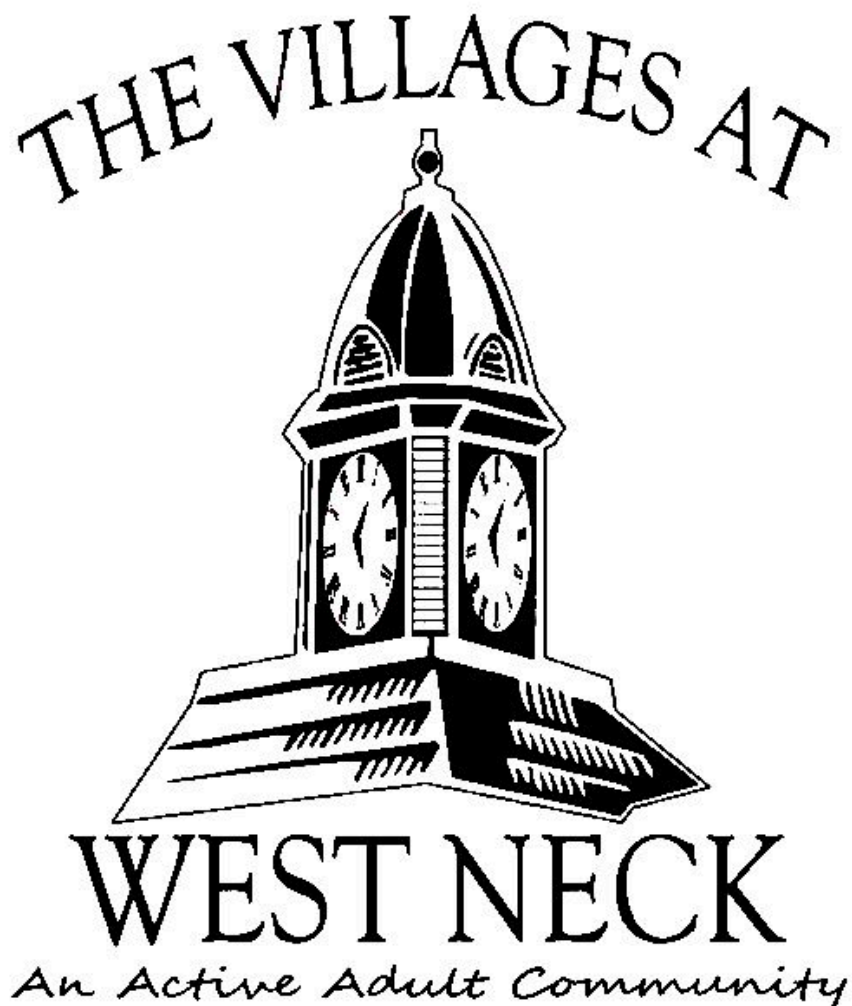


eNews update

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

To: dleedy54@yahoo.com

Date: Tuesday, September 17, 2024 at 05:00 AM EDT



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

September 17, 2024

In this issue:

Announcements

- WN Annual Voting Members Meeting - 9/18
- Notice to Emerson Spring Village
- Food Truck Volunteers Needed!

This Month at West Neck

- Rezoning Briefings:
 - Wordsworth Village (all) - 9/17 at 2 p.m.
 - Emerson Springs/Wordsworth - 9/20 at 7 p.m.
 - Emerson Springs - 9/23 at 2 p.m.
- Fitness Fun with Kristen - Mondays and Thursdays
- Texas Hold'em (WN Residents Only) - 9/23
- Flu Shots - 9/24
- Bingo - 9/24
- WNEC Cashola @YNOT Pizza - 9/25

Upcoming Events

- Compassion & Choices Seminar - 10/25
- ILR Fall Class Offerings

Good To Know

- eNews Submission Guidelines
- ARC Application
- West Neck eNews and Website

ANNOUNCEMENTS

The Annual Voting Members meeting will take place in the Village Hall on Wednesday, September 18, 2024 beginning at 6:00 pm.

