

Living and Learning Together

Happy Thanksgiving!
Warm Hearth is thankful
for YOU!!!

The SLog



November 2021
Volume 1

Fitness Group Classes
Mon-Fri 7:00 AM - 5:00 PM
Sat 10:00 AM - 2:00 PM

Monday

8:00 Yoga
9:00 Body Activation
Standing - Rod Mobility
10:00 Posture, Balance & Gait, L2
10:30 Arthritis Aquatics (P)
11:00 Rock Steady Boxing, G3
12:30 Water Volleyball (P)
1:00 Rock Steady Boxing, G4a
2:30 Tap Club
3:30 Ai Chi (P)

Tuesday

9:00 Fit 4 Life
11:00 Posture, Balance & Gait, L1
12:00 Chair Yoga
1:00 Aqua Fit (P)
1:00 Rock Steady Boxing, G2
1:00 Pickleball
2:00 Rock Steady Boxing, G1
3:00 Pickleball

Wednesday

10:30 Arthritis Aquatics (P)
11:00 Rock Steady Boxing, G3
12:30 Water Volleyball (P)
1:00 Rock Steady Boxing, G4a
3:00 Body Activation - Qigong

Thursday

9:00 Fit 4 Life
11:00 Posture, Balance & Gait, L1
1:00 Aqua Fit (P)
1:00 Rock Steady Boxing, G2
2:00 Rock Steady Boxing, G1
3:00 Pickleball

Friday

10:00 Posture, Balance & Gait, L2
10:30 Arthritis Aquatics (P)
12:00 Chair Yoga

Saturday

Open Swim (P)
Open Gym
10:00-1:30 Pickleball

The Log is Changing to Once A Month!

Hello Neighbors! We are trying something new starting with this edition of the November Log. In order to use our resources more efficiently, we are going to create The Log once a month instead of twice a month. This means there may be a few more pages than normal, but events for the entire month will be listed. We will keep the page size the same.

To communicate any changes to events, we will issue an addendum for changes in the middle of the month. This will be on 8.5x11 paper and will pertain to event changes only (if possible).

Bear with us as we work through any unforeseen challenges this may present and let us know if you have any questions!

3,10

November

Karr Activity Center

Wednesday, 10:00 AM - 12:00 PM

Hokie Technology Cafe

Need help with a smart phone, ipad, or laptop? Service Learning students from Virginia Tech will be holding a drop in Technology Café. Participants may request assistance from students on their portable devices while enjoying light refreshments. Technical need is not necessary for attendance. Note: No in-home help is available at this time. This is a free service by student volunteers. Some technical issues may require a paid professional.

3

November

Recreation Court

Wednesday, 9:00 AM

Village Center

Badminton Interest Session

If you are interested in learning more about badminton, please join us to learn how easy and fun this game can be! For questions email Debbie at alydeb01@gmail.com.

3

November

Tall Oaks Hall

Wednesday, 7:00 PM

Village Center

Bird Club

Come join this fun group and learn all about birds in our area and elsewhere. This group will meet the first Wednesday of each month.

Groups & Clubs - Quick Guide

Alzheimers/Dementia Caregiver Support Group

First & Third Friday of each month
3:00 - 4:00 PM

(back to virtual for now!)

Meeting Link: <https://alz-org.zoom.us/j/99088211546?pwd=NndhWnpOak80N1VMQ2hRMjBPVnpuQT09>

