



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

New Year's Eve: close at noon
New Year's Day: closed

Monday

- 8:00 Yoga
- 9:00 Body Activation - Mobility & Strength Training
- 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
- 2:00 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

If you have not filled out the WHV Communication Preferences form, please do so. If you are unable to bring it to one of the designated locations listed on the form, please give me a call at 239-0784. If you do not turn in a form, we will assume you want paper copies of everything.

Thank you! Sara McCarter

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January Tall Oaks Hall + Zoom
Wednesday, 10:00 AM Village Center

Secrets of Living With Less Pain

Are you suffering from arthritis, neck, shoulder, back, bone or joint pain? Have you broken bones or are in need of a hip or knee replacement? Do you have an orthopedic injury? Join us for a question and answer forum with Dr. Stephen Brett Whitfield and gain a better understanding of what to expect before, during or after nonsurgical and surgical treatments. Dr. Whitfield is a fellowship trained orthopedic surgeon with 20 years of experience in shoulder, upper arm, knee and hip care, including joint replacement.

Join in person or by Zoom.

Zoom Link: <https://us02web.zoom.us/j/7606894386>

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January 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.

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Kroontje Health Care Center

January

Thursday, 10:00 AM - 10:30 PM

COVID Vaccine Clinic

This clinic is open to all employees and residents. Receive your 1st, 2nd or booster vaccine for Moderna, J&J or Pfizer. No appointment is necessary but we will need to know who is coming and which vaccine in order for Blacksburg Pharmacy to be prepared. **Call Staff Development to reserve your spot: 443-0415, 443-3456.**

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.

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

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January

Friday, 4:00-6:00 PM

Tall Oaks Hall

Village Center

Diamonds and Denim

Ring in the New Year with the Second Chance Duo at our Diamonds & Denim event!

3:30 PM - Seating and bar open

4:00 PM - The Second Chance Duo

5:00 PM - Food and drawing for Mr. & Mrs. Diamond

We are excited to bring this fun and playful event rescheduled from 2021. Don't forget to wear your "Diamonds" and denim, and everything in-between for this special event. All participants are eligible to win a chance to be Mr. or Mrs. Diamond! Contact the front desk of the Village Center to reserve your spot at this event at 443-3800 **no later than January 5th**. Free for all residents.

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January

Tuesday, 9:00 AM - 12:00 PM

Carson Library

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.

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January

Wednesday, 9:30 AM - 12:00 PM

Karr Activity Center

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.

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.

Tea Tree Salon Hours

Wednesdays 1:30 - 5:00 PM

Fridays 9:00 AM - 3:00 PM

For appointments call 443-3817

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January

Thursday, 4:00 PM

Story Hour, Happy Hour

January's speaker will be Hawthorne Ridge resident Kenneth Yalowitz, retired foreign service officer/ambassador whose posts included ambassadorships in Belarus and Georgia, two tours in Moscow, and posts at The Hague and NATO. He has taught in several universities and is currently an adjunct professor at Virginia Tech. He is also a member of the Council on Foreign Relations. Mark your calendars now for what will be a timely and informative presentation!

Join us every month for this dynamic series of speakers. Refreshments and bar purchases will be available. Do you have an interesting story? Contact Richard Shepherd at shepherdrichard333@gmail.com to learn how you can share your story.

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January

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!

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January

Monday, 1:00 PM

Karr Activity Center

Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusевич 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: January 10

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January

Tuesday, 12:00 PM

Woodland Studio

Learn the Value of Pinterest and YouTube in Relation to Crafting

Did you ever wonder how to get the most out of Pinterest and YouTube? Bix will show you how to use these programs and will walk you through using the tools to get ideas for and then create unique crafts.

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 smccarter@warmhearth.org.

A Message from Fitness

With the busyness of the holiday season behind us, Jessica, Marcus and I would like to wish you a very healthy & happy new year! As we continue to mature through COVID protocols, we appreciate your compliance with our masks rule, as well as wiping down equipment before & after each use. This has allowed us to stay safe and open for business, thank you! Whether it is a fitness or water class, personal training or support groups, we want you to know that we are here for your health & fitness needs. Thanks for allowing us to be with you on your health & wellness journey. Happy New Year!

In good health,
Kenny, Jessica & Marcus

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January

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: 869 2777 0011

Zoom Meeting Link:<https://us06web.zoom.us/j/86927770011>

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

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January

Friday, 1:00 PM

Karr Activity Center

Advanced Paper Crafting

Melissa Matusevich will be teaching an advanced monthly paper crafting class at 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.

Participation limit: 10 (Minimum 4)

Sign up: Contact Bix at 443-3800. Your registration will be confirmed upon payment of \$20 BEFORE the day of the class. Please give your payment of cash or check to Bix at the Village Center. Checks should be made out to Melissa Matusevich.

Registration deadline: January 21 @ 1:00 PM

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

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December

Wednesday, 1:00 PM

Tall Oaks Hall

Village Center

The Choice is Yours:

Resident Information Session

Join us for an informational session on the health care and supportive services available to you at the Village.

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January

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 monthly by contacting Bix at 443-3800 for your place in the class. Limit of 6 participants.