Attention Emerson Spring residents!

Betty Lake and I thank you for supporting us to be your village representative and alternate in Emerson Spring. I go on record as saying, "It's the people in West Neck that makes it such a nice place to live."

Betty or I will be in attendance at the WNCA board meetings and will provide you with minutes of the meetings. If you have ideas or concerns, please let us know. We are willing to speak for you at the appropriate time of the meeting.

Sincerely,
Francie Rayburn

Click [HERE](#) to print flyer below



Volunteer to be a Food Truck Ambassador

The Communications and Marketing Committee is planning 3 more dates in October. All that is needed are 3 residents to volunteer to be a Food Truck Ambassador.



October dates: 2nd, 16th
and 30th

Please respond by September 25th. Thanks!

You qualify to be an Ambassador if you can do these two (2) things:

1. Meet the truck at 3:30 p.m. as it arrives to set up.
2. Bring the traffic cones back into Village Hall.

Respond to cheryl.bugelski@gmail.com
Put **FOOD TRUCK** as the **Subject**.



Please respond by September 25th.

Thanks! The Communications and Marketing Committee

This Month At West Neck

The briefings concerning Harrison & Lear's rezoning Application will be held in the Village Hall:

- Wordsworth Village homeowners (All) 9/17 at 2 p.m.
- Emerson Spring plus any Wordsworth residents unavailable during work week 9/20 at 7 p.m.
- Emerson Spring 9/23 at 2 p.m.

Reminders will be published in following weekly eNews editions.

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 for new participants 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 3.62 %

Web site: www.kirstenbuchanan.com

Email: Kirstenrbuchanan@outlook.com (don't leave out the R) 😊

Classes will NOT take place if they land on a holiday.
Thank you for your continued support and understanding.

Individual, Couple, Group-Personal Training, Program Design, Flexibility Conditioning, Nutrition Counseling available for in-home, zoom, village hall gym, my gym: call / text @757-286-9694

Click HERE to print flyer below

TEXAS HOLD'EM

Village Hall ♣ 7 - 10PM

Every - 2nd Tuesday & 4th Monday

\$20 Buy-In

♣ [Sign Up or Questions Contacts](#)

Tommy Carini 973.303.8488

Norm Gaither 757.593.7063

Rich Silvis 757.301.2467



**Invite a
West Neck
Friend**

Click [HERE](#) to print flyer below



NOW IS THE TIME FOR YOUR FLU, COVID & RSV SHOTS!

For your convenience, Pharmacist Shade Honeycutt from Harris Teeter will be at our Village Hall in the card rooms to administer 'flu' shots for seniors from **10:00 a.m. to noon on Tuesdays, September 24 and October 22nd**. If possible, please call the Village Hall (757.689-4189) so Pharmacist Honeycutt can plan on the number of shots to bring each day.

Please bring your Medicare, Optima or other health insurance card with you. You may also stop at Courthouse Harris Teeter on Mondays through Fridays from 10:00 a.m. to 6:00 p.m. for a flu shot. If you have any questions, feel free to call Shade Honeycutt, pharmacy manager at Harris Teeter (757.563-9414).

Let's stay healthy this coming fall winter seasons!

Sincerely,

Francie Rayburn

Sponsored by the West Neck Educators Club

Click [HERE](#) to print flyer below



The West Neck Social Committee will be hosting
Bingo on the following dates in 2024:

9/24, 10/22

@ 6:30 PM

Come join us for an evening of fun and

CASH PRIZES

At the Village Hall

WEST NECK RESIDENTS ONLY!!

