

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
(NO CLASS Sept 8 to Oct 9)
- 10:00 Pickleball
- 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 Guided Meditation

TUESDAY

- 9:00 Fit 4 Life
- 10:00 Pickleball
- 11:00 Posture, Balance & Gait, L2
- 12:00 Chair Yoga
- 1:00 Aqua Fit (P)
(NO CLASS Sept 20)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

WEDNESDAY

- 9:00 Qi Gong - Mobility, Strength, Balance
(NO CLASS Sept 8 to Oct 9)
- 10:00 Pickleball
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 3:45 Floor Yoga

THURSDAY

- 9:00 Fit 4 Life
- 10:00 Pickleball
- 11:00 Posture, Balance & Gait, L2
- 1:00 Aqua Fit (P)
(NO CLASS Sept 22)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 3:30 Line Dancing

FRIDAY

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

Continued on next page...

LABOR DAY CLOSING

On Monday, September 5th, The Fitness Center, Huckleberry Cafe, and the entire Village Center will be closed in observance of Labor Day.

1,8,15,22,29
September

Karr Activity Center

Thursdays, 1:00 PM

Showalter Hosted Bingo for All

Join the team from 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.

There will be no Bingo on September 15th.

Starting in the October Log, this event will only be listed on the side bar under "Groups & Clubs - Quick Guide".

2
September

Karr Activity Center

Friday, 2:00 PM

Birthday Tea Time

Celebrate the month's birthdays at a traditional English Tea hosted at the Karr Activity Center. A selection of cakes, treats, and finger sandwiches are served alongside the traditional hot tea in china. This special monthly event is a charming time for catching up with neighbors and friends with birthdays, or not. Wear your hats and florals to set the mood for an elegant recognition of birthdays.

6,13,20,27
September

Karr Activity Center

Tuesdays, 10:00 AM

Coffee, Donuts and Trivia!

Like coffee and donuts? Karr Center is your place to be on Tuesday mornings! Enjoy visiting with your fellow neighbors for the first half of the morning then join in open trivia with plenty of regulars and those passing through. Play is casual and fun with no pressure to "get it right". Trivia will begin around half past, and teams gather at random. This social morning time has become very popular with many across the village and we would love to see you stop by.

Fitness Group Classes, continued

SATURDAY

Open Swim (P)

Open Gym

9:00 Pickleball

Family Swim (P) - last Saturday of the month 12:00-2:00 PM

Non-residents may purchase a monthly pickleball pass for \$40. See Kenny Harrah.

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: Alia Zaro

443-0409, azaro@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.

Book Club

Second Monday of each month
1:00 PM

Zoom

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

Every Saturday

1:00 - 3:00 PM

Karr Activity Center

Contact: Cindy Rethwill

230-3215

Easy, Peasy Sign Language

Karr Activity Center

Contact: Cynthia Hayes

ADVANCED

Every Monday & Thursday
10:00 AM

BEGINNER

Every Saturday

11:00 AM

Euchre

Every Saturday

3:00 - 5:00 PM

Karr Activity Center

Contact: Joe Flanigan

6 & 29

September

Showalter Center

Varies, 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, providing 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).

8

September

Carson Library

Thursday, 9:00 AM-12:00 PM

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.

8

September

Tall Oaks Hall Village Center

Thursday 4:00 PM

Story Hour Happy Hour

All of you are aware of our fellow resident Ken Yalowitz, former ambassador to Belarus and foreign service officer in Moscow, who spoke to us about the Ukrainian situation in January. He will be present September 8, and will be joined by several special guests. We are also honored to have as speakers two Ukrainian sisters, Tetiana Shulha and Yulia Ehrich. With Yulia's help, Tetiana and her two young children were able to emigrate from Ukraine in June, and were able to fly to the U.S. to be reunited with Yulia in Blacksburg. Their parents are still in Ukraine.

We are also pleased to have as a speaker Nicholas Coughlin, who was born in the Ukraine and spent most of his first 8 years in a Ukrainian orphanage. He was adopted at age 8 by an American family, and grew up in Reston, Va. He is currently a student at VT. Nicholas and his girlfriend Natalie Agana helped Lee Musgrave in the "Big Event" last spring, and that is how I learned of his story.

Be sure to mark your calendars for this special Story Hour. I think it will be an exciting opportunity to meet these fine young people and learn firsthand what challenges the people in Ukraine are facing.

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.

Groups & Clubs - continued

Game Time

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

Green Committee

Third Tuesday of each month
10:30 - 11:30 AM
Carson Library

Guided Meditation

Guided Meditation on Zoom
Every Monday
3:30 - 4:30 PM
Contact: Zed Hrubec
zhrubec@outlook.com
540-250-2154

Headline News Discussion Group

Every Thursday
9:30 - 10:30 AM
Zoom Meeting ID: 871-991-4463

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

Coffee, Donuts and Trivia

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
bonlawton@me.com

9

September
Friday, 11:00 AM

Woodland Studio
Village Center

Single Women's Social Group

Join single women from across Warm Hearth for lunch. Food, beverages and snacks will be available for purchase at the Huckleberry Cafe. The focus of the lunch is to foster connectivity, friendship, and to plan future activities, outings, or groups. We hope you can join us. Can't attend? Feel free to forward your thoughts/suggestions to Mardy Baker, Life Enrichment Director, at mbaker@warmhearth.org.

