

**Suffield Meadows  
Digital Newsletter**

*WELCOME to the SMCUOA Digital Newsletter. The Newsletter will be emailed to every CUOA member. The Newsletter will also be posted on our website as well as hard copies posted at the Clubhouse, Fitness Center, Arbors Buildings and The Villa.*

**Board Meetings** are usually held the 4th Tuesday of each month, unless otherwise noted. **There are NO Board Meetings in, February, July OR December.** The next meeting will be Tuesday, **April 24, 2018, 7:00 p.m.** in the Fitness Center.

*ALL Suffield Meadows CUOA members are welcomed and encouraged to attend.*

**Board Working Sessions** are held monthly at the Club House. Dates and times are posted on the calendar in the Club House, and on the SMCUOA web site. The next two work sessions will be April 12<sup>th</sup> and May 10<sup>th</sup>.

*ALL Suffield Meadows CUOA members are welcomed and encouraged to attend.*

**Reminder:** Board Meeting Minutes are always available on the web site for review.

**Community Web Site:**  
[www.suffieldmeadows.org](http://www.suffieldmeadows.org)

**Board of Directors:**

President: John Dunkin  
Vice President: Dan Parker  
Secretary: Vickie Hylton  
Treasurer: Dave  
Pickersgill  
Member at large: Jim Phillips

**National Realty Partners, LLC**  
365 Herndon Parkway, #106  
Herndon, VA 20170

**Community Manager:**  
Kristen Isaksen, (O) 703-435-3800  
kisaksen@NRPartnersLLC.com  
Hours: 8:30-5:00 p.m.  
Emergency: (703) 476-3628

**COMMUNITY OF THE YEAR AWARD** ~ A banner is displayed on Rt. 29, in front of the Suffield Meadows to announce we are the proud recipients of the Small Community of the Year Award! This prestigious award was given to us by CAI. SMCUOA was chosen from entries including Maryland, DC and Virginia. We received the award in March. With the award comes a certificate, banner and poster. The essay was included in the March copy of QUORUM, a CAI magazine and is on display at the Clubhouse. There is a small banner that will be displayed in the Fitness Center.

The Social Group is planning a fine celebration for owners/residents, April 14<sup>th</sup>. Make sure to reserve your spot!

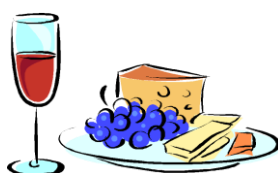
**FIRST AID/CPR/AED** ~ The Board meeting, last Tuesday, had a guest speaker. Due to the rainy, cold weather, there weren't many to hear her talk and demonstrate the (Zoll) AED Unit. Courtney Sanford is with the American Red Cross and training expert for AED and CPR. She demonstrated the AED in it's training capacity. The unit will actually "talk" you through it's application. The very first thing to do when finding an unconscious person is to call 911. If there is an AED onsite, it may be connected to the person and follow the instructions until Emergency aid arrives. Many times, CPR is all that is needed. Ms. Sanford told us about the AED and CPR training the Red Cross gives. There is a fee. John Dunkin and Ms. Sanford are trying to work out a discounted fee should we decide to have training onsite. The Board is researching the purchase of an AED. No decision has been made.

The Board will have First aid kits installed at the Clubhouse, Fitness Center and Men/Women bathrooms in prominent locations.

**CLUBHOUSE REFRESH** ~

- Bob and Kathleen Lynch have refinished the rocking chairs on the clubhouse porch. They did an excellent job. We look forward to enjoying them...each on our own...or at the SM "Friday's on the Porch". (Weather, please cooperate!!)
- Rubber feet have been purchased and installed on all chairs in the Clubhouse. Hopefully, this will help prevent scratches on our newly stained floor.
- Window scarves have been purchased and installed at the Clubhouse...Meeting Room and Club Room. Chuck Hylton hung the rods. Vickie Hylton and Joanna Parker hung the scarves!
- A new bulletin board has been installed at the Clubhouse. This will be used for the calendar and special events. Personal messages are not allowed.

**CELEBRATE SMCUOA!!**



Join us Saturday, April 14<sup>th</sup>, 7 p.m. for the celebration of SMCUOA, winner of the Small Community of the Year Award. Fee \$5.00. RSVP/pay by Sunday, April 8<sup>th</sup> to: Suz Arnold, Ann Novak or Joanna Parker. Don't miss out!!!

**THIRD FRIDAY Book Club\*** will meet at Jean Delker's home on April 20<sup>th</sup> at 10:30 a.m. New members are welcome. Please contact Jean if you need a copy of the book, "The Headmaster's Wife". RSVP w/Jean at 540-349-2860.

*\*All SMCUA are welcome. Join us!!*

The **LADIES LUNCHEON** is usually held the **fourth** Thursday of each month. Luncheons are NOT held in November and December. **April 26<sup>th</sup> at 11:30 a.m. we'll gather at Olive Garden in Manassas.** Join neighbors for Good Food, Good Company, Good Fun!

RSVP w/Jackie Phillips: 540-347-0177 OR Email: [jacmar0607@hotmail.com](mailto:jacmar0607@hotmail.com)

**BUNCO** ~ Both Bunco groups are full, at this time, however substitutes are always needed. Please call and add your name to the sub list.