Please bring your own drinks and snacks

\$10.00 per person

Please call the Village Hall at 689-4189

to reserve a seat

**PLEASE CANCEL YOUR RESERVATION
IF YOU ARE UNABLE TO ATTEND**

Click [HERE](#) to print flyer below



Enjoy Dinner

At YNot Italian

Located at 3276 Princess Anne Road, Virginia Beach
on

Wed., Sept. 25, 2024 from 4:00 - 9:00pm

Dine-in Only

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

**Tell YNot Italian YOU support
West Neck Educators Club! Proceeds from 10% of
the meals purchased will be donated by
YNot Italian and go toward the
WNEC Scholarship Fund.**

**For more information, contact
Sherry Ewan at 757.672-5885 or sherryewan@gmail.com
Donations to the Scholarship Fund are always
graciously appreciated.**

Call ahead seating: 757.496-9111

Upcoming Events

Click **HERE** to print flyer below

SAVE THE DATE

Friday, October 25, 2024 from 1:00 – 3:00pm in the Village Hall

Compassion and Choices (C&C)

Medical Aid in Dying

Informational presentation with Q&A

(light refreshments will be available)

Medical aid in dying, an option for mentally capable, terminally ill adults to peacefully end unbearable suffering, is supported by a wide variety of Virginians regardless of political affiliation, religion, age, race, location, population density, voters vs non-voters, gender identify, education and income. Medical aid in dying is currently authorized in 11 jurisdictions. They include Oregon, Washington, Montana, Vermont, California, Colorado, Washington DC, Hawaii, New Jersey, Maine and New Mexico.

Compassion and Choices supports medical aid in dying legislation that may pass in Virginia in the near future. Part of their mission is to educate the public about that legislation and end-of-life matters. Medical Aid in Dying is an end-of-life option that allows terminally ill adults to request, obtain and - should they choose - take medications to die peacefully in their sleep if suffering becomes unbearable. Medical Aid in Dying is NOT suicide or assisted suicide nor physician-assisted suicide and is not euthanasia.

Judy Welp will be conducting this seminar.



www.CompassionAndChoices.org

Please plan to attend. Please call the Village Hall at 757-689-4189 to reserve seats. This program is coordinated by the West Neck Learning Committee (WNLC).

Questions?: please contact Tim Ryan at varyans@cox.net 757-412-5949



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

Click **HERE** to print flyer below



Institute for Learning in Retirement

At Tidewater Community College

Princess Anne Bldg.-A, A103

1700 College Crescent

Virginia Beach, VA 23453-1918

For membership costs and registration
information contact:

757.756.4861 www.ilrvb.org

office@ilrvb.org

OCTOBER

NOVEMBER

- 3 Fresh out of College: My Experiences on the U. S. Senate Staff (1:00)
- 8 Great Female Monarchs of Russia
- 10 Sustaining Local News
- 14 The First Peoples of Virginia
- 15 US-China Competition Re-assessed: Navigating a Shifting Global Landscape
- 17 A Wonderful Career in Crime: Charles Cowlam in the Civil War Era and Gilded Age
- 22 The Chesapeake Bay Bridge-Tunnel: A Modern-Day Engineering Marvel
- 23 Garden of Tomorrow (1:00)
- 29 Oh Horrors! History of Scary Movies
- 30 Commercial Nuclear Power Plant Accidents And Lessons Learned (1:00)

- 4 Up in Smoke: The History of Tobacco In Virginia
- 6 Protecting Religious Freedoms Worldwide: Achievements and Challenges
- 7 African American Soldiers in the Revolutionary War (1:00)
- 12 After the Election: A Review of the Results and Beyond
- 14 The Life of a Sea Turtle (In person only)
- 18 Historic, Yet Not Well Known, Trails to Travel
- 20 The Five-Factor Personality Theory: How it Influences Us

CLASSES MEET AT TCC-VIRGINIA BEACH AND ON ZOOM

AT 10:00 UNLESS OTHERWISE IDENTIFIED.

ILR ALSO OFFERS SOCIAL ACTIVITIES.



Good To Know

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, **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

Re-mulching of existing landscaping must be done with shredded or hardwood mulch or pine straw. (ARC Guidelines and Community Standards para.1.45)



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



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

**If you need assistance, please send an email to:
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**

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

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