

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

**Monday**

- 9:00 Qi Gong - Mobility, Strength, Balance
- 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
- 3:00 Tap Club
- 3:00 Ai Chi (P)
- 3:30 Meditation

**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
- 2:00 Pickleball
- 2:00 Rock Steady Boxing, G1

**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 Music & Wellness  
(First Wednesday of month)  
(RSVP only)

**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
- 3:30 Line Dancing  
(description in main listings)

**Friday**

- 8:00 Floor Yoga
- 10:00 Posture, Balance & Gait, L2
- 10:30 Arthritis Aquatics (P)
- 12:00 Chair Yoga (no class 5/20)

**Saturday**

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

**2  
May**

**Karr Activity Center**

Monday, 11:00 AM

**Easy Peasy Sign Language**

Join resident Cynthia Hayes on a fun and EASY journey to learn Sign Language. This very easy method of learning is fun and engaging for your mind and utilizes your hands and arms. Cynthia is a student of Sign Language since the 80's and feels this basic introductory class is a wonderful way to build a community of learners.

This group will meet initially on Monday, May 2nd for an introductory meeting that will answer all your questions about learning and goals for the class. Classes will then be on Mondays and Thursdays with dates and times listed below. Classes range from 30 to 45 minutes each. Classes have the option of extending beyond May 30th with interest.

Mondays May 9th, 16th and 23rd at 11am

Thursdays May 12th, 19th, 26th at 2pm

Monday May 30th (Memorial Day) at 1pm will be the final class in this teaching section.

**3,10,17,24,31  
May**

**Karr Activity Center**

Every Tuesday, 10:00 AM

**Trivia Challenge**

Trivia is back! If you're lusty for a win, come to Karr to strut your knowledge for the best trivia contest on campus. Teams of four to six players can be made ahead of time, or you will be grouped in new teams from that week's attendees. All will be welcome! Coffee and tea served. Rules will be presented at the beginning, so please be prompt. Questions? Please contact Mardy at [mbaker@warmhearth.org](mailto:mbaker@warmhearth.org) or call 443-3434.

**3  
May**

**Tall Oaks Hall  
Village Center**

Tuesday, 1:00 PM

**Managing Professional Relationships  
Workshop**

The Managing Professional Relationships Class of Virginia Tech will be on site to hold a communication workshop. The team will explore various steps to process a difficult conversation and ways to navigate interpersonal relationships. They will also engage attendees with team building and group activities. If you have questions or would like more information on this special workshop, contact Tyler Dickson at [tylerd01@vt.edu](mailto:tylerd01@vt.edu).

No reservation required to attend workshop. Just show up!

## 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

Carson Library

Contact: Nancy Thomas

804-514-0057

nantom200@gmail.com

### Bridge

#### It's BACK!!

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

3:30 - 4:30 PM

Fitness Studio

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

## 5&6 May

Thursday & Friday

### Recycle Electronics Day

Do you have old electronics, cords, or other small appliances, computers and e-waste that need to be recycled? Collection boxes will be positioned at the front walk of the Karr Activity Center and the front walk of the Village Center on Thursday, May 5th and picked up mid-day on Friday, May 6th.

Note: This window of time is an estimation and subject to the driver timeframe for pickup. **No recycling of old TV's with the extended back.**

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## 6

May

Friday, 9:30 AM

### Men's Coffee Club

The monthly Men's Club is starting back in May! Join your gentleman friends and neighbors for causal and lively conversations over coffee and a pastry. Occurs the first Friday of every month.

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## 5,26

May

Thursday, 11:30 AM - 12:30 PM

### Mobile Library

Montgomery-Floyd Regional Library (MFRL) Mobile Library provides a platform to bring their library services out to the community.

At each stop MFRL will provide books and other material for checkout; provide Wi-Fi access; provide printing from patrons' mobile devices; and assist visitors with their questions. We will demonstrate how to access the eBook and eAudio collections, and help people request items that are on the branch shelves. The Mobile library only accepts credit cards (no cash payments).