Meeting ID: 990 8821 1546

Passcode: 585637

Contact: Nicole Long

443-3450

nlong@warmhearth.org

Bird Club

First Wednesday of each month

7:00 PM

Tall Oaks Hall

Contact: Jana Ruble

Book Club

Third Monday of each month

1:00 PM

Woodland Studio

Contact: Nancy Thomas

804-514-0057

nantom200@gmail.com

Bridge

Every Wednesday

1:00 - 4:00 PM

Karr Activity Center

Contact: Mardy Baker

443-3434

mbaker@warmhearth.org

Campus Bingo

First & Third Saturday of each month

1:00 - 2:30

Karr Activity Center

Contact: Sharon King

250-0413

Green Committee

Third Tuesday of each month

10:30 - 11:30 AM

Carson Library

Guided Meditation

Every Monday

3:45 - 4:45 PM

Contact: Zed Hrubec

zhrubec@outlook.com

541-250-2154

Headline News Discussion Group

Every Thursday

9:00 - 10:00 AM

Zoom Meeting ID: 871-991-4463

4

November

Thursday, 10:00 AM - 12:30 PM

COVID Booster Shot Clinic - Moderna/J&J

This clinic is open to all residents. Eligible individuals may choose which vaccine they receive as a booster dose. Some people may have a preference for the vaccine type they originally received, and others may prefer to get a different booster. CDC recommendations now allow for this type of mix and match dosing for booster shots.

Those who **may** receive the booster shot is based on individual risks and benefits and include:

- 65 years and older
- people ages 18-49 with an underlying medical condition
- people ages 18-64 who are at increased risk for COVID-19 exposure and transmission due to working or residing in certain settings.

*You must be at least 6 months out from the Moderna or Pfizer vaccines and 2 months or longer from the J&J vaccine to receive a booster.

To sign up, call Alisha Wagle at 443-0415 by November 3 at 10:00 AM.

Bring your insurance card, proof of vaccination, and consent form. You can get a consent form at the Village Center or by the front door of Karr Activity Center.

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November

Thursday, see below

See Schedule Below

Meet The New Director of Physical Plant Services – Todd Smith

Please take a few minutes to step outside and meet Todd Smith if you haven't already. The walk-about will allow safe social distancing outdoors. Please note that rather than go inside apartment buildings we'll gather outside at KAC on the labyrinth. We hope to see you all and if weather is an issue, we'll reschedule.

WoodsEdge	9:30 AM
Oakland Square	10:30 AM
Woodside Terrace	11:00 AM
Hollyhill Place	11:45 AM
Dogwood Circle	12:15 PM
Hawthorne Ridge	12:45 PM
Karr Activity Center (outside)	1:30 PM



Groups & Clubs - continued

Morning Coffee Club open to everyone

Last Monday of every month
9:00 AM
Karr Activity Center

Purls of Wisdom (Knit/Crochet)

Every Friday
10:00 - 11:00 AM
Karr Activity Center
Contact: Mardy Baker
mbaker@warmhearth.org
443-3434

Tap Club

Every Monday
2:30 - 3:30 PM
Village Center
Contact: Bix
mktgc@warmhearth.org
443-3800

Village Quilters

First Thursday of each month
2:00 PM
Woodland Studio
Contact: Bonnie Lawton
bonlawton@me.com

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

Mon - Thurs, 8:00 AM - 2:00 PM

Fri, 9:00 AM - 1:00 PM

Dinner To Go - Thursdays

Fireside Cafe - 443-3429

Open every day

11:00 AM - 6:00 PM

Available for curbside takeout to residents and employees.

Showalter & KHCC

For the most recent status on visitation and services in these buildings, please click on the COVID-19 information banner on the homepage at www.retire.org.

Karr Activity Center

Open from Monday at 8:00 AM to Friday at 5:00 PM each week.

New River House

Carson Library

Now open 7 days a week, all day.

5
November
Friday, 2:00 PM

Tall Oaks Hall
Village Center

Connections - Preparing For Taxes

Join us for an informative lecture by Samara McMillion-Abplanalp, CPA about the latest in tax regulations and how they may impact you during retirement. Related topics such as standard or itemized deductions, medical expenses, and planning for charitable giving, including qualified charitable distributions from your IRA will be covered. Light refreshments will be served. Contact Amy Slone at (540) 443-3413 or aslone@warmhearth.org for more information.

Presented by the Warm Hearth Foundation, McMillion & McMillion, PC and Edward Jones Financial Advisor Meghan Kuczmariski.

