Beach.

Please go to this web site for more information: https://vbvrs.org/free-cpr-classes



The members of the WNLC are: Jim Blohm, George Davis, Nancy Hinton, Eleanor Massie, Marlee Porter, Francie Rayburn, Tim Ryan, Bobby Ross, Dan Snyder, Pam Snyder and Dave Wessner.

WNEC BOGO "Be One Get One" Drive



A goal in 2024 is for each WNEC member to recruit one new member.

Keep the momentum going to reach 300!



Member Robert Tice with new member Mickey Fenn



New member Linda Tawney with member Emma Kane

This Week At West Neck

Water Aerobics on 7/17 & 7/20

Click HERE to print flyer (below)





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 kicked 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 needs.

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.

Your Safety is of our upmost concern. Classes not held in rain, thunder & dangerous weather conditions.

Euchre 7/18

Click HERE to print flyer (below)

EUCHRE

(pronounced YOU KER)





Come one, come all to have some fun, enjoy a few laughs and play Euchre!!

on Thursdays from 1:00 to 3:00 in Card Room #1 at the Village Hall

-- No Experience Needed --

What's Euchre? It's a little like bridge or hearts but much easier to learn in a few sessions. Ours is a friendly, fun-oriented, informal game and we'll help you every step of the way.

Euchre is a card game that uses only the cards nine through ace and the Jacks are the most important card. Once trump is decided per hand, then the "right bower" is the Jack of Trump and the "left bower" is the other Jack of the same color. It is also a trump card. The Jacks are the highest cards in the hand. (Example: If Hearts are trump, then the Jack of Hearts is the Right Bower and the Jack of Diamonds is the Left Bower).

New and experienced players are wanted now!
All you need to do is show up on
Thursdays at 1:00 pm at the Village Hall!

West Neck Villages Bluegrass Jam Session

July 21, 2024

(light refreshments will be available)

LIVE MUSIC!

FREE ADMISSIONI



West Neck Villages Bluegrass Jam Sessions

We kicked off the third "West Neck Jams" session in June and look forward to keep growing and expanding the musical learning experience! The idea is to continue 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 July 21st

Calling All Acoustic String Musicians and Music Lovers!

(ie: Guitar, Violin/Fiddle, Mandolin, Banjo, Harp, Bass, Dobro, Dulcimer, Vocals...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 an Open Jam and FREE to all!

So, what exactly is a "jam," you might ask... A good definition for musical jamming would be a setting where musicians come together to play and sing music with and for each other and attending guests. The musicians may or may not know each other and will typically have varying levels of expertise and playing ability. It's also a great chance to learn. 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.

Spread the word and come on out and join us...It's Free of Charge!
Listeners, Spectators & Music Lovers Welcome!
Questions? Contact Dave Wessner dh.wessner@cox.net ,Text or Call (757) 374-0179





Sponsored by the West Neck Learning Committee (WNLC)

Upcoming Events

West Neck Educators' Club Bingo Night

Friends & Family Welcome 7/23

West Neck Educators Club (WNEC) Scholarship Fun(d)raiser - friends & family are welcome -

BINGO SUMMER BINGO

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



July 23, 2024 at 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 be a 50/50 raffle as well ...

(WNEC logo items (hats, cups/glasses, shirts, etc) will also be for sale)

Please call the Village Hall at 757-689-4189 to reserve seats.

 \ldots (if you're unable to sign-up please come anyway) \ldots

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 \$226,000.00 in scholarships to 94 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)

The WNEC will also host bingo-as-a fun(d)raiser on August 27 at 6:30pm and at 7:00pm on November 6 and December 11, 2024

WNEC Outback Steakhouse 10% Fundraiser 7/24 & 7/25

Click HERE to print flyer (below)



Enjoy a delicious dinner at OUTBACK STEAKHOUSE located at 1113 Nimmo Parkway in Virginia Beach on

Wed. & Thurs., July 24 & 25 from 4:00 - 9:00 p.m.

Bring this flier or write WNEC on your bill to let them know YOU SUPPORT the WEST NECK EDUCATORS CLUB!

Proceeds from 10% of the meals purchased will be donated by OUTBACK Steakhouse and go towards the WNEC Scholarship Fund.

For more information, contact Ruth Conover at 757.301-2903 or conover2@cox.net.

For call-ahead seating or take-away, dial 757.563-8034.

Sponsored by the West Neck Educators Club.







West Neck Social Committee Trivia Night

8/10

Click HERE to print flyer (below)



SPONSORED BY THE WEST NECK SOCIAL COMMITTEE

West Neck Village Hall 7:00-9:00 PM Saturday, August 10th 2024

\$10.00 Per Person RSVP by August 8th 2024 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

72	TRIVIA NIGHT 8/10/2024	** **
Name(s):		
Phone #:	Village:	
Number Att	tending: $x $10 =$	

West Neck Community Sale Sneak Preview 8/16 & Sale 8/17



THE T.A.G. SALE IS COMING!

West Neck Community T.A.G. Sale
(Treasures from the Attic & Garage)
will be held at the Village Hall on
Sat., Aug. 17 at 8:00 a.m. – 12:00 p.m.
Sneak Preview on Fri., Aug. 16 from 1:00 - 4:00pm

The T.A.G. Sale is just around the corner and once again it's a sellout.

Please come & see West Neck at work and buy a treasure... or two... or three.

It is through the combined efforts of the West Neck Community and the West Neck Educators Club members that we have given \$226,000 in scholarships and offer programs and volunteer opportunities in the Virginia Beach City Public Schools.

This sale is made possible by the West Neck Educators Club.

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 decorative rocks may be placed in flower beds and that homeowners may also use other small stones in flower beds to substitute for mulch or for emphasis purposes? (ARC Guidelines and Community Standards para. 1.44)





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**

THE VILLAGES AT WEST NECK

Communication & Marketing Committee

Invites you to register on our Community Website!

Interested in seeing the community calendar of events, the resident directory, and more?

You must login to the **Resident Only** pages. Those pages are **password protected**. You must create your own personal login for access.



Go to **westneckvillages.com** to register and follow a few easy steps.

Having trouble? Have any questions?



Send an email message to info@westneckvillages.com, type Website in the subject line, and our Website Administrator will email the instructions to you or answer your questions.

Join today and enjoy all the benefits our website has to offer!

eNews Submission Guidelines

Please Note: All submissions are due the previous Wednesday by noon

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

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, <u>alert the editors</u> when submitting and <u>rename the flyer</u> 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.

The Villages at West Neck Communications and Marketing Committee

Your West Neck eNews delivered directly to your inbox!



Any links from The Villages at West Neck eNews to sites or information, is provided as a courtesy and should not be construed as an endorsement by

The Villages at West Neck eNews.

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

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