Tuesday Bunco: Vickie Hylton ~ 540-878-5203  
Wednesday Bunco: Mary Lowe ~ 540-219-8611  
**Change in date: Wednesday group will meet Thursday, April 12th**

**TUESDAY WORKOUT SESSIONS** ~ It's official! The Tuesday morning workout session (9:30-10:30 in the Suffield Meadows Fitness Center) is now CO-ED. All ladies and gentlemen from our community are welcome and encouraged to join up NOW. This is an ultra-low impact hour of cardio, strength, stretch and balance exercises done with good music, good humor and good friends. For more details, call Sandy Ludes, 703-282-2556.

**GENTLE YOGA** meets Thursday's at 4:00 p.m., in the Fitness Center. Cindy Nichols is the Certified Yoga Instructor. The prepaid registration fee for a month is \$20/\$25.00 depending on # of Thursdays. (\$5.00 per lesson). Interested? Call Joyce Petersen @ 540-349-1337.

**POKER** is held 1<sup>st</sup> and 3<sup>rd</sup> Monday's at 7 p.m. in the clubhouse. Bring coins and beverages. Call Chuck Hylton for info: 540-878-5203

**HAND AND FOOT** is played every 3<sup>rd</sup> Thursday at 12:30 p.m. in the Clubhouse. If you'd like to learn, we'll teach you. If you can't be a regular, and know how to play, please add your name to the sub list. It is very important you RSVP, in case we do need to call substitutes.

If you would like to play, please RSVP with:

Vickie ([vhylt01@comcast.net](mailto:vhylt01@comcast.net)) OR

Elaine ([elainereidy@outlook.com](mailto:elainereidy@outlook.com)).

There is NO hostess! No snacks! Just cards and fun! Please bring a drink, if you like!

**NEWSLETTER EDITOR:**

Vickie Hylton, [vhylt01@comcast.net](mailto:vhylt01@comcast.net),  
540-878-5203



- Saturday, May 5<sup>th</sup>, 6 p.m. ~ Kentucky Derby Party. Remember your hat!
- Monday, May 28<sup>th</sup>, 8 a.m. ~ Flag raising ceremony at the club house. Coffee and donuts to follow also first day the pool will be open.
- Sunday, June 10<sup>th</sup>, 2-4 p.m. ~ Annual Ice Cream Social.
- July 4<sup>th</sup> ~ Celebrate our nation's independence

*Information on all the above will be distributed via email and flyer*

**Mark your calendars. You don't want to miss out on any of the fun!**

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### Things To Do In Warrenton, VA

**1<sup>st</sup> Fridays in Old Town Warrenton** begin May 2<sup>nd</sup>, 6-9 p.m. You will enjoy Art, Entertainment, Shopping and Dining.

**~ 40<sup>th</sup> ANNUAL OLD TOWN WARRENTON SPRING FESTIVAL ~**

*Saturday, May 19, 2018 ~ 9:00am to 4:00pm (Rain OR Shine)*

*This Main Street Arts & Crafts Festival also features Live music, Food, Entertainment, Demonstrations, & Displays! We anticipate 20,000 to 25,000 Spectators. Sounds like a fun event!!*

**Have no desire to cook?? Besides The Villa, there are a few places you can eat quite reasonably! IHOP offers 50% off to seniors Wednesdays after 4 p.m.! Did you know @ The Bistro on the Hill (Fauquier Hospital) ~ seniors can have a complete meal for \$5.47 on Tuesday and Thursday, 4:30-6 p.m.**



*I know this gets old, but the problem still exists!! The Board receives many complaints concerning pet poop! Your dog MUST be on a leash always. It is your responsibility to pick up after your pet. The walking trails are a popular place to be...*

*especially now that the weather is getting nicer. Pet poop is not a sight to behold! Please carry plastic bags... When the pet poops, pick it up!!*

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**~ ALF NEWS! ~ "VILLA VITALS" ~ ALF NEWS! ~**

**The Villa at Suffield Meadows** hosts several amenities available to Suffield Meadows Owners. You may enjoy Breakfast (7-9 a.m., \$5), Lunch (11:30 -1:30, \$10) or Dinner (4:30-6:30, \$12). (TWO HOUR NOTICE and Reservations are required) In addition, enjoy a relaxing massage by calling the Wellness Center at 540-316-2640 to set up an appointment with the massage therapist at The Villa. Specify that you are interested in The Villa location: Swedish, Deep tissue, Myofascial and Reflexology—thirty minutes is \$37; sixty minutes is \$70, and ninety minutes is \$100. Discounts are available when purchasing a punch card: six-30 minutes massages are \$192.00, six-60-minute massages are \$372.00. Stone massages are available: thirty minutes are \$42; sixty minutes are \$80; and 90 minutes are \$114.00. A chair massage is \$20. **All prices are subject to change.**

There are several interactive games played at The Villa. There is a link to "The Villa" on our website. There is a calendar of events and menu of meals. Join in the FUN and VOLUNTEER!! (**Men and Women welcome**) Please contact Patty Koval @ 540-316-3809.

**The Villa at Suffield Meadows ~ Contact info: [www.warrentonvilla.org](http://www.warrentonvilla.org) OR 540-31-3800.**

*This Newsletter is an official publication of Suffield Meadows Condominium Unit Owners Association. Publication of Resolutions, Rules, Regulations and Meetings, duly adopted or called by the Board of Directors serve as official notice to the membership and residents of the meetings or the adoptions and implementation of these enactments of rules for the purposes of enforcement.*