



VOU News for You

VOUCA Management Newsletter/June 17, 2013

News You Can Use

Kids Activity Morning

The first Kids Activity morning will be held June 20 from 10 to 11:30 AM at the Natelli Community Center. For more information, call the management office at 301-831-4810.

Meeting Schedule

Meetings to be held this week at the Natelli Community Center:

Tuesday, June 18—Design Review, 7 PM

Wednesday, June 19—Physical Assets Management, 7 PM

Upcoming Meetings:

Monday, June 24—Finance, 7 PM

Tuesday, June 25—Board of Directors, 6:30 PM

Financial Planning Seminar

Capital One will be hosting a presentation by John Creswell on his outlook of the international markets on Thursday, June

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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

URBANA
music festival

SATURDAY, JUNE 22, 2013
NOON-6PM
URBANA REGIONAL LIBRARY
9020 AMELUNG STREET, URBANA, MD

THREE INCREDIBLE BANDS
TRANSPORTATION ZONE, PONY RIDES, PETTING ZOO,
MOONBOUNCE, GIANT SLIDE
A FREE SUMMER CELEBRATION FOR ALL AGES

FOR FURTHER INFO, VISIT FCPL.ORG OR CALL 301-600-7000
IN THE EVENT OF RAIN, PERFORMANCES WILL BE MOVED INSIDE THE LIBRARY.

Kids Summer Games

Calling all VOU kids ages 5-12!

Join us for the VOU Kids Summer Games featuring obstacle courses, volleyball, kickball, soccer, basketball, sack races, and more!!!

When:

10-11:30 AM

June 20, July 11,

July 25, and August 8

Where:

Natelli Community Center

9023 Harris Street

Come out and Play!

News You Can Use

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27 from 7-8 PM at the Natelli Community Center, 9023 Harris Street.

Summer Yard Waste

Yard Waste Recycling Pickup is now the **FIRST** trash day of the week. Depending on when your regular trash day is, please place your yard waste out for collection on Monday or Tuesday with your trash by 7 AM. **Trash must be left out for collection ONLY in closed trash bags inside lidded plastic containers. Trash must be left out for collection at the end of your lead walk or driveway—not on community property!** Remember that yard waste should be left at the curb where you place your trash, in recyclable bags only.

Pool Pass Photo Schedule

The management office is open every day from 10 AM to 4 PM.

The management office will also be open Wednesday, June 19 until 7 PM and Saturday, June 22 from 9 AM to noon.

Next week, the office will be open after hours on Monday, June 24, 4 to 7 PM and Tuesday, June 25, 4 to 6 PM. If these hours are not convenient, please contact the management office for an appointment.

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

Upcoming Tennis Events at the VOU

Don't
Forget!

6/17
Monday

Summer Activities
Camp Begins!
9:00am-3pm

6/24
Monday

Tennis & Swim
Camp Begins!
9:00am-3pm

Don't
Forget!

6/28
Friday

Adult Tennis Social!
6pm-8pm
Cost: FREE
THEME: RETRO!

LIMITED SPOTS AVAILABLE!

Sign Up Now by Contacting:
greg@tennis4life.net
571.258.8881



Villages of Urbana, C.A.
invites you to an

ADULT POOL PARTY

Friday, June 28
6-9 PM
Shafer's Mill Pool
Adults, 18+

Valid Pool Pass Required
No alcohol permitted in the facility

Water Fitness Rocks!

Check out our summer classes at the VOU community Pool that run from June 17th—August 7th

Shallow Water Workout: Mondays/ Wednesdays 6:00—6:45pm

A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music and are effective and easy to follow. 16 classes: \$96.00 (Register for 8 classes: \$60.00)

Deep Water Workout: Mondays/ Wednesdays 7:00—7:45pm

This water fitness program is held in the deeper water of the pool and provides a no-impact but challenging cardiovascular workout. Participants will use flotation belts or pool noodles (provided at pool) to perform a variety of motions including water walking and running, abdominal work and toning exercises. This class is designed to burn fat and increase cardiovascular fitness, range of motion and muscle tone. 16 classes: \$96.00 (Register for 8 classes: \$60.00). Questions? Please visit our web page at www.wetyetwaterfitness.com or call Nancy at (301) 990-1846.