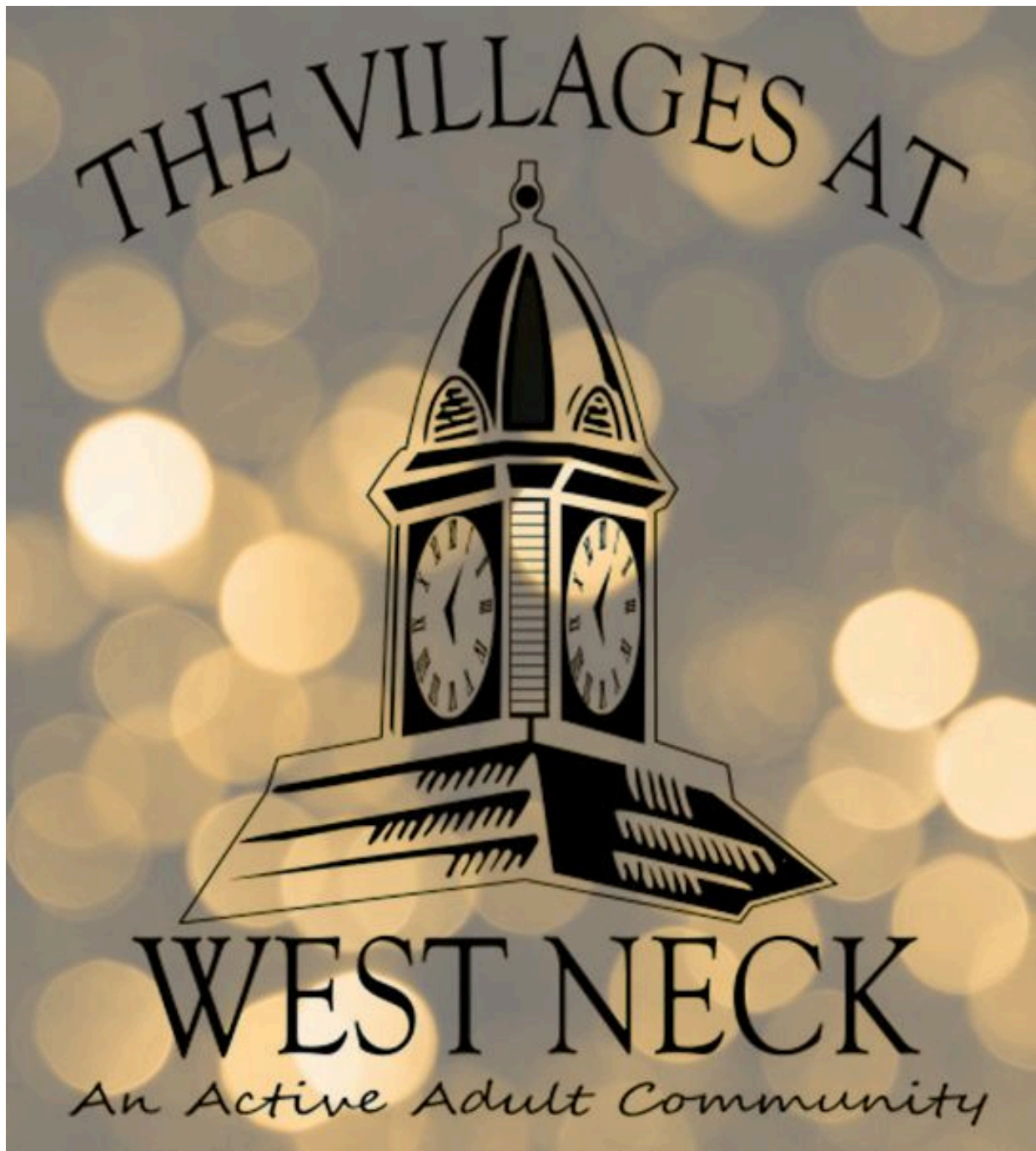


eNews update

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

To: dleedy54@yahoo.com

Date: Tuesday, September 24, 2024 at 05:00 AM EDT



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



September 24, 2024

In this issue:

Announcements

- WNEC Time To Declutter
- WNEC Village Hall Flu Shot Clinic
- West Neck Fitness Fun Schedule

