

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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|  |  | | <p>Calendar Codes P – Physical R – Reflective SN – Sensory C – Cognitive PR – Productive S – Social O – Outing</p> <p>For questions regarding Life Enrichment Programs or Volunteer Opportunities, please contact Jonathan Tate at 540-443-0407 or jtate@warmhearth.org</p> | <p>Monday – Walmart</p> <p>Tuesday – Doctor Appointments</p> <p>Thursday – Doctor Appointments</p> <p>Friday – Kroger</p> <p>Call Transportation to schedule a ride at 552-2419</p> | <p>Tea Tree Salon is open on Thursday’s and Friday’s. See front desk to make appointments or call 443-3817</p> | <p>1 9:30 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>An Elephant’s Story</i></p> |
| <p>2 10:30 AM Church Service (R) (Karr Activity Center) <i>Hope Chapel</i> 2:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Calamity Jane</i> 6:45 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p> | <p>3 10:00 AM Coffee & Music (S) (Elmwood Studio 1st Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 PM Bridge (C) (Karr Activity Center) 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>The Royal House of Windsor Ep. 1</i> 4:00 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Where Hope Grows</i></p> | <p>4 10:00 AM Coffee & Trivia (S) (Elmwood Studio 1st Floor) 11:00 Fit for Life with VC Crew (P) (Elmwood Studio 1st Floor) 1:00 PM Samba Card Game (C) (Karr Activity Center) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 PM Monthly Birthday Social (S) (Elmwood Studio 1st Floor) 4:00 PM WHV Writers Group (PR) (Conference Room 1st Floor) 6:00 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:00 PM Biblical Journeys Bible Study (R) (Karr Activity Center)</p> | <p>5 10:00 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary’s Catholic Church</i> 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 PM TV Series (SN) (Elmwood Studio) <i>The Royal House of Windsor Ep. 2</i> 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 4:00 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:00 PM Color Designs (PR) (Elmwood Studio 1st Floor) 7:00 PM NRV Bird Club Meeting (PR) (Karr Activity Center)</p> | <p>6 9:30 AM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 10:00 AM Refresher Bridge (C) (Tree Top Lounge 4th Floor) 11:00 DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 PM Sing along with Diane (R) (Tree Top Lounge 4th Floor) 3:00 PM Village Center (O) <i>Pool/Gym</i> 4:00 Book Club (C) (Elmwood Studio 1st Floor) 6:30 Game Night (C) (Elmwood Studio 1st Floor)</p> | <p>7 10:00 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 2:00 Musical Performance (R) (Karr Activity Center) <i>Robbie Vance</i> 3:00 PM 1st Friday Social (S) (Karr Activity Center)</p> | <p>8 9:30 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 2:00 PM Musical Performance (R) (Karr Activity Center) <i>Blacksburg Ukulele Situation</i> 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Running For Grace</i> 7:00 PM Musical Performance (R) (Karr Activity Center) <i>Blacksburg Community Strings</i></p> |

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| <p>9 10:30 AM Church Service (R) (Karr Activity Center) <i>Hope Chapel</i> 2:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Pillow Talk</i> 6:45 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p> | <p>10 10:00 AM Coffee & Music (S) (Elmwood Studio 1st Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 PM Bridge (C) (Karr Activity Center) 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>The Royal House of Windsor Ep. 3</i> 4:00 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>In My Dreams</i></p> | <p>11 10:00 AM Coffee & Trivia (S) (Elmwood Studio 1st Floor) 11:00 Fit for Life with VC Crew (P) (Elmwood Studio 1st Floor) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 PM Bible Study (R) (Elderberry Nook 3rd Floor) 4:00 PM WHV Writers Group (PR) (Conference Room 1st Floor) 6:00 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:30 PM WHV AA Meeting (PR) (Conference Room 1st Floor)</p> | <p>12 10:00 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>The Royal House of Windsor Ep. 4</i> 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 PM Resident Council Meeting (PR) (Dining Room 1st Floor) 4:00 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:00 PM Color Designs (PR) (Elmwood Studio 1st Floor) 7:00 PM Discourse on Life & Faith (R) (Karr Activity Center)</p> | <p>13 9:30 AM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 10:00 AM Episcopal Communion (R) (Elmwood Studio 1st Floor) <i>Christ Episcopal Church</i> 10:00 AM Refresher Bridge (C) (Tree Top Lounge 4th Floor) 11:00 DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 PM Sing along with Diane (R) (Tree Top Lounge 4th Floor) 3:00 PM Village Center (O) <i>Pool/Gym</i> 4:00 Book Club (C) (Elmwood Studio 1st Floor) 6:30 Game Night (C) (Elmwood Studio 1st Floor) 7:00 PM Musical Performance (R) (Karr Activity Center) <i>Mountain Jam</i></p> | <p>14 <i>Flag Day</i> 10:00 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 PM Cart Rides (O) 3:00 PM Happy Hour (S) (Elmwood Studio 1st Floor) <i>Red, White and Blue Punch</i></p> | <p>15 9:30 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 12:30 PM Bingo (C) (Karr Activity Center) 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>The Beach House</i></p> |
| <p>16 <i>Father's Day</i> 10:30 AM Church Service (R) (Karr Activity Center) <i>Hope Chapel</i> 2:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Midnight Lace</i> 3:00 PM Church Service (R) (Karr Activity Center) <i>Gateway Baptist Church</i> 6:45 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p> | <p>17 <i>Full Moon</i> 9:30 AM Podiatrist Clinic (Conference Room) 9:30 AM Blacksburg UMC Youth Group Visit (S) (Karr Activity Center) 1:00 PM Hearing Aid Clinic (Conference Room) 1:00 PM Bridge (C) (Karr Activity Center) 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>The Royal House of Windsor Ep. 5</i> 4:00 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:45 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Away & Back</i></p> | <p>18 10:00 AM Church Service (R) (Elmwood Studio 1st Floor) <i>Blacksburg United Methodist Church</i> 11:00 Fit for Life with VC Crew (P) (Elmwood Studio 1st Floor) 1:00 PM Samba Card Game (C) (Karr Activity Center) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 4:00 PM WHV Writers Group (PR) (Conference Room 1st Floor) 6:00 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:00 PM Biblical Journeys Bible Study (R) (Karr Activity Center) 7:30 PM WHV AA Meeting (PR) (Conference Room 1st Floor)</p> | <p>19 10:00 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 10:30 AM Resident Green Committee (PR) (Carson Library New River House 1st Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 11:30 AM Lunch Trip (O) <i>IHOP</i> 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>The Royal House of Windsor Ep. 6</i> 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 PM Tea Time with Nate (S) (Elmwood Studio 1st Floor) 4:00 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center) 6:00 PM Color Designs (PR) (Elmwood Studio 1st Floor)</p> | <p>20 9:30 AM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 10:00 AM Refresher Bridge (C) (Tree Top Lounge 4th Floor) 11:00 DVD Fitness (P) (Elmwood Studio 1st Floor) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 PM Village Center (O) <i>Pool/Gym</i> 4:00 Book Club (C) (Elmwood Studio 1st Floor) 6:30 Game Night (C) (Elmwood Studio 1st Floor)</p> | <p>21 <i>First Day of Summer</i> 10:00 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 10:00 AM Planting in the Showalter Gardens (P) (Showalter Gardens 2nd Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 1:00 PM Cart Rides (O) 2:00 PM In The Kitchen with Steve (PR) 3:00 PM Happy Hour (S) (Elmwood Studio 1st Floor) <i>Rum and Coke</i></p> | <p>22 9:30 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Tapestry</i></p> |