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## 8

May

Sunday, 10:30 AM & 12:30 PM

### Mother's Day Brunch

**Brunch Menu | \$16.95 plus tax**

Monterey Chicken Breast (bacon, peppers, provolone cheese, asparagus) (GF) | Baked Salmon w/fresh rosemary & brown butter (GF) | Pasta Salad | Mashed Sweet Potatoes w/ green onions (GF) | Bacon | French toast w/strawberry butter | Egg casserole w/tomatoes & Feta (GF) | Mixed Berry Crisp w/ Chantilly Cream (GF) | Mimosa | Coffee, Iced Tea

Call 443-3801 to make your reservation. Take out or delivery available.

Village Center &  
Karr Activity Center

Woodland Studio

Showalter Center

Tall Oaks Hall

Village Center

## Groups & Clubs - continued

### **Men's Coffee Club**

First Friday of each month  
9:30 - 10:30 AM  
Woodland Studio  
Contact: Mardy Baker  
mbaker@warmhearth.org  
443-3434

### **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 - Timeless Tappers**

Every Monday  
3:00 - 4:30 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

\*\*starting in May, we will have the regular menu on Fridays!

### **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](http://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.

## 8

May

Sunday, 3:00-4:00 PM

Tall Oaks Hall

Village Center

### **Mother's Day Concert with Leon & David**

In celebration of Mother's Day, Leon Kok and David Jones return to Warm Hearth to play a beautiful concert of classical music.

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## 9

May

Monday, 4:00 PM

Outside

Karr Activity Center

### **Music with Mason**

This month, join Mason under the tent on the patio of Karr for an afternoon of music. A wide variety of music from classical to movie hits. All are welcome to attend.

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## 11

May

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.

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## 12

May

Thursday, 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.

### **Tea Tree Salon Hours**

Wednesdays 1:30 - 5:00 PM

Fridays 10:00 AM - 3:00 PM

For appointments call 443-3817

### **New Spring Menu!**



**Be sure to check out the new Cafe Spring Menu coming out May 9. New items include Fish & Chips and a new Spring Salad. Come on out and enjoy new items and lunch on the patio!**

### **Neighborhood Websites and Maintenance Care Link**

There are three websites where various information can be found for the different independent living neighborhoods - the apartments, Founders Forest and WoodsEdge. A unique user ID and password gives residents permission to view all 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 the link be sent to you in an email. Whenever you need to fill out a work order, you can bookmark the link or 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.

# 12 May

**Karr Activity Center**

Thursday, 3:00-6:00 PM

## **Rescue a Pet Day**

Warm Hearth Village will partner with local nonprofit shelters to hold a convenient animal adoption event at the Village for residents and employees. Some cute and cuddly animals will be on site looking for good homes and we hope you'll stop by and share this event information with your friends and family.

The following shelters will be here with their adorable animals:  
Animal Hope Alliance  
Montgomery County Animal Care and Adoption Ctr.  
Giles County Animal Shelter

# 12 May

**Tall Oaks Hall  
Village Center**

Thursday, 4:00 PM

## **Story Hour, Happy Hour**

The speaker for our May story hour will be Tom Jensen. Tom and his wife Kitty live in Hawthorne Ridge. Tom is a retired VT professor with a lifelong interest in amphibians and reptiles, and he spent most summers and sabbaticals doing field research in Mexico, Haiti, Jamaica and the Dominican Republic. Many of you may recall his presentation a couple of years ago on Haiti.

In May, Tom will speak on the many unexpected things he encountered in the primitive areas of the Dominican Republic. As he says, "My research took me quite literally into the unknown and the unexpected." Mark your calendars now for what will be a fascinating 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.

# 13 May

**Woodland Studio  
Village Center**

Friday, 1:00 PM

## **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.

# 13 May

**Karr Activity Center**

Friday, 4:00 PM

## **Robbie Vance Afternoon of Music**

Robbie Vance is excited to continue his afternoons of music to sing along to or even get up and dance! Offering a before dinner beverage and snack, this is a musical opportunity to start your weekend off on the right note.



## Looking for something to read?

Carson Library, located on the first floor of New River House, is now open all day, 7 days a week. 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.

**"Poem of the Month":** And while you're at the library, please take a glance at the bulletin board on your right as you come in the door. Every month we will post a new "Poem of the Month," composed by a Warm Hearth resident. If you are a poet, too, and would like to have one of your works posted in the library, send your offering in the body of your email to Ella Rutledge at lopsideseast@gmail.com.

