PAPER or DIGITAL ???

You know that saying “If at first you don’t succeed, try, try again”? We are about to “try again” to establish a process for residents who want digital communication instead of paper copies. We are sorry this has not been flushed out yet but we are determined to get it right! We hope to have this system in place by February 1. Here are the steps we will take to make it happen:

1. Hear from every resident whether they want paper or digital communications, and make sure we have accurate emails for digital folks. Since most residents cannot print The Log at home, if you go to digital, we will have extra paper copies of The Log at Karr and The Village Center for those who like to have a printout.

2. Using a system of dots or a symbol, create an indication of your desire on your mailbox or metal door jamb. Educate staff who deliver flyers and other paper communication to look for the symbol and act accordingly.

3. A form will be completed upon move-in that will ask new residents their preference. Please (pretty please with sugar on top!) fill out the form delivered with this issue of The Log. This will tell us your communication preference and ensure that we have your accurate contact information.

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

**Christmas Eve:** close at noon  
**Christmas Day:** closed  
**New Year’s Eve:** close at noon  
**New Year’s Day:** closed

**Monday**
- 8:00  Yoga  
- 9:00  Body Activation - 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  
- 11:00  Badminton Interest Meeting (Outdoor Recreation Court)  
- 12:00  Chair Yoga  
- 1:00  Aqua Fit (P)  
- 1:00  Rock Steady Boxing, G2  
- 2:00  Pickleball  
- 2:00  Rock Steady Boxing, G1  
- 3:00  Pickleball

**Wednesday**
- 9:00  Qigong  
- 10:30  Arthritis Aquatics (P)  
- 11:00  Rock Steady Boxing, G3  
- 12:30  Water Volleyball (P)  
- 1:00  Rock Steady Boxing, G4a

**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  
- 2:00  Pickleball

**Friday**
- 10:00  Posture, Balance & Gait, L2  
- 10:30  Arthritis Aquatics (P)  
- 12:00  Chair Yoga  
- 3:00  Yoga

**Saturday**
Open Swim (P) & Open Gym  
11:00-1:30 Pickleball

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**December**

**Woodland Studio**
**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.

**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 at watch the décor go up. Keep a lookout for a special guest celebrity for picture opportunities!
8 December 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.

8 December Off Campus
Wednesday, 1:00 - 3:00 PM
VT Christmas Trip
Hop on the bus for a trip to the Virginia Tech Inn to view the holiday trees on display. While there you will be treated to a hot beverage of your choice. On the way back we will take a leisurely drive through the Virginia Tech campus. Bus capacity is limited to 12, so sign up early by calling Bix at 443-3800. The bus will pick up attendees at 1:00 PM at Karr Activity Center and will return by 3:00 PM.

9 December 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.

9 December Karr Activity Center
Thursday, 2:00-3:00 PM
Pet Portraits with Santa
Get that sweet pet portrait with Santa to send to all your friends! Please sign up for a spot to have your pet sit with Santa by contacting Bix at 443-3800. Apointments are every 5 minutes. All pets must be leashed and toileted. Portraits will be emailed the following day.
December 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!

December 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.

December Friday, 10:00 AM
Woodland Studio
Pictures with Santa
Get your holiday gear on and get a picture with Santa! Come to the Village Center living room for your picture with Santa between 10:00 and 11:00 AM. Groups and individuals welcome. First come, first served. Open to residents, their families and staff. Pictures will be emailed the following work day. No cost for pictures or requests for Santa.

December 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.

December 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!

December Wednesday, 11:00 AM
Tall Oaks Hall & Zoom
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

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.
We received this concern/question from a WHV resident.

“I just took my recycle cardboard over to the Showalter blue trailer and I found a lot of other stuff in the trailer. What is going on?”

Answer:

The blue trailer at Showalter is a Single Stream Recycle (SSR) trailer. That means that this trailer accepts anything allowed by the WHV SSR Guidelines. Thus, glass jars, tin cans, #1 & #2 capped plastic bottles, etc., are entirely “legal” in that trailer.

We need to dispel the notion that WHV has a pure cardboard recycle program. We would love to have such a program, since we would get paid for every ton of recycled clean cardboard instead of paying SSR fees to recycle the cardboard.

Why don’t we have a pure cardboard recycle program?

There is a lack of separate cardboard collection equipment and the labor to transport the singled out, clean recycle cardboard to the recycle facility. Translation; it is money and manpower.

Your RRR Subcommittee: If you have questions or have suggestions for RRR Tip article, please email them to DRLDMM@COMCAST.NET.

