



VOU News for You

VOUCA Management Newsletter/September 24, 2012

News You Can Use

VOU Board of Directors Nominee Meet and Greet

Tuesday, September 25, 2012 at 6:00 p.m. Immediately prior to the September Board meeting

Please come to meet the nominees for the Board of Directors. Light refreshments will be served.

Meeting Schedule

Upcoming meetings at the Natelli Community Center:

Monday, September 24—Finance, 7:00 PM

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

Monday, October 1—Budget Meeting, 7 PM

Breakfast in the VOU

The Gourmet Gang will be offering a breakfast service to residents at the Shafer's Mill Community Center on September
continued on p. 2

VILLAGES of URBANA
Established 1999

The VOU Social Committee Invites You to

FALL FESTIVAL

SUNDAY, OCTOBER 14, 2012
5*8 PM
NATELLI COMMUNITY CENTER
9023 HARRIS STREET

Please join us for some Fall fun! We will offer hay rides, pumpkin carving, games, music, face painting, a petting zoo, moon bounces and more! Enjoy a cold brew in our beer garden, sample one of our candied apples or pumpkin pies, or fill up on all the other great food we have to offer. At the end of the day, as the sun is setting, we will light up the carved pumpkins for a bright end to a fabulous day.

We hope you can join us!

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

Cost of Vandalism

One of the biggest challenges facing the community right now has been ongoing vandalism and graffiti. The entire community pays for the repair of damaged property. Please speak with your children about the costs of vandalism.



News You Can Use

continued from p. 1

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.

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

Wednesday at 10 AM
Thursdays at 8 PM
Fridays at 9 AM

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

Call for Candidates

The Villages of Urbana Board of Directors is accepting applications for candidates for the Board of Directors. There are three seats open this election. Visit www.villagesofurbana.net home page for an application. The deadline for nominations is Monday, September 24 at 5 PM. If you are interested in running for the Board, please contact the community manager at manager@villagesofurbana.net.



New Fitness Program Starting

True Athlete Performance to offer an elite program designed to prepare ALL athletes 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.

High School Fair Presented by FCISC

Families seeking options for high school are invited to attend an annual high school fair that will be held this year at Friends School on Thursday, October 11th from 6 – 8 p.m. The fair is sponsored by the Frederick County Independent Schools Consortium (FCISC) composed of Trinity School of Frederick, Banner School, Friends School, Lucy School, and New Life. There are currently 13 schools confirmed as exhibitors from Frederick and surrounding counties. We typically have schools from around Maryland, Pennsylvania, and Virginia. Frederick County Public Schools represented. For additional information, please contact Kristin Antonino at kantonino@friendsmeetingschool.org or 301.798.0288 ext 123.