



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, L1
- 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, L2
- 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**

- 9:00 Qi Gong - Mobility, Strength, Balance
- 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, L2
- 1:00 Aqua Fit (P)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball
- 3:30 Line Dancing (no class 6/2, 6/23 will be Zumba)

**Friday**

- 8:00 Floor Yoga
- 10:00 Posture, Balance & Gait, L1
- 10:30 Arthritis Aquatics (P)
- 12:00 Chair Yoga

**Saturday**

- Open Swim (P) & Open Gym
- 10:00 Pickleball
- \* June 21 Pickleball changes to 9AM  
 Tues/Thur/Sat

**2,9,16,23,30**  
**June**

Karr Activity Center

Thursdays 1:00 PM

**Showalter Hosted Bingo for All**

Join the team of Showalter as they host an hour long Bingo game with prizes! A fun opportunity to mingle with your neighbors from Showalter and the rest of the village.

**3**  
**June**

Off Campus

Friday, 10:30 AM-2:00 PM

**Cruising Claytor Lake**

Jump aboard the SS Matuszak and take a cruise around Claytor Lake! This two-hour trip onboard a private pontoon boat will provide gorgeous scenery of Claytor Lake and the homes that surround it. Participants will be seated in the sun, so hats and other protective gear are recommended. Opportunity to swim is optional for those capable of climbing a ladder in and out of the water. All participants are likely to get wet in some capacity. Feel free to bring a bagged lunch as light snacks and water will be the only opportunity for lunch onboard the vessel. Trip capacity is seven and pickups will begin at 10:30am with return to campus by 3pm.

**Please Note:** Participants must be steady on their feet without use of walkers or wheelchairs due to the unsteady nature of loading and unloading at the docking areas. A future trip to Claytor Lake Beach is planned for those who are physically unable to attend this trip.

To sign up, contact Bix at 443-3800.

**3**  
**June**

Woodland Studio  
 Village Center

Friday, 9:30 AM

**Men's Coffee Club**

Join your gentlemen friends and neighbors for casual and lively conversations over coffee and a pastry. Occurs the first Friday of every month.

## Groups & Clubs - Quick Guide

### Alzheimers/Dementia Caregiver Support Group

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

Woodland Studio / Village Center  
Contact: Nicole Long  
443-3450  
nlong@warmhearth.org

### American Legion Post 182

Fourth Tuesday of each month  
5:30 - 7:00 PM

Karr Activity Center  
If you are interested in attending,  
contact Kim Kirk at 553-5021.

### 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 / Village Center  
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 PM

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  
9:30 - 10:30 AM

Zoom Meeting ID: 871-991-4463

## varies

June

Mondays 11:00 AM

Thursdays 2:00 PM

### 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.

Classes will be on Mondays and Thursdays. Classes range from 30 to 45 minutes each.

**NO CLASS Thursday, June 2nd.**

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## 7,14,21

June

Every Tuesday, 10:00 AM

### Trivia Challenge

Trivia is back!!! If you're lusty for a win, come to Karr to strutt 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 or call 443-3434.

**No class June 28.**

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## 7

June

Tuesday, 1:00 PM

### Best Lawn Practices - Virginia

### Cooperative Extension

The Green Committee is sponsoring a special lecture with a question and answer session called Best Lawn Practices at WHV. Mike Goatley, Turfgrass Extension Specialist at Virginia Tech, will be leading the discussion on lawn care for the residents and staff of Warm Hearth. All are welcome to attend.

Karr Activity Center

Karr Activity 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 PM  
Village Center  
Contact: Bix  
mktgc@warmhearth.org  
443-3800

### Trivia Challenge

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

### Village Quilters

First Thursday of each month  
2:00 PM  
Woodland Studio  
Contact: Bonnie Lawton

### Huckleberry Cafe - 443-3801

Pickup & delivery available.

#### Cafe Hours:

Mon - Thurs, 8:00 AM - 2:00 PM  
Fri, 9:00 AM - 1:00 PM

### 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).

# 9

## June

Thursday, 9:00 AM-12:00 PM

Carson Library

### Beltone Audiology Clinic Day

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

## June

Thursday, 4:00 PM

Tall Oaks Hall  
Village Center

### Story Hour, Happy Hour

Faye Gerrard has been an active resident in the Warm Hearth community for several years. Faye has travelled extensively, and will be speaking about her many adventures in Egypt and Israel. Please join us for her 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](mailto:shepherdrichard333@gmail.com) to learn how you can share your story.

