



VOU News for You

VOUCA Management Newsletter/December 10, 2012

News You Can Use

Management Office Closing

The Management Office will be closed after noon on Friday, December 14.

Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Wednesday, December 12—Board of Directors, 11 AM. Conference Call-In: 1-605-562-3000 Access Code: 739803#

Monday, December 17—Finance, 7 PM

Benefit Concert

The musical Lester family of Frederick will perform a Christmas concert on Saturday, December 15 at 5 p.m. at Trinity School of Frederick. Proceeds from the concert and CD sales will benefit Trinity School's music program. Tickets can be purchased at the school. The cost is \$10 for adults and \$5 for children (18 and under). For more information, call

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Questions? Concerns? Contact Us

On-site Office: 9023 Harris St.
Frederick, MD 21704
Phone: 301-831-4810
Fax: 301-831-4811
Email: vouadmin@casinc.biz
Office Hours: 10 AM- 4 PM
General Manager: Aimee Winegar
Asst. Manager: Julie Virnelson



All VOU Elementary School Children, Ages 6-12 are invited to a

Winter Crafternoon

When: Wednesday, December 12, 2:30 to 4 PM
Where: Natelli Community Center
9023 Harris Street

Join us for Cocoa, Cookies, and Crafts Galore

Please RSVP to info@villagesofurbana.net by Dec. 10



Join us for the

Community Tree Lighting

Saturday, December 15, 2012, 5:30 PM
Natelli Community Center
9023 Harris Street

Join your neighbors for cocoa and caroling as we light the community Christmas tree in front of the Fat Oxen.



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Trinity at 301-228-2333.

Zumba Schedule Change

Starting in December Amanda Strand's Saturday morning ZUMBA class will begin at 8:30 and last for 1 hour. In January, Amanda will also be teaching ZUMBA Mondays and/or Wednesdays beginning 1/2. Only 3 spots left!!! To sign up, please have them contact her: amandastrand@verizon.net, www.ZUMBAFrederick.net, or (301)471-5313. \$30 for a 6 week session.

Leaf Removal

Leaf removal is continuing from the townhouse areas and condominium greenspaces. Residents of single family homes are responsible for removing their own leaves. Please do not leave them piled in the gutters, and please do not rake them into the storm drains. Leaves easily clog the drains and can cause flooding. Please package the leaves in the recycling bags for removal with yard waste recycling.

Holiday Trash Schedule

Looking ahead at the Christmas trash schedule: Tuesday pickups will be on Wednesday. New Years trash schedule: Tuesday pickups will be on Wednesday.

Whom Do You Call?

Frederick County Sheriff's Office
Non-Emergency Number: 301-600-2071
Washington Gas: 800-752-7520
Allegheny Power: 800-255-3443
Frederick County Water and Sewer:
301-600-2187 M-F; 301-600-2194 after
hours and holidays
VOU After Hours Emergency:
888-788-2678

VOU Holiday Lights Contest

Enter online at <http://urbanamaryland.com/holidaylight> by December 12. All homes entered will have the option of being included in the Villages of Urbana Holiday Light Tour that will be included on UrbanaMaryland.com. The houses will be judged between December 12 and 19. Be sure to keep your lights on all night. Winners will be announced online at <http://urbanamaryland.com/holidaylights> by December 21.



Yard Waste Recycling

The trash contractor has agreed to provide yard waste recycling throughout December. This is not included in the current contract, and he is willing to perform this work at no additional charge, which is greatly appreciated!

The new trash and yard waste recycling contract calls for yard waste recycling to be performed on the FIRST trash day of the week, rather than the second. This means that all weekend gardeners can expect to have their yard waste removed on Monday or Tuesday of the week, instead of Thursday or Friday. We hope that this leads to a cleaner community. This change will take effect the first full week of January. If you have any questions, please contact the management office.



Mommy and Me Yoga Classes Starting

Beginning Sunday, January 5, Natalie Sheets will be offering Mommy and Me Yoga Classes. Mommy and Me Yoga classes focus on restoring balance and health to the physical body; through postures, relaxation and breathing techniques for mom. It is also a chance to connect with a community of mothers and babies.

In a playful and loving way, you will learn infant massage techniques and stretches for baby. We will specifically focus on reclaiming core strength, stretching tight muscles, releasing back pain and improving pelvic floor strength with our babies in tow.

This class is ideal for babies 6 weeks to crawling. Babies will laugh and cry, fuss and feed, and that's okay! Feel free to stop and attend to their needs at any point. Moms can attend classes as soon as they are medically cleared for exercise (usually 6 weeks post-partum). Please check with your midwife or doctor before attending class.

Sundays, Starting January 5, 10am-11am at the Natelli Community Center, 9023 Harris Street.

Cost: 5 class card for \$50, or \$12 drop-in rate—cash or check only
****Please bring a yoga mat and thick blanket for your baby to lay on!****For questions or to register ahead of time, please email nat.sheets@yahoo.com.