

eNews update

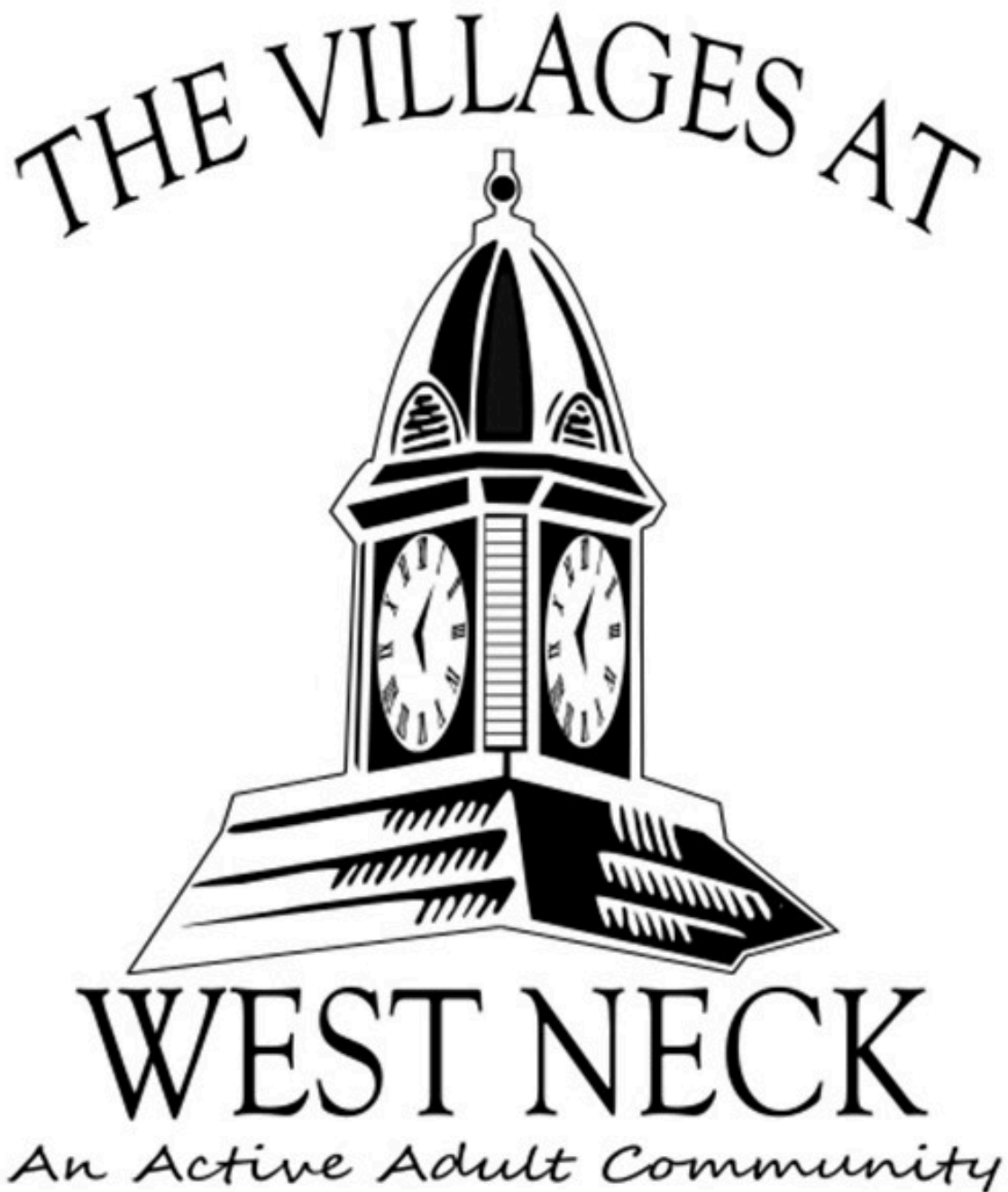
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From: The Villages at West Neck (enews@villagesatwestneck.ccsend.com)

To: dleedy54@yahoo.com

Date: Tuesday, October 8, 2024 at 05:00 AM EDT

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

# October 8, 2024

## In this issue:

### **This Week in West Neck**

- Chair Yoga - Tuesday, 10/8 and Wednesday, 10/9
- Texas Hold 'Em - Tuesday, 10/8
- iPhone/iPad Workshop - Wednesday, 10/9
- Painting Class - Monday, 10/14

### **This Month at West Neck**

- Sip N Savor - 10/18
- West Neck Garden Club - 10/22
- Flu, Covid and RSV shots - 10/22
- West Neck Social Committee - Bingo - 10/22
- WNEC Cashola @ Red Robin - 10/24
- WNLC Compassion and Choices Presentation - 10/25

### **Future Events at West Neck**

- Harvest Dance - 11/16

### **Good To Know**

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

# This Week in West Neck

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 Oct. 8<sup>th</sup> & 29<sup>th</sup> Nov. 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup>
- Wednesday @ 2pm Oct. 9<sup>th</sup> & 30<sup>th</sup> Nov. 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>

In the Village Hall large room



- Free Yoga classes (Gratuuity 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)

