



# VOU News for You

VOUCA Management Newsletter/January 21, 2013

## News You Can Use

### Management Office Closed

The Management Office is closed on Monday, January 21, 2013 in observance of Martin Luther King Day. Trash and recycling schedules are not changed.

### Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Tuesday, January 22—Board of Directors, 6:30 PM. Agenda will be available on the website.

Monday, January 28—Finance, 7 PM

### Call for Vendors at Spring Fling

If you have a home-based business and would like to exhibit at the upcoming VOU Spring Fling on May 18, please complete the 2013 VOU Spring Fling Community Expo Registration form, which can be found on the VOU website under Resources>Eforms>2013 VOU Spring Fling Community Expo Reg-

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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](mailto:vouadmin@casinc.biz)  
Office Hours: 10 AM- 4 PM  
General Manager: Aimee Winegar  
Asst. Manager: Julie Virnelson

## Villages of Urbana Online

The VOU website has received a major facelift! The new, upgraded format permits us to post more pictures and offer more interactive for residents. Not all of the functionality is in place yet, so please be patient with us as we get the site up and running. Please contact [manager@villagesofurbana.net](mailto:manager@villagesofurbana.net) to report problems or to let management know the kinds of things you would like to see.

### VOU is on Facebook

VOU has also started a Facebook page. Please “like” the Villages of Urbana Community Association, Inc. page—this is the only official Facebook page for the VOU. We will be posting information about community events and updates as warranted on things like weather responses, events, and meetings. Please make it a regular stop in your time online.



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

## Kids Crafternoon

When: Wednesday, January 23, 2:30 to 4 PM

Where: Natelli Community Center  
9023 Harris Street

**Join us for Cocoa,  
Cookies, and Crafts Galore**

## News You Can Use

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istration. We are accepting applications from residents at this time; applications from non-residents will be accepted starting at 10 AM on January 28, 2013. The registration deadline is May 10, 2013.

### Landscaping Update

The communities of Lewis Mill, Charles Ridge and Stuart's Hill are scheduled to have the street trees pruned this spring. Please watch your door for flyers about the project. If you have any questions, please contact the community manager at [manager@villagesofurbana.net](mailto:manager@villagesofurbana.net).

### 2013 Pool Season Update

This year the VOU is moving to "smart" pass technology—so your pool pass will be the ticket for other community facilities as well as the pool. This means that you will need to replace your pass, and there will be a one-time fee for each new pass of \$5. The sooner you submit the form, the better. Please go to the web site, Resources>eForms>Membership Pass.

### No Snow Yet....

But just in case, we are prepared! If you have questions about how we plan to manage snow in your area, please check out the VOU Snow Plan at Message Board/News Announcements>Community News.

### 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

## Solarize 101

VOU is partnering with Frederick County in the Solarize initiative. Please go to [www.FrederickCountyMD.gov/GreenHomes](http://www.FrederickCountyMD.gov/GreenHomes) to indicate your interest. The VOU is hosting a Solarize 101 event on February 27 for all residents to learn more about the program. As the county provides materials to us, we will post them on the web site. Please mark your calendars now for the hour-long presentation on February 27.



### Fitness in the VOU

Several new health and fitness programs are beginning at the Villages of Urbana Community Centers:

#### Soccer Bugs—starting January 25

Friday afternoons, Shafer's Mill Recreation Center

This is a program for children. For more information contact Luis Rodriguez at [luisGRsoccer@gmail.com](mailto:luisGRsoccer@gmail.com)

#### Dedicated Fitness

Tuesdays and Thursdays, 5:30 AM, Shafer's Mill Recreation Center

Saturdays, 8 AM, Shafer's Mill Recreation Center

Jump start your New Year's health and fitness resolutions with Dedicated Fitness Personal Training Services. If you are trying to lose weight and want to get in better shape, join us for the 2nd-8week VOU Winter Strength and Conditioning program. New classes begin Tuesday, February 5th. Space is limited! For more information, contact Dewey Barnes: [Dewey@DedicatedFitness.net](mailto:Dewey@DedicatedFitness.net)

#### Weight Watchers

Wednesdays, 5:30 PM, Shafer's Mill Recreation Center

#### Yoga

Wednesdays, 10 AM, Shafer's Mill Recreation Center

Thursdays, 8 PM, Natelli Community Center

Fridays, 9 AM, Natelli Community Center

Sundays 7 PM, Natelli Community Center

Sundays 10 AM, Natelli Community Center - Mommy and Me Yoga

#### Zumba

Zumba is a dance fitness program that involves both dance and aerobic elements. Zumba's choreography incorporates hip-hop, soca, samba, salsa, merengue, mambo, martial arts, and some Bollywood and belly dance moves. Squats and lunges are also included. Zumba is all about letting loose and having fun. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba.

Mondays, 9 AM, Natelli Community Center

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Thursdays, 7 PM, Natelli Community Center

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