

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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|  | <p>For information regarding Activities, please contact Jonathan Tate, ADC at jtate@warmhearth.org or 540-443-0407</p> <p>Activities are subject to change. Please check daily activity calendar for updates.</p> | <p>1 New Year's Day 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) More Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:30 – 8:30 PM AA Meeting for WHV (S) (Conference Room 1st Floor)</p> | <p>2 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It" 3:00 – 3:30 PM Helping Hands of Showalter (SCCR – S) 7:30 – 9:00 PM New River Bird Club Meeting (PR) (Karr Activity Center)</p> | <p>3 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:35 – 4:00 PM Bible Study (R) (Elmwood Studio 1st Floor) 6:30 – 7:30 PM Musical Performance (R) <i>Ash Devine</i> (Karr Activity Center)</p> | <p>4 10:00 – 10:45 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It 2" 2:00 – 3:00 PM Musical Performance (R) <i>Robbie Vance</i> (Karr Activity Center) 3:00 – 4:00 PM 1st Friday Social (S) (Karr Activity Center)</p> | <p>5 9:30 – 10:15 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Stretch & Strength 12:30 – 2:30 PM Bingo (C) (Karr Activity Center) 2:00 – 4:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Always at the Carlyle</i></p> |
| <p>6 10:30 – 11:30 AM Hope Chapel Service (R) (Karr Activity Center) 2:00 – 3:30 PM Scrabble (C) (Elderberry Nook 3rd Floor) 2:00 – 4:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Boom Town</i> 6:45 – 7:30 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p> | <p>7 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Encore Sit Down & Tone Up 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Billy Graham: An Extraordinary Journey</i></p> | <p>8 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) More Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 – 3:30 PM Investigate the Bible (R) (Elderberry Nook 3rd Floor) 4:00 – 5:15 PM Mobile Library (C) (Lobby 1st Floor) 4:00 – 5:00 PM Writers Group (PR) (Conference Room 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:30 – 8:30 PM AA Meeting for WHV (S) (Conference Room 1st Floor)</p> | <p>9 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It" 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Resident Meeting (PR) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center)</p> | <p>10 10:00 – 10:30 Episcopal Communion (R) (Conference Room 1st Floor) <i>Christ Episcopal Church</i> 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:35 – 4:00 PM Bible Study (R) (Elmwood Studio 1st Floor) 6:30 – 7:30 Games with Ruthie (C) (Elmwood Studio 1st Floor) 7:00 – 8:00 PM Musical Performance (R) <i>Mountain Jam</i> (Karr Activity Center)</p> | <p>11 10:00 – 10:45 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It 2" 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Happy Hour (S) (Elmwood Studio 1st Floor) <i>Screwdrivers</i> 5:00 – 5:45 PM Dinner & Music (Dining Room 1st Floor) <i>Mason Gottschalk</i></p> | <p>12 9:30 – 10:15 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Stretch & Strength 2:00 – 3:00 PM Musical Performance (R) (Elmwood Studio 1st Floor) <i>Blacksburg Ukulele Situation</i></p> |

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| <p>13 10:30 – 11:30 AM Hope Chapel Service (R) (Karr Activity Center) 2:00 – 3:30 PM Scrabble (C) (Elderberry Nook 3rd Floor) 2:00 – 4:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Wife Versus Secretary</i> 6:45 – 7:30 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p> | <p>14 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Encore Sit Down & Tone Up 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Saving Faith</i></p> | <p>15 10:00 – 10:45 AM Christian Fellowship (R) (Elmwood Studio 1st Floor) <i>Blacksburg Methodist Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) More Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 – 3:45 PM Monthly Birthday Social (S) (Elmwood Studio 1st Floor) 4:00 – 5:00 PM Writers Group (PR) (Conference Room 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elmwood Studio 1st Floor) 7:30 – 8:30 PM AA Meeting for WHV (S) (Conference Room 1st Floor)</p> | <p>16 