**May Display:** May is when many of us start working in earnest on our gardens. If you're looking for advice or ideas for your garden, check out our display for May, which features books on gardening, flowers, and other interesting plants.

**Important Update on Donations:** Thanks to several generous donations received in April, Carson is now closed to donations. We will no longer be accepting donations larger than 5 books. Please place **no more than 5** donated books in the Returns Box. Thank you for your cooperation.

# 14

## May

Saturday, 1:00-2:30 PM

Karr Activity Center

### Puzzle Challenge

Are you up for the challenge? Race to complete various 48-piece puzzles in a team setting to see if you take home the prize. Groups will go through a series of rounds of puzzles, culminating in two teams racing to complete a 100-piece puzzle before the other team does! Fun, engaging, and prizes abound. To sign up for this event, call Bix at 443-3800 to get your spot in fun.

# 16

## May

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: May 9 at 1:00 PM

# 17

## May

Tuesday, 1:00 PM

Tall Oaks Hall

Village Center

### New Building Materials for Energy Efficiency

What's current in building materials to make your home or renovation more energy efficient. What appliances are most energy efficient and will mitigate greenhouse gas emission the most? How does an energy check guide you in making renovation decisions? How is an energy check accomplished? The talk will be given by Ed Tuchler and staff from Shelter Alternatives. Your questions will be invited.

# 18

## May

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

## New Line Dancing Class

Join Mardy for the most fun you'll have all week! Line Dancing for Fitness & Fun is a casual but active class that will get you moving and smiling. Learn beginning line dances like The Cupid Shuffle, Boot Scoot'n Boogie, Macarena and the Electric Slide. These beginning line dances don't need a partner, just the ability to have a blast dancing your afternoon off. Feel free to dress the part with twirly skirts and cowboy hats, or just your regular duds.



### Massage Therapy is Back!

You will be excited to meet LoraLeigh Geissler, our new massage therapist! She will be starting in late May and will offer appointments to do massage at the Village Center. She specializes in Jin Shou Tuina and Craniosacral therapy massage. Stay tuned for more information or contact Kenny in Fitness with questions: 443-3474

### What is Meditation Class?

You'll notice a meditation class that is returning to in-person sessions listed in the Fitness schedule. The class is led by resident, Zed Hrubec. Here is how Zed describes meditation and the class:

Studies of guided meditation show that it is beneficial in different medical conditions and may ease symptoms of anxiety, depression and insomnia.

In weekly, hour-long sessions we use recorded guided meditation materials to explore, learn and practice mindful meditation. We are not committed to any particular format, structure or source. After more than two years, what we do has evolved to meet our common interests and needs.

# 20

## May

Friday, 12:30 PM

Woodland Studio

Village Center

## Explore Painting with Heather

Bring a picture of your pet that you will be replicating with some unique tools and techniques. Don't have a pet? Bring a picture of another animal you are fond of. 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.

# 20

## May

Friday, 1:00 AM

Tall Oaks Hall

Village Center

## Children's Book Author Reading & Signing

Meet international film/video award winner and author, Ginger Dakin. Ginger is an environmental activist and picture-book writer who has written fun and informative books about climate change and air pollution for kids. Her award-winning film is a plea from children to adults to do something about the environment. At this book reading and signing she will focus on the background to creating book illustrations and demonstrating her many voices for the unique characters in her books. Free and open to all.

# 20

## May

Friday, 1:00 PM

Karr Activity Center

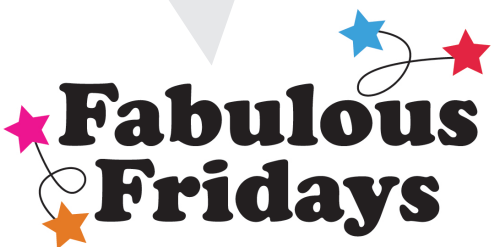
## Advanced Paper Crafting

Melissa Matusevich will be teaching an advanced monthly paper crafting class 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:** May 13 @ 1:00 PM