News from Carilion Clinic

Recently, Sandy Hayes, N.P., transferred from Carilion Clinic Family Medicine at Warm Hearth to Carilion's nearby practice on Plantation Road in Blacksburg. As Carilion continues to earnestly recruit a provider for Warm Hearth, additional seasoned providers are welcoming new and established patients here for care, including Wayne Horney, M.D., Antonio Roman, M.D., Beth Boehme, P.A., Scott Kincaid, M.D. and Nancy Harvey, N.P. Know that your care remains a top priority and the care team will continue to provide you with excellent service.

To request continued care with Sandy at Carilion's Plantation Road location, please call 540-951-0352. We will share more information with Warm Hearth residents as it becomes available via The Log. Thank you for your patience during this transition.

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January

Saturday 10:00 AM - 4:30 PM

Tall Oaks Hall

Village Center

WHV Arts & Crafts Show

Join in the fun and see what amazing talent we have at Warm Hearth Village. This show will feature handmade arts, crafts and goods created by our talented residents and staff.

It's not too late to sign up to be a vendor! Contact Mardy Baker at mbaker@warmhearth.org or 443-3434 for an application. The deadline is January 7th.

Save the Date

February 5th & 6th

Tall Oaks Hall

They're back again! **The New River Valley Modular Railroad** group will again set up their amazing Rail Road display in Tall Oaks Hall the weekend of February 5th and 6th. The NRVMMR is a group that builds and operates a modular, HO Scale layout. Each module is built by a different member, and is assembled at shows. The display delights kids of all ages, and is open to the public on Saturday and Sunday. Check the February edition of the Log for exact times.

RRR Tip #14: Alternate Recycle Programs, Part 1

We have received requests for information on how to recycle items that seem like they should be recyclable, but are not in the Single-StreamRecycle (SSR) program.

Guidance:

We will treat this topic going from "local" efforts not requiring automotive transportation to cooperative local efforts to collect alternate recycle items to be taken via auto to a local, but external recycle center. We will take two tip articles to cover this topic.

WHV Local Alternate Recycle Programs: Warm Hearth has several in-house alternate recycle programs. They are:

- Compact Fluorescent Lighting (CFL) and Rechargeable Batteries are collected for toxic recycle at:

- The Carson Library, New River House - 1st Level (down one level from the entrance.)
- The Karr Center in the wicker baskets in the rack just right after the entrance.

As a reminder the EPA has now declared that all alkaline AA, AAA, C, & D batteries are now mercury-free and must be thrown in the trash. DO NOT recycle them in Carson or Karr. Button batteries are still to be recycled as toxic recyclables like rechargeable batteries. Please place them in a separate plastic bag and place them in the collection bin in Carson or Karr.

- The Carson Library has the facility for the collection of books for redistribution to the US Military. Place paperbacks only (no hardbacks or romance novels) under the returns table
- We have a campus-wide Trex thin-plastic collection program. This thin plastic (such as grocery bags) is not acceptable for single-stream recycling but is used by Trex to produce eco-friendly, long-lasting wood-substitute that becomes planking for decks and benches. For every 500 pounds, we get a Trex bench for the community. We are working on our fifth bench! (For more information including collection bin and Trex bench locations, look at the homepage of foundersforest1.com.)
- For those without access to a computer the collection sites are: Village Center: northeast side of building near rear kitchen entrance, New River House: vestibule, Karr Activity Center: vestibule, Showalter Center: vestibule and Kroontje Health Care Center: break room.
- Details on this program were included in Tip #5 in this RRR Tip series. These articles will be posted on foundersforest1.com for general viewing by about the middle of January 2022.

• We have a program where we collect the newspaper plastic sleeves throughout the month, place them out on the first Monday of the next month. Repeat every month. Place them in a single larger bag (usually Sunday paper plastic sleeve) and hang them visually outside your home. Do not place them behind your storm door. They probably will be missed.

This is a direct reuse program that saves the newspapers carrier from buying new sleeves, preventing plastic production energy to be expended, preventing CO2 from being emitted, and preventing additional plastic waste floating in the seas.

Local Alternate Recycle Programs:

(Requiring automotive transportation or community cooperation.)

Montgomery Regional Solid Waste Authority (MRSWA) is our closest alternate recycle processing center to WHV. Address: 555 Authority Dr, Christiansburg, VA 24073. This is a ~4.2 mile trip from WHV.

For those with transportation, it is an easy drive. For those without transportation, we suggest that your local housing or apartment group get together, decide what you want to collect over a specified period of time, whom in the group has transportation to take the group's collected item to MRSWA, and define a time for collection and delivery.

Here is what you can alternate recycle at MRSWA:

- Balled up, clean aluminum foil, single-use aluminum pans and roaster and other clean aluminum scrap.
- Cat food cans
- Aluminum insulated wire
- Copper insulated wire
- White goods (Appliances)

In Part 2 of this Alternate Recycle Program tip we will investigate local alternate sources of for recycling non-SSR items, such as Best Buy, Lowes, the YMCA, and the like.

Join the effort to save our planet with one good Green effort at a time.

Your RRR Subcommittee:

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

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](mailto:smccarter@warmhearth.org)



Please recycle old issues of The Log.