# 10

## June

Friday, 1:00 PM

Woodland Studio  
Village Center

### Genealogy Group

This group will look at techniques and tips to help you 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](mailto:teashanty@me.com).

# 10

## June

Friday, 4:00 PM

Karr Activity Center

### 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.

### **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 10:00 AM - 3:00 PM

For appointments call 443-3817

### **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

## June

Sunday, 10:30 AM & 12:30 PM

Tall Oaks Hall

Village Center

### **Father's Day Brunch**

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

Sliced Beef Brisket | Oven Roasted Bone-in Chicken

Potato Salad | Baked Beans | Spinach Soufflé

Western Omelet Casserole | Bacon & Country Ham

Pancakes & Berries | Banana Pudding Trifle

Tea, Coffee & Mimosa

Reserve your spot by June 10th at 2:00 PM. Call 443-3801.

Take out or delivery available.

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# 13

## June

Monday, 4:00 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.

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# 14

## June

Tuesday 9:30-11:30 AM

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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# 14

## June

Tuesday, 1:00 PM

Karr Activity Center

### **Birthday Tea Time**

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



## Calling All Trailblazers!

Warm Hearth is looking for volunteers to become members of a trail committee. The committee will include one or two residents from each area of Independent Living. Residents with experience in trail maintenance and creating trails would be a welcome addition! Trail enthusiasts who use the trails should also consider joining.

The committee will help with trail maintenance, mapping, signage and promotion, as well as advising when trail questions come up. Our trails are a wonderful amenity on campus and the committee will help us take care of and promote our trails.

**Anyone interested should contact Sara McCarter at 540-230-0784 or [smccarter@warmhearth.org](mailto:smccarter@warmhearth.org).**

## 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.

# 15

## June

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](mailto: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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# 16

## June

Thursday, 11:30 AM-12:30 PM

## Showalter Center

### Mobile Library

Montgomery-Floyd Regional Library (MFRL) Mobile Library provides a platform to bring their library services out to the community. They 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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# 17

## June

Friday, 11:00 AM - 1:00 PM

## Off Campus

### Father's Day Trip - Rising Silo

Celebrate Father's day with a short trip to the Rising Silo Brewery located behind University Mall in Blacksburg. This outdoor farm style brewery has a wide selection original craft beers, homemade sodas and farm to table food, all in a beautiful relaxing environment overlooking the NRV mountains. Purchase farm fresh eggs, produce and honey from their 24/7 self serve Honesty Fridge. Cash and cards accepted. Everyone is welcome to join this special lunch trip to honor your father, or yourself! Sign up for transportation by calling 540-443-3800. Limited space on the WHV van, but all are welcome to drive and meet there (2351 Glad Road, Blacksburg VA). Pickups will begin at 11am and returning by 1pm.

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# 17

## June

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. She has an extensive background in painting. A variety of subjects and content will be explored. 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.



# Fabulous Fridays

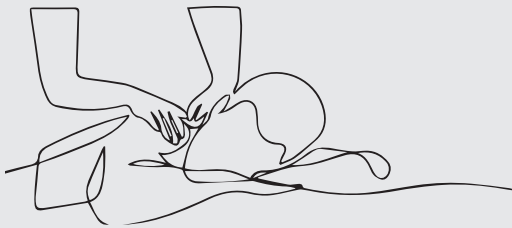
## Food (Optional) \$10

**BBQ Chicken Slaw**  
**Pretzels w/mustard**  
**Pigs in a Basket**  
**Cookies**

**\*important**

## 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 offers massage appointments 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

# 17

## June

Friday, 4:30-6:30 PM

## Fabulous Fridays

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, Cash Bar** - wine and beer

**Music** - David Francisco- David Francisco is an experienced Veteran Entertainer with over 40 years devoted to the business as a Musician and Vocalist. He plays Classic country, soft rock, and bluegrass.