8
November **Karr Activity Center**
Monday, 4:00 - 5:00 PM

Music with Mason

Join Mason for a lovely afternoon of music. A wide variety of music from classical to movie hits. All are welcome to attend.

10
November **Karr Activity Center**
Wednesday, 9:30 AM - 12:00 PM

Outdoor Market

Warm Hearth and Feeding America have teamed up to provide fresh produce and shelf-stable grocery items directly to residents and employees at a reduced cost. We accept debit, credit or SNAP/EBT as payment. So convenient! Stop by on your break or lunch! Visit the second Wednesday of every month.

For more information contact Karen Nelson at 443-3406.

11
November **Carson Library**
Thursday, 9:00 AM - 12:00 PM

Beltone Audiology Clinic Day

Beltone Audiology and Hearing Aid Center Clinic Day
The Beltone Hearing Specialist will be available from 9:00 AM – 12:00 PM.

All Types and Styles of Hearing Aids Available

- Hearing Screening – No Charge
- Hearing Aid Batteries – All Sizes
- 10-point Hearing Aid Cleaning and checkup, All Makes and Models – No Charge

Other days and times are available by appointment only. Please call our office to set an appointment today:

Beltone Audiology & Hearing Aid Center
800-553-5993 or 540-343-5567

Would you like to honor a Veteran at Warm Hearth Village?

Life Enrichment is coordinating resident nominations for the Quilts of Valor Foundation, Quilts of Valor Foundation | (qovf.org). Looking for any Warm Hearth Veterans to be recipients for this recognition. This very special project was created with a single quilt, and now has grown to a nation-wide foundation to recognize those who have served. If you know of a Veteran who would be appropriate for this recognition, please contact Mardy Baker at 443-3434 or email her at mbaker@warmhearth.org.

Mask Reminder

Masks are currently required in all buildings on campus, regardless of your vaccination status.



There will be six shows:

Friday, Nov 12

7:30 PM

Saturday, Nov 13

2:30 PM | 4:30 PM | 7:30 PM

Sunday Nov 14

2:30 PM | 4:30 PM

Contact SME at summermusicalenterprise@gmail.com with general questions.

You may also contact Cameron.sme@gmail.com specifically concerning tickets.

12
November
Friday, 1:00 PM

Woodland Studio

Genealogy Group

This group will look at techniques and tips to help study and trace lines of descent, or ancestry. Stay tuned for specific speakers or topics to be found in this description. If you would like to reserve a seat, please email Liz Ackermann, teashanty@me.com.

12
November
Friday, 2:00 - 3:00 PM

Karr Activity Center

Robbie Vance's Birthday Social & Sing-A-Long

Join your neighbors for Robbie Vance's Birthday Social & Sing-A-Long the second Friday of each month at the Karr Activity Center. Birthday desserts and Robbie's rock'n tunes beginning at 2:00 PM. All are welcome to attend!

12
November
Friday, 2:00 PM

Tall Oaks Hall
Village Center

Health Connections: Urogynecology and Pelvic Floor Issues

Please join Dr. Tamera L. Howell, MD as she discusses helping women with their urogynecologic issues. Dr. Howell has years of experience in pelvic organ, urinary incontinence and many other complicated urogynecologic problems. She is a board certified Obstetrician and Gynecologist who brings more than 25 years of Gynecologic and Urogynecologic experience to LewisGale Regional Health System.

This talk is part of our series called Health Connections and is brought to you by Warm Hearth Village and LewisGale.

Join by Zoom at: <https://us02web.zoom.us/j/89328557379>

12,13,14
November

Tall Oaks Hall
Village Center

see showtimes

Summer Musical Enterprise (SME) "All Together Now"

It's here! Summer Musical Enterprise's Return to the Stage... SME will be staging a specially licensed musical revue titled All Together Now! This world-wide fundraising event celebrates the return of live theatre and allows organizations around the world to locally produce and perform an exclusive Broadway musical revue featuring songs from licensing agent Musical Theatre International's most beloved musicals showcasing the most spectacular local talent from the New River Valley! There will be 15 songs and the show will run a little over one hour. Seating is limited so buy your tickets in advance using this link: <https://www.showtix4u.com/events/summermusicalenterprise>.