23
 10:30 AM Church Service (R) (Karr Activity Center) *Hope Chapel*
 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) *Young At Heart*
 6:45 PM Evening Worship (R) (Elmwood Studio 1st Floor)

24
 10:00 AM Coffee & Music (S) (Elmwood Studio 1st Floor)
 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor)
 1:00 PM Bridge (C) (Karr Activity Center)
 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor)
 3:00 PM Musical Performance (R) (Main Lobby 1st Floor) *Pat Fullen on Harp*
 4:00 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center)
 6:45 PM Evening Movie (SN) (Elmwood Studio 1st Floor) *Apollo*

25
 10:00 AM Communion Service (R) (Elmwood Studio 1st Floor) *Presbyterian Church*
 11:00 Fit for Life with VC Crew (P) (Elmwood Studio 1st Floor)
 1:30 PM Bingo (C) (Elmwood Studio 1st Floor)
 3:00 PM Bible Study (R) (Elderberry Nook 3rd Floor)
 4:00 PM WHV Writers Group (PR) (Conference Room 1st Floor)
 6:00 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor)
 6:30 PM American Legion (PR) (Karr Activity Center)
 7:30 PM WHV AA Meeting (PR) (Conference Room 1st Floor)

26
 10:00 AM Catholic Communion (R) (Elmwood Studio 1st Floor) *St. Mary's Catholic Church*
 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor)
 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor)
 2:30 - 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor)
 3:00 PM Your Health with Amanda (PR) (Elmwood Studio 1st Floor) *Allergies*
 4:00 PM Warm Hearth Singers Rehearsal (PR) (Karr Activity Center)
 6:00 PM Color Designs (PR) (Elmwood Studio 1st Floor)
 7:00 PM Discourse on Life & Faith (R) (Karr Activity Center)

27
 9:30 AM Mini Manicures (SN) (Elderberry Nook 3rd Floor)
 10:00 AM Refresher Bridge (C) (Tree Top Lounge 4th Floor)
 11:00 DVD Fitness (P) (Elmwood Studio 1st Floor)
 1:30 PM Bingo (C) (Elmwood Studio 1st Floor)
 3:00 PM Village Center *Pool/Gym*
 4:00 Book Club (C) (Elmwood Studio 1st Floor)
 6:30 Game Night (C) (Elmwood Studio 1st Floor)

28
 10:00 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor)
 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor)
 1:00 Cart Rides (O)
 3:00 PM Happy Hour (S) (Elmwood Studio 1st Floor) *Wine & Cheese*

29
 9:30 AM Morning Social (S) (Elmwood Studio 1st Floor)
 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor)
 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) *Lilies Of The Field*

30
 10:30 AM Church Service (R) (Karr Activity Center) *Hope Chapel*
 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) *The Cider House Rules*
 6:45 PM Evening Worship (R) (Elmwood Studio 1st Floor)



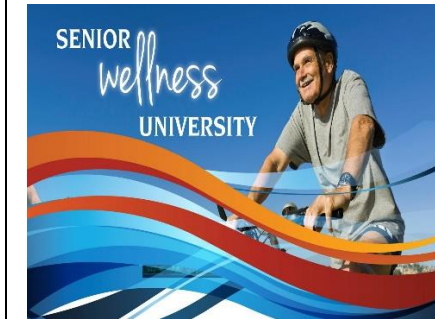
Meet Sandy Hayes, N.P.



Virginia Commonwealth University (M.S.N., post-master's certificate)
 Specialty: Family Medicine

Sandy offers the following treatments:

- » Acute care
- » Immunizations
- » Physical exams/well visits
- » Chronic condition management



Activities are subject to change. Please check daily flyer for updates.