**If you would like to eat, call the café (443-3801) to reserve a spot so Lynn can order the right amount of food.**

*The event will be outside. The area is mostly shaded, but the temps are warm - dress accordingly! If it rains, the event will be moved into Tall Oaks Hall.*



Patio  
Village Center

# 20

## June

Monday, 1:00 PM

## 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: June 13 at 1:00 PM

## Karr Activity Center

# 24

## June

Friday, 1:00 PM

## Advanced Paper Crafting

Melissa Matusevich teaches this 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: June 17 @ 1:00 PM**

## Karr Activity Center



## Save the Date

### **2022 Appreciation Carnival**

July 8

11:00 AM - 4:00 PM

Karr Activity Center

Step right up, step right up! Warm Hearth celebrates all those who have made our campus a special place. Win a prize at a wide assortment of carnival games, including 3 large inflatable games, putting challenge, hammer and bell, cup bounce and more. Treat yourself to snow cones, music, and lunch on us! Help us with food counts by reserving your free box lunch of a turkey & cheese sub w/ chips, cookie and a drink.

**To reserve food, call 443-3800 no later than July 1st.**

Need a gluten free option? Salads can be special ordered for those with gluten free needs. Please specify at time of reservation. Your guests are welcome to lunch at \$10 each. Please make check out to Warm Hearth Village or pay cash at time of reservation at front desk of the Village Center, or Enrichment Office at the Karr Activity Center. In case of rain, the event will be postponed, but lunch will still be provided for pick up at the Karr Center on Friday the 8th at 11am for those who have made a reservation for lunch.

If you have any questions, contact Mardy Baker at mbaker@warmhearth.org or call 540-443-3434.

## Out and About

### **Coloring with Fruits and Vegetables**

Workshop Presented by Rona Vrooman

Master Gardener Intern

Thursday, June 9, 2022

12:00 - 1:30 PM Montgomery County Government Center, 755 Roanoke St, Christiansburg, VA  
Multi-Purpose Room 1

Looking for a safe, economical and natural way to add color to your clothing? Look no further than fruits and vegetables. This session will showcase a variety of fruits and vegetables and their corresponding colors as well as how to prepare and store dyes, how to prepare items to be dyed and how to dye items. Don't just eat your fruits and vegetables – create beautiful, natural colors.

To register: Please use the Google form link- <https://forms.gle/HssWLakVjgY7WDmz5> or contact Wendy Silverman at wss@vt.edu or at 540-382-5790.

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### **Spring 2022 Memory Masterclass - Take Charge of Your Brain Health!** **(6-week class)**

**Upcoming Dates:** There are several offerings to fit your needs. Memory Masterclass is offered several times throughout the year to accommodate busy schedules. Our 6-week courses meet twice a week for one hour. Contact us for more information on the dates and times of our next course offering.

**To Learn More and Register:** Contact us by phone or email to get more information about offerings and registration events. Phone: (540) 231-3161 Email: vtadulthoodservices@gmail.com

**Cost:** \$75 for each 6-week course

Tuesday and Thursday 4:30-6:30 PM

102 Wallace Hall, Virginia Tech

**Email BenZ@vt.edu to register.**

## Out and About

Blacksburg Regional Art Association (BRAA) is sponsoring some exciting Plein air opportunities this year! Check out the two events now open for registration:

May 28-29 -- Plein Air painting with Matt Gentry and Gerri Young. Watercolorists Matt and Gerri will share their knowledge and experience with Plein air painting with a small group (10-12) of artists at the beautiful Smithfield Plantation in Blacksburg on the edge of the VT campus. \$15 dollars per artist working in any medium. Rain or shine, bring your lunch, plenty of cover under the pavilion. **Go to [historicsmithfield.org](http://historicsmithfield.org) for link to register.** All proceeds go to support Smithfield.

June 4-5 - Dynamic Plein Air Painting with Arlene Daniel. Oil painter Arlene Daniel will be in Christiansburg, June 4-5, at the Christiansburg Presbyterian Church, 107 W Main Street. She will demo in oil but will take artists using any medium for the class. Class hours will divide between indoors and out. **To register go to [Blacksburgart.org](http://Blacksburgart.org) To learn more about Arlene Daniel, go to [arleneedaniel.com](http://arleneedaniel.com).** Cost is \$125/\$155 (member/non-member)

## 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.