Walk to End Alzheimer's

The NRV Walk to End Alzheimer's is Saturday, **November 6**. The walk will take place at Henderson Lawn at Virginia Tech with registration beginning at 8:00am and the walk beginning at 9:00am.

No registration/donation needed to walk! Come join us and show your support by walking with our team and get some fresh air to boot! Look for Nutmeg as early as 8:30 am to find our Warm Hearth Team. Henderson Lawn is across from the Lyric Theater in downtown Blacksburg.



Kenny & Nutmeg at a former walk.

This is part 1 of a two-part lecture series. The second lecture is on November 23.

WHV Restaurant Fundraiser

The Foundation will have a fundraiser at Chicken Salad Chix on Tuesday, November 16th. They will donate 10% of all sales and you don't need to show a flyer. Proceeds will go towards Neighbors In Need. This is a new restaurant located at 2575 Market Street NE, Christiansburg VA. Hours 10:30 Am - 8:30 PM.

15

November

Monday, 1:00 PM

Karr Activity Center

Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusevich to teach a monthly card class. You will go home with a professional collection of handmade cards after step-by-step personal instruction. No experience necessary. All materials provided. **If you register and then need to cancel, please tell Bix so someone on the waiting list can attend.**

Participation limit: 12 (Minimum 4)

Sign up: Contact Bix at 443-3800, once the class is in The Log

Registration deadline: **November 8 at 1:00 PM**

16

November

Tuesday, 11:00 AM

Tall Oaks Hall
Village Center

Make a Fresh Pine Wreath

Why spend money on a fresh wreath when you can make your own! Using fresh pine branches you will create a wonderful fresh wreath just in time for the winter holidays. Feel free to bring a sentimental ornament or other decorative addition to add to your wreath. Ribbons and materials supplied. Please sign up for this class by contacting Bix at 443-3800.

16

November

Tuesday, 3:00 PM

Woodland Studio

Part 1 Lecture & Discussion - Community Solar

Are you interested in going solar -- with your neighbors? Join this discussion to learn how the shared or "community" solar model makes solar more affordable and more accessible for more people! We will also discuss how to help make shared solar a viable option for residents of Central and Southwest Virginia. Presented by Emily Piontek with Appalachian Voices.

17

November

Wednesday, 11:00 AM

Tall Oaks Hall & Zoom
Village Center

WHV Town Hall Address

Brad Dalton will host a Town Hall Address. This is an opportunity to hear updates on important Village happenings. If you have questions for Brad, please email them in advance to bdalton@warmhearth.org. The meeting will be held in person and on Zoom. Only Warm Hearth residents and staff are invited to these meetings.

Meeting ID: 934 838 8957

Zoom Meeting Link: <https://zoom.us/j/9348388957>

Option to join by phone: (312) 626-6799

Tip 12 Reduce Reuse Recycle Tip

A recent Roanoke Times article entitled "Are Solar Panels a Good Idea for My House?" exposed some facts that might provide incentives for WoodsEdge and Founders Forest residents to consider solar installation in their homes.

Founders Forest Residents can get up to \$10,000 lifetime lease credit for such housing-approved green improvements. This is a Warm Hearth Village incentive for Founders Forest residents.

The Roanoke Times (RT) article discusses other benefits and incentives resulting from solar panel system installation. One benefit is that the federal government offers a tax credit incentive of 26% for solar power systems installed in 2021 or 2022. The tax credit drops to 22% in 2023, and it expires in 2024.

Moreover, a typical solar installation prevents AEP (Appalachian Electric Power) from emitting 15 tons of CO2 a year. This helps reduce your carbon footprint and move Warm Hearth Village toward carbon neutrality.

A full summary of benefits will be delivered to Founders Forest with this Log and via email to WoodsEdge.