9

September
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. If you would like to reserve a seat, please email Liz Ackermann, teashantyme.com.

9

September
Friday, 2:00 PM

Tall Oaks Hall
Village Center

Health Connections: Falls & Fall Prevention

Join us for an informational session on the health care and supportive services available to you at Warm Hearth Village. All are welcome. **No reservation required.**

9

September
Friday, 4:00 PM

Karr Activity Center

Robbie Vance Afternoon of Music

Robbie Vance is excited to continue his afternoons of music to sing-a-long 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.

10

September
Saturday 11:00 AM

\$16.95 /
person

Tall Oaks Hall
Village Center

Brunch at the Huckleberry Cafe

Menu:

Monterey Chicken | Oven Roasted Pork Loin with Apples
Corn O'Brian | Green Beans | Biscuits | Farmers Eggs
Waffles (fresh fruit & syrup) | Bacon & Smoked Ham
Coffee, Tea and Water, Apple & Pear Red Wine Sangria

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

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

Fri, 10:00 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.

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

Lounge Furniture Cushions

If you would like to use the lounge furniture on the side patio at the Village Center and they don't have cushions, feel free to pull them out of the brown bin near the side doors to Tall Oaks Hall. We try to put them away when we see rain in the forecast but also want you to feel free to use the furniture whenever you want!

Grandma's Buttons

Life Enrichment is looking for your grandma's extra buttons (or yours!) in various sizes and colors for fall/holiday/winter craft classes. We will be making different upcycled projects for your home décor, each with a different theme and color scheme. Feel free to drop off to the front desk of the Village Center or the Karr Activity Center c/o Mardy Baker, Life Enrichment Director. Many thanks!

12 September

Monday, 4:00 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.

Karr Activity Center

13 September

Tuesday 9:30-11:30 AM

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 Tuesday of every month.

Karr Activity Center

For more information contact Karen Nelson at 443-3406.

14 September

Wednesday, 1:00-2:30 PM

Pumpkin Wreath Class

Spruce up your fall décor with this fresh take on a fall wreath. You will decorate a metal rod hoop with ribbons, florals and greenery. In addition, each participant will stencil a two-sided pumpkin blank that can be turned depending on the holiday. It will be a little mess with a big pay off! Please wear clothes that can be stained and/or bring an apron. Participants will be using hot glue guns. A second class will be held October 27th at 1:00 PM for those unable to attend the September class.

Woodland Studio

Participation Limit: 12

Sign Up: Contact Bix at 540-443-3800

Registration Deadline: September 9 @ 12:00 PM

Fabulous Fridays

Food (Optional) \$10

please check details with the Cafe.

***important**

The Big Trip

Wanna go on a trip? How about a long distance trip? Recent suggestions of overnight trips with arranged accommodations to places like Richmond, Charlottesville and Asheville in NC have been swirling about. Seeing Monticello, the Biltmore, Edgar Allen Poe Museum and the Mighty Mississippi are possible if there is enough interest. Trips would be based on fees that will cover accommodation, travel and any entrance fees to an exhibit or special location. If you or your neighbors wish to explore these possibilities, please contact Mardy Baker at mbaker@warmhearth.org or 540-443-3434. Mardy is happy to discuss the logistics for these kinds of trips and the range of costs.

16

September

Friday, 6:30-8:30 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 food to come hang out with friends and neighbors and enjoy the music.

Heavy Appetizers \$10, Cash Bar - wine and beer

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 don't sign up for food, we cannot guarantee we will have enough for last-minute additions.

Music - Clover Hollow Band (Americana). This band is a local favorite with ties to Warm Hearth Village. To sample their music, visit this website <https://www.reverbnation.com/cloverhollow>.



The event will be outside. If it rains, the event will be moved into Tall Oaks Hall.

19

September

Monday, 1:00 PM

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: **September 12th at 1:00 PM**

Patio
Village Center

Karr Activity Center

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.



WHV TRANSPORTATION SPECIAL TRIP MESSAGE

Warm Hearth transportation will provide a bus for the following events at the Moss Arts Center for the new season:

Sept 16: Eileen Ivers and Universal Roots

Oct 5: Rhiannon Giddens with Francesco Turrisi

Nov 4: Danish String Quartet

Dec 3: Roanoke Symphony Orchestra

Jan 19: Concerto Budapest Symphony Orchestra

Feb 11: PUBLIquartet

Mar 16: An Evening with Viet Thanh Nguyen

April 23: Opera Roanoke & Blacksburg Master Chorale

Call 552-2419 to schedule.