This Month At West Neck

- WNSC Bingo - 9/24 **(TONIGHT)**

- WNEC Scholarship YNot Italian Dinner Night - 9/25

Future Events

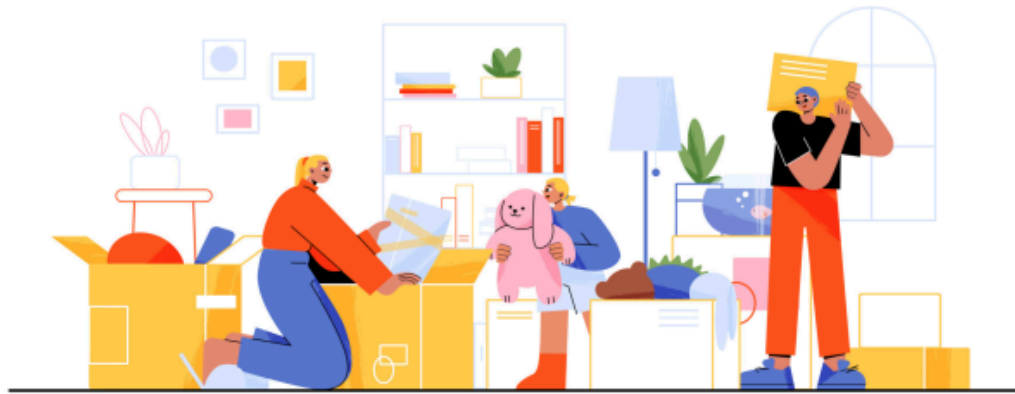
- Karma Yoga - 10/7
- Seniors Safety Seminar - 10/10
- Sip N Savor - 10/18
- West Neck Social Club Winery Bus Trip - 10/23

Good To Know

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

ANNOUNCEMENTS

Click [HERE](#) to print flyer blow



IT'S ALWAYS TIME to DECLUTTER

Once again the West Neck Educators Club (WNEC) starts getting ready for its T.A.G. (Treasures from the Attic & Garage) Sale in August with donated 'treasures' in good or better condition from West Neck residents. If you find an item or two for our nonprofit organization during your decluttering, please call or email Michele Adamchuk (757-639-0051 or micheleadamchuk@yahoo.com) or Francie Rayburn (757-689-8915 or frnsdejute@cox.net). We will be happy to come for your items at your convenience.

WNEC has proudly given over \$226,000 in scholarships to 96 graduating seniors from Kellam High School. **From your donations in 2024, \$15,966 were added to the scholarship fund!** We couldn't have done it without YOU!

Click [HERE](#) to print flyer blow



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 blow



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 mats. 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**

No Class October 7th (out of town)

This Month At West Neck

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

Future Events

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



Free Karma Yoga October Schedule

Beginner Gentle

Mondays at 10:00am

October 7, 14 & 21*

*Special Guest Teacher Michele Elaine 10/21

NO class Monday, October 28

Gentle Flow

Wednesdays at 3:30pm

October 2, 9, 16 & 30

NO class Wednesday, October 23

A classic yoga flow class which brings together postures and fluid movement connected to breath. This is not recommended for individuals who have difficulty bearing weight on their arms or who struggle to get up and down off the floor,



Gretchen

Gratuity accepted but not required.

757-402-1407

Alacarteevents4u@cox.net

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

SIGN-UP

October 10, 2024 at 3:30pm in the Village Hall

(...please call the Village Hall at 757-689-4189 to reserve seats...)

SENIOR SAFETY SEMINAR

(light refreshments will be available)

The **Virginia Beach Sherriff's Office (VBSO's)** Senior Safety Seminar will be conducted on Thursday October 10, 2024 at 3:30 in the Village Hall. This seminar is conducted by the VBSO's Emergency Response Team (ERT).

LT Demetrius Taylor and SGT Davison of the ERT will be conducting this seminar.

This seminar aims to empower seniors to always be aware of their surroundings and be confident they would know how to react if confronted with someone trying to harm them. The seminar's objectives include teaching seniors the concepts of:

- situational awareness
- self-defense skills if confronted
- getting help in case of emergency, and
- discussing common attacks and reasons for them.



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](#) print flyer (below)

SAVE THE DATE

SIP 'N' SAVOR

**MONTHLY NEIGHBORHOOD POTLUCK
DINNER**

OCTOBER 18, 2024

**CHECK YOUR E-NEWS MONTHLY
NEWSLETTER
FOR MORE INFORMATION**

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

**THE WEST NECK SOCIAL COMMITTEE
IS SPONSORING A BUS TRIP TO
THE KING FAMILY WINERY
& JAMES MONROE'S HIGHLAND**

THE TRIP WILL BE ON OCTOBER 23rd 2024

THE COST IS \$100 PER PERSON

**** WE ONLY HAVE 8 SEATS OPEN ****

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

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

**PAYABLE BY CHECK ONLY TO WNCA
BY OCTOBER 1ST 2024**

Charlottesville Winery

Name(s): _____

Phone #: _____ **Village:** _____

Number Attending: _____ **x \$100 =** _____

Number Attending: _____ **x \$75 =** _____

(\$100 - \$25 deposit)

**Please select your lunch choice from the following
sandwich options: (Please indicate number for each)**

Roast Beef _____ **Turkey** _____ **Ham** _____

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.

Did you know that fencing can only be installed in the back and side yards of residences? Fencing can extend no further than halfway down the side of the home. Fencing in the front yard is prohibited. (ARC Guidelines and Community Standards para. 2.43).



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**

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