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



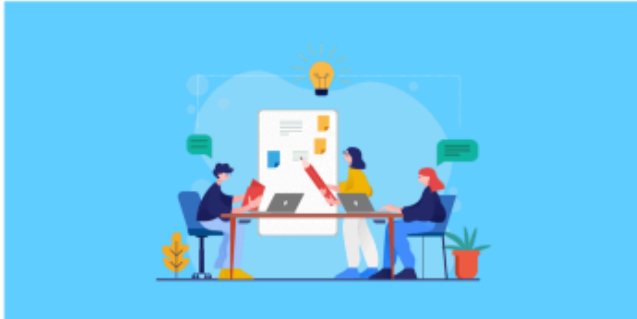
**Invite a  
West Neck  
Friend**

Click [HERE](#) to print flyer below

# IPHONE & IPAD WORKSHOP

West Neck Learning Committee

Topic: New software for iPhone and iPad



“How do I” questions are always welcome. Learn new techniques and features as we explore and learn together.

Next meeting: Village Hall, 2nd Wednesday of Each Month

Wednesday **October 9** at 10:30a to 12:00p

Are you coming? RSVP [jimblohme.com](mailto:jimblohme.com) or text 516 662 2512 and get to know your iPhone AND iPad

Thanks to those who attended the last workshop! I look forward to seeing you again.

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



Come paint this 11"x 14" textured canvas in acrylic paint. All supplies included. No experience required. Bring whatever you would to sip on and have some fun.

Where: Village Hall/West Neck

When: Monday, October 14<sup>th</sup>

Time: 6:00 – 9:00 P.M.

Cost: \$ 35 each

Please RSVP to Pat Plebani at [Pplebani2@gmail.com](mailto:Pplebani2@gmail.com) or 757-615-7178.

## **This Month At West Neck**

Click [HERE](#) to print flyer below

A decorative border of yellow sunflowers with green leaves and brown centers surrounds the text. The sunflowers are arranged in a roughly rectangular shape, with some at the top, some on the left, some on the right, and some at the bottom.

**SIP-N-SAVOR**

Our monthly SIP-N-SAVOR is a potluck dinner, where you can mix & mingle, catch up with neighbors and make new friends.

The first SIP-N-SAVOR will be held on Friday, October 18th, from 6:00 to 8:00 pm.

R.S.V.P. Monday-Friday, from 9:00 am to 4:00 pm, by calling the Village Hall: (757) 689-4189.

You'll be assigned a salad, side dish, main dish or dessert on a rotating basis to balance the buffet offerings.

Beverages: BYOB. Water and coffee will be provided. To help defray the costs of the paper products, we will have a 50/50 raffle.

October's hosts are Francie Rayburn and Pam Snyder. Please consider hosting during the months of November through May.

For more information please contact  
Pam Snyder at (757) 348-7271.

Click [HERE](#) to print flyer below



**WEST NECK GARDEN CLUB**  
will meet on Tues., Oct. 22 @ 10am  
Meeting Room of the Village Hall

## **PUMPKIN ARRANGEMENTS**

presented by

**Pat Plebani & Kris Przymuzala**

**New members always welcome.**

**Light refreshments served.**



**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, 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 date in 2024:

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



*Red Robin® will give*

**20% OF FOOD SALES\*  
BACK TO**

## **WEST NECK EDUCATORS CLUB**

**Show this flyer or simply mention the fundraiser to  
your server to have your sales counted.**

### **FUNDRAISER DETAILS**

**1088 Nimmo Parkway, Virginia Beach, VA 23454**

**October 24, 2024\***

**If ordering online, please follow these instructions:**

- 1** Start your order at [order.redrobin.com](https://order.redrobin.com) and select the restaurant above.
- 2** In the menu, go to the category labeled "Fundraisers (To-Go Only)" and click on that item.
- 3** Click the "add" button, and then "add to bag."
- 4** Add your meal items and check out.
- 5** Arrive at Red Robin, come in, say hi, grab your food and be on your way! If your location has curbside pick-up, we can bring it to your car too!

\*Fundraiser during restaurant operating hours. Visit [redrobin.com](https://redrobin.com) and find this location to view hours. Donation based on all eligible net dine-in and to-go food sales only. Excludes sales from catering (at select locations), 3rd party ordering and delivery sites, alcohol, gift cards, retail, tax and gratuity. Offer void if flyer is distributed in or near the restaurant during fundraiser day & hours.



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

## SIGN-UP ...medical aid...

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

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 identity, 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.



[www.CompassionAndChoices.org](http://www.CompassionAndChoices.org)

Compassion and Choices supports medical aid in dying legislation that may pass in Virginia in the 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. 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](mailto:varyans@cox.net) 757-412-5949



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

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# Future Events

Click [HERE](#) to print flyer below



West Neck Residents

# HARVEST

## *Dance*

16 NOVEMBER

7pm-10pm Village Hall  
BYOB & Snacks  
Cost \$5 pp at the door  
SHAG LESSON 6PM  
DJ GARY BARNES

RSVP Jack Witzendorf  
757 617-7318

# **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](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 Trash receptacles will be placed on the street no earlier than 5:00 PM on the evening prior to the day of collection?*



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**

**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.**



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Communications and Marketing Committee

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