



**Suffield Meadows Digital Newsletter**

**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, **May 22, 2018 at 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/times are posted on the calendar in the Club House and the SMCUOA web site. The next two work sessions will be **May 10<sup>th</sup> and June 14<sup>th</sup>** at 10 a.m.

*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](mailto:kisaksen@NRPartnersLLC.com)

Hours: 8:30-5:00 p.m.

Emergency: (703) 476-3628

*Kristen is available Thursday mornings:  
8:30-12:30 p.m. @ SM Clubhouse.*



**Suffield Meadows  
CUOA Digital  
Newsletter  
Volume 7, Issue 3  
2018**

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

**POOL OPENING IS ALMOST HERE!!**

Yes, the time we have all been waiting for! Our pool at Suffield Meadows is scheduled to open on Saturday, May 26th, with crystal clear water and fun for all. We don't guarantee the water temperature, but it has been warm by the end of May before, so we are optimistic. And if not, it is still a great place to meet up with your friends and neighbors for some catching up or just soaking up the rays with a good book. Watch for some of popular water aerobics classes open to all! Follow all rules: No GLASS, no DIVING, guests MUST be accompanied by owner/resident. **If not, your privileges may be revoked.**

In preparation, the pool cover is scheduled to come off the first week in May, and we will be cleaning the pool furniture on Wednesday, May 23<sup>rd</sup>. It's a splashing good time! Come and join us. We will meet at 10 a.m.

We are looking for willing volunteers to help with pool duty on weekends and night closings. If you are interested in helping we will have a sign up and give a refresher/training class after the furniture cleaning on the 22<sup>nd</sup>. You can also contact me directly and I can sign you up, at [LT9273@yahoo.com](mailto:LT9273@yahoo.com), or 540-349-7973.

Hope to see you all at the pool this summer!

~ Linda Thompson

**UNLOCKED DOORS, PARKED CARS, DOG POOP!**

- At the last Board meeting, April 24<sup>th</sup>, John mentioned doors to the club house and Fitness Center have been found unlocked! It is imperative you lock the door upon exiting the facility. It is a security risk not to mention the safety of our residents.
- Residents are to park their cars in their garage or in their driveway. The indents are to be used for visitors only. Any car is never to be parked along a curb other than in the indents. Our streets are narrow and must allow for Emergency vehicles.
- Yep...dog poop! S.O.S.!! Please pick it up!!

**SOCIAL HAPPENINGS!**

May 5<sup>th</sup>, 4:30 p.m., **Kentucky Derby Party @ Clubhouse!**  
**RSVP by May 1<sup>st</sup>** to Kathy Dunkin, Joanna Parker or Sue Arnold. **\$10 fee due May 1<sup>st</sup>**, includes assorted sandwiches, chips & cake. Wear your best



**Kentucky Derby Party**

**SAVE THE DATE!!**

- May 23<sup>rd</sup> Gather at the pool for furniture cleaning/placement and readiness
- May 27<sup>th</sup> Official Pool Opening
- May 29<sup>th</sup> Memorial Day flag raising ceremony

*Additional information will be sent through the social network*

**THIRD FRIDAY Book Club\*** will meet May 18th, 10:30 a.m., in the Home of Barbara Hutchinson, Arbors II, Unit 211. We'll be discussing "Hearing Heartbeats" by Jan-Phillipp Sendker. Barbara has extra copies if needed. Please RSVP by May 18<sup>th</sup> w/ Barbara: [barb0712@comcast.net](mailto:barb0712@comcast.net)

*Just a heads up - Darlene will be hosting on June 15, probably at the clubhouse. Helen will be the hostess on July 20. Books have not been selected for these two dates.*

**Email Mary Lowe with any questions:**  
[mimix05@comcast.net](mailto:mimix05@comcast.net)

\*All SMCUOA are always invited  
New members are welcomed!

The **LADIES LUNCHEON** is usually held the fourth Thursday of each month. Luncheons are NOT held in November and December. We'll meet **May 24h** at McMahon's in Warrenton at 11:30. Join neighbors for Good Food, Good Company, Good Fun! Please RSVP w/Jackie Phillips: 540-347-0177 OR Email: [jacmar0607@hotmail.com](mailto:jacmar0607@hotmail.com)

**BUNCO:** We have two Bunco groups. These groups are full, at this time, but we always need substitutes! No experience necessary. If you like to have fun, have your name added to the list. (\$5.00 prize fee)

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

Wednesday: Mary Lowe ~ 540-219-8611  
OR [mimix05@comcast.net](mailto:mimix05@comcast.net)

**POKER NIGHT** ~ will be held the 1st and 3rd Monday's of each month from 7-9 p.m. In the case of inclement weather, that night will be canceled without rescheduling. Players are asked to bring their own change and drinks. Occasionally it's a good idea to contribute a deck of cards to the evening. For more information, please contact Chuck Hylton, at 540-878-5203 OR [vhylt01@comcast.net](mailto:vhylt01@comcast.net)

**HAND AND FOOT** ~ is being played every 3<sup>rd</sup> Thursday, each month at 12:30 p.m. Next game: May 17th. It is a game much like Canasta. 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, **RSVP w/Vickie ([vhylt01@comcast.net](mailto:vhylt01@comcast.net)) OR w/Elaine ([elainereidv@outlook.com](mailto:elainereidv@outlook.com))**. There is NO hostess! No food! Bring your own drink!

**Newsletter Editor:**

Vickie Hylton 540-878-5203

Email: [vhylt01@comcast.net](mailto:vhylt01@comcast.net)



Exercise and Diet at any age is important.

Exercise and Diet in an Active 55+ Community is very important!!

We are so lucky to live in a community that cares about our health! We have 2 fitness groups right here in Suffield Meadows.

**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 PRENS @ 540-349-1337.

**GREENWAYS and WALKING TRAILS** ~

We have convenient paved walking trails in our Suffield community!

Check out <http://www.fauquiercounty.gov/government/departments-h-z/parks-and-recreation/greenways-and-trails> for local Greenways and Trails. A nice way to get some fresh air and see our Warrenton areas.

**PICKLEBALL** ~ is a paddle sport (like a racquet sport) that combines elements of badminton, tennis, and table tennis. Two or four players use paddles made of composite materials to hit a perforated polymer ball, like a Wiffle Ball, over a net. Pickleball is alive and well in Warrenton. Our neighbors Bob and Joyce Najjar are active in the sport and are happy to give you information. Check out <http://fauquierpickleball.org/schedule/>

**DIET** ~ <https://www.fauquierhealth.org/nutrition> Fauquier Health's Wellness Center promotes healthy living through a variety of nutrition services, including inpatient nutrition counseling, outpatient nutrition counseling and body fat composition tests.

**DIETING CAN BE DIFFICULT .... JUST TAKE A HIKE!!**

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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 a number of 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 welcomed. contact Patty Koval 540- 316-3809. The Villa at Suffield Meadows ~ (Phone) 540-31-3800; website [www.warrentonvilla.org](http://www.warrentonvilla.org)

*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 of these enactments of rules for the purposes of enforcement.*