Look for two discussions relative to Solar Energy in this issue of the LOG on November 16 and 23.

Operation Paperback Update

Since starting the Operation paperback program a year ago in partnership with RSVP and Local Enforcement; we have shipped over 736 books to US Military and Veterans!

Please continue to drop off books at the Village Center or the RSVP office in Christiansburg.

18

November

Thursday, 4:00 PM

Story Hour, Happy Hour

Our speaker will be Joe Flickinger. Joe and his wife Judy are residents of Dogwood Circle. Joe has had a 50-year career in various posts overseas, and in his posts he has studied and spoken six languages in addition to English. The title of his talk will be "Austin Powers, Man of Mystery". It will be amazing!

Tall Oaks Hall
Village Center

19

November

Friday 12:30 PM

Recycled T-Shirt Bags with Heather

Take an old T-Shirt and though snips and folds create a perfect T-shirt bag for practical use. Please bring a T-shirt to transform, or more if you would like additional bags. Heather Gearhart, VP of Health and Wellness at Warm Hearth, will lead you through simple instructions using scissors. All other materials provided except the t-shirt.

Woodland Studio
Village Center

Participant limit: 8

Sign up: Contact Bix at 443-3800

21

November

Sunday, 11:00 AM & 12:30 PM

Sunday Brunch - \$16.95 + tax

Join your neighbors for a yummy brunch and great company! The menu is still being planned. Please call the cafe for menu details.

Tall Oaks Hall
Village Center

Reserve your seat by Friday, November 19 at 2:00 PM by calling the cafe at 443-3801.

23

November

Tuesday, 4:00 PM

Part 2 Lecture & Discussion - Solar Residential Energy Certificates (SREC)

Now in Virginia! More income from your solar panels! Join the green committee for an informative lecture about solar residential energy credits (SRECs).

Woodland Studio
Village Center

Rock Steady Boxing Anniversary

Thursday Oct 14th marked the 15th anniversary of Rock Steady Boxing (RSB). RSB is a non-profit organization that gives people with Parkinson's disease hope by improving their quality of life through a non-contact boxing based fitness curriculum.

WHV fitness and eight of our RSB fighters joined in on the celebration along with other RSB fighters from around the world for the hour long class. Led by RSB Coaches Christine Timberlake and others, our class jumped, threw punches, dodged punches, kicked, stretched and sweated for the entire hour.

At the end of the high intensity workout, we sang Happy Birthday and closed out the session with our fists held high, yelling "Rock Steady".

WHV Fitness is a proud partner of RSB and relies heavily on them for reliable resources and practical tools that allow us to encourage and enhance the experience of our fighters.

Team Fitness, WHV

Chair Yoga Class now offered Virtually!

Many of you know that Jennifer Speiden has been teaching **Chair Yoga** at Warm Hearth Village. Recently, she starting videotaping the Friday in-person class so that individuals can practice from the comfort of their own home. Contact Kenny Harrah if you need a description of the class.

Recorded classes are available via a link and password that will be sent to registered students by Friday afternoon each week.

These recordings are available for free to those who are Warm Hearth residents and / or Fitness Center Members.

Please contact Jennifer at joyifer@yahoo.com or 540.552.2596 to register and if you have any questions specifically about the online classes.

24

November

Wednesday, 11:00 AM

Tall Oaks Hall

Village Center

Thanksgiving Dinner To Go (\$15.95+tax)

Enjoy your family and friends more and cook less! Lynn and her staff will take all the work out of Thanksgiving dinner. The menu is still being planned. Please call the cafe for menu details.

Call 443-3801 to place your order by 2:00 PM on November 23. Pick up or delivery available. Pick up at 11:00 AM on November 24 at the Village Center.

26

November

Friday, 1:00 PM

Karr Activity Center

Advanced Paper Crafting

Melissa Matusevich will be teaching an advanced monthly paper crafting class at the Karr Activity Center the fourth Friday of each month. In these extended classes she will teach over 30 different techniques including two-step stamping, water color pencils, heat embossing and much more! Class will be structured with a demonstration of a technique and then selection of five projects to work on individually. Each project will have complete directions and Melissa will be on hand to provide any needed assistance.

