



VOU News for You

VOUCA Management Newsletter/November 5, 2012

News You Can Use

Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Monday, November 5—Pool and Outdoor Recreation—7 PM

Affected by Superstorm Sandy?

Maryland residents that have experienced property damage, loss, or financial hardship resulting from Hurricane Sandy are encouraged to contact their mortgage company immediately to discuss individual options for handling claims. For more information, go to <http://villagesofurbana.net/announcement.asp?id=924>

New Pre-K Fitness Program

Sarge Athletics is offering a Combine Kid Pre-K fitness program this fall. For more information, email: combinekids@sargeathletics.com

Breakfast in the VOU

The Gourmet Gang will be

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Cast Your Vote in the VOU Election

The 2012 Annual Meeting is scheduled for Tuesday, November 13, 2012 at 7:00 p.m. at the Urbana High School. You should already have received your proxy and ballot in the mail. Please complete both forms and return them in the official envelope—please remember to sign the back of the envelope! This is your chance to choose your community leadership. Please vote!



THE VOU SOCIAL COMMITTEE PRESENTS

Wine Tasting and Social

November 17, 2012

7-9 PM

Natelli Community Center

9023 Harris Street

Please join us for the Fall Wine Tasting event at the Villages of Urbana. We will have a nice selection of Thanksgiving and holiday wines, light appetizers and music. This event is for adult residents of VOU that are 21 and older and is free of charge. Representatives from Franklin Liquors will be on hand to answer any questions you have about the wines.

There is no charge for the event, but RSVPs are required by November 10. Email your name, address and number attending to vouadmin@casinc.biz.

THIS EVENT IS FOR ADULT RESIDENTS OF VOU ONLY



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

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offering a breakfast service to residents at the Shafer's Mill Community Center on November Saturdays and Sundays. Bring your friends and come enjoy a delicious hot breakfast on the terrace at a great price! 9 am to 1 pm.

Yoga Programs

All classes held at the Natelli Community Center except where noted.

- Wednesday at 10 AM — Kayla McCourtney, teacher (held at Shafer's Mill Recreation Center)
- Thursdays at 8 PM — Terri Becker, teacher
- Fridays at 9 AM — Stacy Mallow, teacher

Zumba

All classes held at the Natelli Community Center

- Mondays at 9 AM — Amanda Strand, teacher
- Wednesdays at 9 AM — Amanda Strand, teacher
- Thursdays at 7 PM — Carol Monroe, teacher
- Saturdays at 9 AM — Amanda Strand, teacher
- Sundays at 8:30 AM — Carol Monroe, teacher

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 Turkey Trot November 22

The VOU Turkey Trot 5K Fitness Run/Walk and Food Drive will be held on Thursday, November 22, 2012 at 9:00 AM, Rain or Shine, at the VOU Harris Street Clubhouse. Come run or walk to benefit the Greater Urbana Area Food Bank. Pre-register to save time and money on race day. (Fees will be collected when you pick up your bib on race morning.)



Go to: <https://docs.google.com/spreadsheet/viewform?formkey=dGw3ZzZ0d3EzLUJEUnRHWHN3V1pMeWc6MA#gid=0>

Pre-registration by Nov. 16th: \$15, or \$10 with donation of 3 cans of food
Registration after Nov. 16th: \$20, or \$15 with donation of 3 cans of food
Household discount: 1st and 2nd runners pay fee as above, additional runners living at same household address are \$5.

Optional Team Competition

3 to 5 members per team. Top 3 finishers per team count towards a team score.

Awards

1st, 2nd, 3rd male/female overall

1st team

1st male/female 50+, 15-49, 11-14, and under 11

Questions? Want to sponsor the race by providing a door prize? Contact: VOURaces@gmail.com Brought to you by: VOU Pool and Recreation Committee

Pet Reminders

Pet owners are responsible for cleaning up after their dogs. Please remember that dogs must be leashed whenever they are off your private property and you are responsible for picking up their waste. Please be considerate when walking your dog and remember that in some townhouse areas with small yards, repeated dog action can really damage the grass. Please vary your dog's walk to avoid burning the grass.