20,27
September
Tuesday, 1:00 PM

Karr Activity Center

Technology Assistance Cafe

Volunteers are back to assist you with your basic questions with tablets, smart phones, laptops and other technology devices. Questions like, "Why can't I find my email?", "How do I start a Facebook account?" and "How do I find/store numbers on my phone?" are all able to be answered through the Technology Assistance Cafe. First come first served and not all questions may be able to be answered. Coffee available. This event runs for 8 weeks, from September 20th to November 1st.

21

September
Wednesday, 11:00 AM

Tall Oaks Hall & Zoom
Village Center

WHV Town Hall Meeting

William Lester will host a Town Hall Meeting. This is an opportunity to hear updates on important Village happenings. If you have questions for William, please email them in advance to wlester@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

21

September
Wednesday, 11:00-1:00 PM

Off-Campus

Lunch Trip - Pizza Inn Buffet

Like pizza? This is your chance to load up as much as you want with a trip to the Pizza Inn Buffet for lunch. Attendees are responsible for paying for their meals. Pickups begin at 11am and will return around 1pm.

Participation Limit: 12

Sign up: Contact Bix at 443-3800 for your spot on the bus.

Registration deadline: Monday, September 9th at 1:00 PM

23

September
Friday, 1:00 PM

Karr Activity Center

Advanced Paper Crafting

Melissa Matusevich teaches this advanced paper crafting class. In this class series 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: September 16 @ 1:00 PM

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.

Call for Poetry: 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 post there 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.

New Display: Our September display is devoted to the Carson collection of the works of Stuart Woods, who passed away at the age of 84 on July 22. R.I.P. Some Recent Arrivals: Sandra Brown, Exclusive, Dolly Parton and James Patterson, Run Rose Run, Maeve Binchy, A Week in Winter, David Baldacci, Walk the Wire, Rhys Bowen, A Royal Threesome, and a Large Print edition of The Bible.

Suggestions: If you have good ideas, questions or comments about the library, drop a note into the Suggestion Box, located on the Reference Books table. We welcome your comments!

28

September

Karr Activity Center

Wednesday, 4:30 PM

Folk Music by Ash Devine

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.

29

September

Karr Activity Center

Thursday, 6:30 PM

Simple Gifts of the Blue Ridge

Welcome back to a mountain music favorite! Simple Gifts of the Blue Ridge has been playing their special stylings of bluegrass at Warm Hearth for years. We are excited to have them back to give us a warm evening of toe tapping and heart warming songs.

30

September

Karr Activity Center

Friday, 4:30 PM

Sinkland Farm Pumpkin Festival Trip

You've waited all year for this trip! Hop aboard the Warm Hearth Bus for a fun evening at the Sinkland Farms Pumpkin Festival. Food trucks, craft vendors, pumpkin patch, corn maze, Beer Garden and more! Please note that much of the festival is on uneven terrain and will involve walking gravel pathways, grass and inclines. Pick ups start at 3:30 at your home. Return to the bus at 7:30pm for the drive back to WHV, with arrival by 8pm. Entrance fee is \$11 and you must pay in person at time of sign up at the Village Center front desk. Cash or check (made out to Warm Hearth Village). Sorry, no refunds once ticket is purchased. Showalter residents sign up with Alia Zaro.

Participation Limit: 12

Sign up: See Bix at the Village Center front desk.

Registration deadline: Wednesday, September 28th at 1:00 PM

Yoga for Well-Being

Wednesdays 3:45 – 4:45 pm (listed on Fitness Schedule, page 1)

This yoga class weaves together movement, breathwork, and mindfulness to help support body-heart-mind health. It is designed to support greater awareness, self-compassion, body-mind strength, and inner steadiness & ease. As everyone is in a unique place in their journey, to support this reality, a variety of variations will be offered to appropriately challenge each person's balance, agility, strength, and flexibility so as to help improve one's resiliency in body, mind, and spirit.

In this class, movements and pose options will include the following positions: standing, hands and knees (a chair option will be offered if being on hands and knees is not an option in your body at this time), and lying down on the floor on your belly, sides, and back. This class is structured for individuals who can easily get up and down from the floor independently. If these positions and transitions are not accessible for you at this time, please consider our Tuesday and Friday Chair Yoga classes that meet at 12 noon.

If you have a yoga mat, please bring it to class. The instructor will have a few available to borrow. If you have any questions about the content of the class, please reach out to Jennifer at (540) 552-2596 or joyifer@gmail.com.

About Our Instructor: Jennifer Speiden, C-IAYT, RYT 500, MSPT (Certified Yoga Therapist, Registered Yoga Teacher, MS in Physical Therapy, Brain Longevity® Specialist, Alzheimer's Research and Prevention Foundation)

As a yoga therapist with a MS degree in Physical Therapy, Jennifer has been actively sharing the tools of body-mind medicine through a bio-psycho-social model of health and wellness for the past 20+ years. She combines her practices and knowledge in somatics, yoga, therapeutics, and neuroscience to share embodiment tools and practices that serve to empower individuals to progress towards improved physical, emotional and mental health, and well-being. She currently runs and owns Inner Awareness Yoga Therapy and has been part of the Warm Hearth community for 7 years teaching a variety of classes through Warm Hearth's Fitness Dept.

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

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



Please recycle old issues of The Log.