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It" 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Tea Time with Nate (S) (Elmwood Studio 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center)</p> | <p>17 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 – 3:45 PM Musical Performance (R) <i>Diane Dickinson</i> (Tree Top Lounge 4th Floor) 6:30 – 7:30 Games with Ruthie (C) (Elmwood Studio 1st Floor)</p> | <p>18 10:00 – 10:45 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It 2" 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Happy Hour (S) (Elmwood Studio 1st Floor) Bourbon & Coke</p> | <p>19 9:30 – 10:15 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Stretch & Strength 12:30 – 2:30 PM Bingo (C) (Karr Activity Center) 2:00 – 4:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Beautifully Broken</i></p> |
| <p>20 10:30 – 11:30 AM Hope Chapel Service (R) (Karr Activity Center) 2:00 – 3:30 PM Scrabble (C) (Elderberry Nook 3rd Floor) 2:00 – 4:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Heaven Can Wait</i> 6:45 – 7:30 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p> | <p>21 Martin Luther King Jr. Day/Full Moon 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Encore Sit Down & Tone Up 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Little Women</i></p> | <p>22 10:00 – 11:00 AM Christian Fellowship (R) <i>Presbyterian Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) More Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 – 3:30 PM Investigate the Bible (R) (Elderberry Nook 3rd Floor) 4:00 – 5:00 PM Writers Group (PR) (Conference Room 1st Floor) 4:00 – 5:15 PM Mobile Library (C) (Lobby 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elmwood Studio 1st Floor) 7:30 – 8:30 PM AA Meeting for WHV (S) (Conference Room 1st Floor)</p> | <p>23 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It" 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center)</p> | <p>24 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:35 – 4:00 PM Bible Study (R) (Elmwood Studio 1st Floor) 6:30 – 7:30 Games with Ruthie (C) (Elmwood Studio 1st Floor)</p> | <p>25 10:00 – 10:45 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It 2" 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 – 3:30 PM Happy Hour (S) (Elmwood Studio 1st Floor) Wine & Cheese Social</p> | <p>26 9:30 – 10:15 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Stretch & Strength 2:00 – 4:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>No Postage Necessary</i></p> |
| <p>27 10:30 – 11:30 AM Hope Chapel Service (R) (Karr Activity Center) 2:00 – 3:30 PM Scrabble (C) (Elderberry Nook 3rd Floor) 2:00 – 4:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>East Side West Side</i> 6:45 – 7:30 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p> | <p>28 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Encore Sit Down & Tone Up 1:00 – 4:00 PM Bridge (C) (Karr Activity Center) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 – 8:30 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Becoming Jane</i></p> | <p>29 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) More Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 4:00 – 5:00 PM Writers Group (PR) (Conference Room 1st Floor) 6:00 – 7:15 PM Mini Manicures (SN) (Elmwood Studio 1st Floor) 7:30 – 8:30 PM AA Meeting for WHV (S) (Conference Room 1st Floor)</p> | <p>30 10:00 – 10:30 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Senior Fitness "Easy Does It" 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 – 4:45 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center)</p> | <p>31 10:00 AM – 12:00 PM Refresher Bridge with Ted & Anne (C) (Tree Top Lounge 4th Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Sit Down & Tone Up 1:30 – 2:30 PM Bingo (C) (Elmwood Studio 1st Floor) 6:30 – 7:30 Games with Ruthie (C) (Elmwood Studio 1st Floor)</p> | <p>Calendar Codes <i>Physical – P</i> <i>Social – S</i> <i>Cognitive/Intellectual – C</i> <i>Productive – PR</i> <i>Sensory – SN</i> <i>Reflective – R</i> <i>Outdoor – O</i> <i>Nature – N</i> <i>Community – CM</i> <i>Independent – I</i></p> | <p>Monday, January 21st 9:00 AM – 12:00 PM Podiatrist Clinic (Conference Room 1st Floor) 1:00 – 2:00 PM Hearing Aid Clinic (Conference Room 1st Floor)</p> |