# Fabulous Fridays

## 20 May Friday, 4:30-6:30 PM Fabulous Fridays



Tall Oaks Hall  
Village Center

Let's keep celebrating! Join us on the third Friday of each month for our Fabulous Fridays social event and happy hour. The event will include music, dinner, cash bar and unlimited fun indoors and out, weather permitting! Look in the Log each month for details and fun themes that will be a part of each event. **You are not required to purchase dinner to come hang out with friends and neighbors and enjoy the music.**

**Heavy Appetizers \$10** - for details contact the Cafe at 443-3801.

**Cash Bar** - wine and beer

**Music**, May 20 - Brown Mountain Lightning Bugs Duo. Hailing from Winston-Salem, NC Zack and Kendra Harding blend the traditional with the trippy to create original music they like to call folk(ish).

<https://www.brownmountainlightningbugs.com/>

**Optional theme dress**, May 20 - break out your straw hats, sandals or Birkenstocks, overalls, tie dyes or other favorite chill duds.

If you would like to eat, call the café (443-3801) to reserve a spot so Lynn can order the right amount of food. If you are not

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### Warm Hearth Village Carilion Clinic

The Carilion Clinic on Litton Lane clinic will be CLOSED to patients on the following dates:

May 9, 13, 16, 20, 23 and 27.

### Wildflower Planting

Join Mardy as she plants wildflowers on the fill site behind the Village Center.

Contact her to participate at [mbaker@warmhearth.org](mailto:mbaker@warmhearth.org) or call 443-3434

## 23 May Monday, 4:00 PM Folk Music by Ash Devine

Karr Activity Center

Looking for an afternoon of folk and Americana tunes? Join Ash Devine for music that speaks to a different time full of meaning and spirit.

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## 24 May Tuesday, 1:00 PM Birthday Tea Time

Karr Activity Center

Our birthday social is transitioning to a traditional English tea! We will celebrate the month's birthdays with a selection of cakes and treats served with hot tea. A charming time for catching up with neighbors and friends. Everyone is invited, birthday or not. We welcome you to wear your hats and florals to set the mood for an afternoon of cheer.

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## 30 May Monday, 11:00 AM Memorial Day Concert & Program

WW II Park

The American Legion and the Blacksburg Community Band will host a special Memorial Day program. Camping chairs recommended for ample seating for all. Please dress for outdoor seating. Rain location will be held at the Village Center, Tall Oaks Hall. Contact Transportation for the campus shuttle to this event - 552-2419.

## Persons with Dementia and Caregivers Needed for Music Therapy & Neuroscience Research Study

We are recruiting persons with dementia and caregiver pairs to participate in a 12-week study to help find out if music therapy can help persons with dementia and their caregivers interact socially and emotionally.

### You may qualify if:

- You are both over the age of 55
- One person in the pair has a diagnosis of dementia
- One person in the pair is their caregiver

### Potential benefits:

- Music therapy might make you feel better and less stressed. It might lead to positive social connections with others, and it might help your body to feel more relaxed.
- Helping music therapists understand how to better provide services

### Participation involves:

- Attending music therapy sessions where you and the person you care for will listen to music, make music, dance or sing! No musical training or experience required!
- Wear caps designed to measure brain waves during music therapy sessions

**Location:** Moss Art Center // The Cube  
190 Alumni Mall, Virginia Tech

Participants will not be compensated for their involvement in this study.

FOR MORE INFORMATION, please contact Joanna Culligan:  
231-3161 // email: [imaginelab@vt.edu](mailto:imaginelab@vt.edu)

This study is funded by the Institute for Creativity, Arts and Technology at Virginia Tech in collaboration with the Department for Human Development and Family Science, The School of Neuroscience and The Music Therapy Program at Radford University.

## 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)  
Alia Zaro: 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](http://www.whvathome.org)

Tea Tree Salon: 443-3817  
Fireside Cafe, Showalter Dining: 443-3429  
WHV Main Switchboard: 552-9176  
Housing & Resident Services: 552-2419  
(located in Karr Activity Center)  
\* Maintenance  
\* Lock-Outs  
\* Security  
\* Emergencies  
\* Transportation

Information Technology (IT): 443-0408  
Treasure Trove (offsite): 200-7012  
Montgomery County Sheriff's 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.