News You Can Use Columbus Day October 8

The management office is closed on October 8 for Columbus Day; however, there is **no change** to the trash collection regular schedule.

Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Monday, October 1—2013 Budget Meeting, 7 PM—open to the public. Please attend.

Tuesday, October 2—Design Review, 7 PM

Thursday, October 4—Grounds, 6:45 PM

Breakfast in the VOU

The Gourmet Gang will be offering a breakfast service to residents at the Shafer's Mill Community Center on October Saturdays and Sundays. Bring your friends and come enjoy a delicious hot breakfast on the terrace at a continued on p. 2

Questions? Concerns? Contact Us

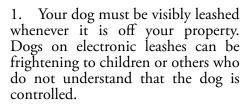
On-site Office: 9023 Harris St.

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

Dog Etiquette

he Villages of Urbana is home to hundreds of pet dogs. In order to ensure that they are happy and healthy, and that their neighbors are also happy and healthy, we ask that all dog owners take a moment to review Dog Owner Etiquette:





- 2. Please do not let your dog leave your property without you. Management has received reports of dogs running into neighboring yards, causing distress to those families and pets. This is a violation of community rules and Frederick County law.
- 3. Please do not let your dog urinate on other people's lawns. Some areas in the VOU have very small front yards and repeated urination causes the grass to yellow and die. Please be considerate of your neighbors and their yards.
- 4. Please clean up after your dog every time, right then. There are numerous dog waste stations throughout the VOU. When you are out walking, please grab a bag and dispose of your dog's waste properly. This is also required by Frederick County law and community rules.
- 5. Dogs must be attended when they are outside. If they bark or cause a nuisance because of noise, Animal Control will be asked to investigate.

Residents who know the identity of dog owners who are not following these guidelines should contact Frederick County Animal Control at 301-600-1544.

News You Can Use

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great price! 9 am to 1 pm.

Urbana Mamas

Second Tuesday of each month: 9 to 11 AM at the Shafer's Mill Recreation Center Fourth Tuesday of each month: 3 to 5 PM at the Shafer's Mill Recreation Center. For more information contact the community management office at manager@villagesofurbana.net.

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

- 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 Fall Mixed Doubles League

his league is for beginning to intermediate players (2.5, 3.0, 3.5 players). Team Captains are assigned players by a drawing based upon information we have regarding player abilities. This is a Level-Specific League, so you will be playing against other line ups of similar abilities. Each player may make only one preferred partner request to be included on the



same team (for example, spouses, friends, or regular partners may request assignment to same team if they would like). Matches are Sundays 10:30am. AND 4:00pm depending on the schedule. Registration closes October 12. First Match is an All Teams Social on Sunday, October 14 at 10:30am. Questions? info@tennis-in-urbana.com

New Fitness Program Starting

True Athlete Performance to offer an elite program designed to prepare athletes ages 7-16 for their upcoming or current season. These clinics will work to improve first step, reaction, linear speed, agility, quickness, and explosive power while helping to prevent injury. This program will be conducted by NSCA Certified Strength and Conditioning Specialist, Matt Diener, and his True AP training staff.

Overview: Each session lasts 1 hour and consists of the following components:

- --Dynamic Flexibility Warm-Up
- --2-3 Speed, Agility, and Quickness Drills
- --Functional Strength Routine
- -- Core Strength/Injury Prevention Routine

DATES: October 2nd - November 27th (No session on 11/22)

DAYS/ TIMES: Tuesdays and Thursdays from 5-6pm

LOCATION: Outdoor Basketball Court (corner of Route 80 and Campus

Drive) - Frederick, MD

PACKAGES: 8 Sessions = \$50 and 16 Sessions = only \$75!

TO REGISTER: Contact Matt Diener at 440-465-3584 or email

mdiener@trueap.com with registration questions.