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17 December
Friday, 12:30 PM
Woodland Studio
Village Center

Explore Painting with Heather
Explore the world of painting with Heather Gearhart, VP of Health and Wellness at Warm Hearth. Her extensive background in painting will give classroom type instruction for you to complete your own work of art. A variety of subjects and content will be explored on large canvases. No experience necessary. Please wear appropriate clothing or apron. All other materials provided. Sign up by contacting Bix at 443-3800 for your place in the class. Limit of 6 participants.

17 December
Friday, 4:00 - 5:00 PM
Karr Activity Center

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.

22 December
Wednesday, 2:00 PM
Tall Oaks Hall
Village Center

Village Family Christmas Show
Hear ye, hear ye! All friends and family are invited to the Village Family Christmas Show! Cookies, Cocoa and Cheer will be offered as you watch the sensational “Second Chance Duo” perform their hour-long Christmas program. Singing is not required, but smiles are! Seating is open and doors open at 1:45 PM.

24 December
Friday, 11:00 AM
Tall Oaks Hall
Village Center

Christmas Dinner To Go
($15.95 + tax)
Call 443-3801 to place your order by 2:00 PM on Friday, December 22. Pick up or delivery available. Pick up at 11:00 AM on December 24 at the Village Center.

Christmas Menu
Pea Salad - GF
Baked Chicken Cordon Bleu – GF
Roasted Potatoes w/butter & garlic – GF
Spinach Maria – GF
Corn Pudding – GF
Rolls
Red Velvet Cupcake
Cranberry Apple Crisp - GF

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Village Center Holiday Hours

Christmas Eve: close at 1:00 PM
Christmas Day: closed
New Year’s Eve: close at noon
New Year’s Day: closed

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Save the Date

Saturday, January 8th - Tall Oaks Hall
Ring in the New Year with the Second Chance Duo at our Diamonds & Denim event!
Do you know how to sew and want to contribute your talents to a good cause? Looking for sewers or those who have made Walker Bags (or sometimes called Ditty Bags) who would be interested in making some for our campus residents. Please contact Mardy Baker at mbaker@warmhearth.org if you have made them or would be interested in making a few. This request requires a sewing machine and a general understanding of sewing. Mardy can provide some material, if needed, and links to online instructions. Looking to gather bags around the 15th of December. Thank you for your help!

Want to share your skills/talent/knowledge? The Enrichment Department is looking for individuals who would be interested in sharing their knowledge for small group gatherings and lectures. To offer your skills to the residents of Warm Hearth, please contact Mardy Baker to discuss your ideas at 443-3434 or mbaker@warmhearth.org.

Neighborhood Websites and Maintenance Care Link
Many residents may already know this. There are three website locations where various information can be found for the different independent living neighborhoods - the apartments, Founders Forest and WoodsEdge. A unique user ID and password can give a resident permission to view the full range of documents and links on each site. The user ID and password provide a layer of protection to keep our Warm Hearth private information private and to protect against some kinds of hacking. A link to the new work order system, Maintenance Care, can be found on these three sites. If you don’t want to use the site for your own neighborhood, you can also request a link that will be sent to you in an email. Whenever you need to fill out a work order, you can find that email and use the link each time you need to visit the work order site.

For more information about getting a username and password for your neighborhood site, please contact Robbie Hickerson at rhickerson@warmhearth.org or Sara McCarter at smcarter@warmhearth.org.
Do you need a replacement COVID-19 vaccination record?

If you are vaccinated but lost your vaccination record:

- Request a replacement through your state’s immunization information system (use QR code to the right).
- You can also contact your health care provider or clinic where you received your vaccination.

Looking for something to read?

Carson Library, located on the first floor of New River House, is now open all day, seven days a week. We have an extensive collection of books, both fiction and non-fiction, with something for just about every reading taste, including History, Travel, Nature and the Environment, Biography and Memoir, and Spirituality, among others. Drop by and browse the shelves, and borrow what interests you. No need to sign out a book or pay any overdue fines. For questions, call the library curator, Ella Rutledge, at (207) 650-1769.

Library News: ‘Tis the season for gift-giving and if you haven’t yet finished your list, how about a hand-made gift? Our Arts & Crafts section has books on scrapbooking-making, crochet, needlepoint, collage-making, quilting, flower arranging, and more. And on the Returns table you’ll find books on Christmas crafting which are free to borrow for the season. Enjoy the holidays!

COVID Vaccine Clinic
Blacksburg Pharmacy will be here on December 2nd at KHCC from 10am-11am to administer COVID vaccines. This opportunity is open to ALL employees and residents of Warm Hearth Village. No appointment is necessary but we will need to know who is coming for which vaccine in order for Blacksburg Pharmacy to be prepared. If you have not received your vaccine, we urge you to take advantage of Blacksburg Pharmacy being on campus. Please call 443-0415 or 443-3456 to reserve your spot.

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

Please recycle old issues of The Log.