Participation limit: 10 (Minimum 4)

Sign up: Contact Bix at 443-3800, once the class is in The Log

Registration deadline: November 19 @ 1:00 PM

Fee: The materials fee will be \$20 - Cash or check made out to Melissa Matusevich at the start of each class.

If you register and then need to cancel, please tell Bix so someone on the waiting list can attend.

30

November

Tuesday, 1:00 - 4:00 PM

Karr Activity Center

Christmas Card Workshop

Love Melissa's card making class? Here is your chance to pay a nominal fee to create 20 Christmas cards for the holiday season! Payment for class is due to the instructor on the day of class.

Class Fee: \$25

Sign up: Contact Bix at 443-3800.

Registration deadline: November 23rd



Don't forget that the Huckleberry Cafe has a daily special. You can find the daily special on our website at this location: <https://retire.org/lifestyle/huckleberry-cafe/>

To navigate there from the main page, www.retire.org: At the top of the page, click Village Life, then Dining Venues, then find the Huckleberry Cafe at the top of the page. There is a link to the menu page where you will see all the menus, including the daily special.

30
November
Tuesday, 5:00 PM

WW II Memorial

Luminary Memorial Walk

Take a quiet stroll through WWII Park for the 2021 Luminary Memorial Walk. This luminary display is an opportunity to reflect on the past year and take a moment to remember loved ones that have passed. The luminaries will be placed and lit by 5pm on November 30th and removed the following morning. There is still time to submit a name to be memorialized on a luminary on the walk. Please obtain a form at the Karr Center or Village Center and return to either location by November 26th.

1
December
Wednesday, 1:00 PM

Woodland Studio
Village Center

Friendly Snowman Ornament

Who says you can't make a snowman when there's no snow? You will fill and adorn an extra large clear globe ornament to create a wonderful snowman face. Perfect to put a note in (or cash!) as a gift, hang on a tree or add to a wreath. Everyone will smile when they see this cute adornment. Please sign up by calling Bix at 443-3800. Class is limited to 10 participants.

1
December
Wednesday, 4:00 PM

Karr Activity Center

Trim the Tree Party

Grab your jammies and meet us at the Karr Center to trim the tree. Ornaments and adornments will be ready to be hung as we enjoy holiday refreshments. Everyone is welcome to participate in trimming, or simply sit back and watch the décor go up. Keep a look out for a special guest celebrity for picture opportunities!

Contacts / Phone Numbers

The Village Center
Front Desk/Concierge: 443-3800
Huckleberry Cafe: 443-3801
The Village Gourmet Catering: 443-3802
Fitness Center: 443-3474
Healthcare Information - Linda Kirkner: 443-3415

Life Enrichment
Mardy Baker: 443-3434 (Karr Activity Center)
Susan Bixler: 443-3800 (Village Center)
Jonathan Tate: 443-0407 (KHCC)
Alia Zaro: P: 443-0409 (Showalter Center)

Carilion Family Medical Clinic (on campus)
540-558-2400
Hours of Operation:
Mon, Wed, Fri from 8:00 am to 5:00 pm
(Closed 12:00-1:00 PM for lunch)

Warm Hearth at Home
Information & Assessments
443-3428 or www.whvathome.org

Tea Tree Salon: 443-3817
Fireside Cafe, Showalter Dining: 443-3429
WHV Main Switchboard: 552-9176
Transportation/Security: 552-2419
Housing Office: 552-2419

located in Karr Activity Center
Intra-Village Bus Service: 239-1600
Information Technology (IT): 443-0408
Treasure Trove (offsite): 200-7012

Montgomery County Sheriffs Office
Non-Emergency number
540-382-6915

LOG Comments / Questions: Sara McCarter, smccarter@warmhearth.org