



The SLog

Fitness Group Classes
Mon-Fri 7:00 AM - 5:00 PM
Sat 10:00 AM - 2:00 PM
CLOSED Thursday 11/24
OPEN Friday 11/25 9am-4pm
CLOSED Saturday 11/26

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
- 2:00 Pickleball
- 3:00 Tap Club
- 3:00 Ai Chi (P) (no class 11/14)
- 3:30 Taiji for Wellness

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 Rock Steady Boxing, G1
- 2:00 Pickleball

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, G4
- 2:00 Pickleball
- 3:45 Yoga for Wellbeing

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

FRIDAY

- 8:00 Floor Yoga
- 10:00 Posture, Balance & Gait, L2
- 10:30 Arthritis Aquatics (P)
- 12:00 Chair Yoga
- 2:00 Pickleball

The Marketing offices and Hucklerry Cafe will be closed 11/24 and 11/25. Fitness is closed Thursday 11/24, open Friday 11/25 from 9:00 AM - 4:00 PM and closed Saturday 11/26.

Micah's Pantry will be closed on Thanksgiving, Thursday, November 24th. It will open on Friday, November 25th from 11:00 AM - 1:00 PM only.

1 November Karr Activity Center
Tuesday, 1:00 PM

Technology Assistance Cafe

Volunteers are back to assist you with your basic questions with tablets, smart phones, laptops and other technology devices. Get answers to 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?" First come first served and not all questions may be able to be answered. Coffee available.

3 November Woodland Studio
Thursday, 11:00 AM

Winter Trees Craft

This is a rustic yet simple décor that can stay up all winter. Create a set of 3D wooden trees to be stained and painted with snowy branches. A little red bird will adorn this piece. As a precaution please wear clothes that can be stained and/or bring an apron. **To sign up, call 540-443-3800. Group size is limited to 12.**

4 November Karr Activity Center
Friday, 1:00 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. Wear your hats and florals to set the mood for an elegant recognition of birthdays.

Fitness Group Classes, continued

SATURDAY

Open Swim (P)

Open Gym

2:00 Pickleball

10:30-11:15 Aqua Yoga - First

Saturday of the month

Family Swim (P) - last Saturday of the month 12:00-2:00 PM. Bring your own towels.

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

* Please limit towel usage to no more than two towels per person. You are also welcome to bring your own towels.

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

Bingo (Showalter Hosted)

Every Thursday

1:00 - 3:00 PM

Karr Activity Center

Contact: Alia Zaro

azaro@warmhearth.org

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7

November

Monday, 1:00 PM

LLI: Dementia Types, Causes, Diagnosis, Testing, Prevention and Treatment

We will explore the various dementia syndromes and their causes, and then discuss how to diagnose dementia. What tests are needed? How can we separate normal forgetfulness of aging from dementia? And, finally, what can be done to prevent and treat dementia.

Presenter: Larry Cox is a retired board-certified cardiologist who recently moved to the New River Valley.

7

November

Monday, 1:00 PM

Woodland Studio

Make'n & Bake'n: Holiday Pendant

Renee Armstrong will show participants how to make a whimsical holiday pendant for the winter season out of polymer clay. Renee will go in to detail on how to condition, shape and blend this material for a delightful piece of jewelry. All materials are provided. Class is an hour long with an hour of bake time. The cost is \$25 and may be paid for by check or cash BEFORE the day of class. Make checks out to Renee Armstrong. To sign up and pay, go to the Village Center front desk to secure your place in the class.

7

November

Monday, 4:00-6:00 PM

Living Room
Village Center

Single Ladies Happy Hour

Join the newly formed Single Women's Social Group for Happy Hour in the living room at the Village Center. The cost is \$2 per person to cover munchies and the cost of your beverage. **No RSVP required.**

This group was formed to foster connectivity, and friendship among single women (single, divorced, widowed) across all the neighborhoods of Warm Hearth Village through planned and spontaneous activities. We hope to see you there!

8

November

Tuesday, 1:00-3:00 PM

Karr Activity Center
Outside

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.

For more information contact Karen Nelson at 443-3406.

Groups & Clubs - continued

Campus Bingo

Every Saturday
1:00 - 3:00 PM
Karr Activity Center
Contact: Cindy Rethwill
230-3215

Easy, Peasy Sign Language

ADVANCED - Carson Library

Every Monday & Thursday
10:00 AM

BEGINNER - Karr Activity Center

Every Saturday
11:00 AM
Contact: Cynthia Hayes

Euchre

Every Saturday
3:00 - 5:00 PM
Karr Activity Center
Contact: Joe Flanigan

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
Carson Library
Contact: Mardy Baker
mbaker@warmhearth.org

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9

November

Carson Library

Wednesday, 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.

9

November

Off Campus

Wednesday, 11:00 AM-1:00 PM

Off Campus Trip: Country Kitchen

Located off of Route 11 in Christiansburg, this hometown diner-style café will fill you up at great prices. Attendees are responsible for paying for their meals. Pick ups begin at 11am and will return around 1pm. **Sign up by calling 540-443-3800 for your place on the bus. Group size is limited to 12.**

9

November

Tall Oaks Hall
Village Center

Wednesday, 2:00 PM

Preparing for Tax Season – What You Need to Know

Presented by the Warm Hearth Foundation, McMillion & McMillion, PC and Edward Jones Financial Advisor Meghan Kuczmarski

A forum to connect you with services in the New River Valley. Join us for an informative lecture by Samara McMillion-Abplanalp, CPA about the latest in tax regulations and how they may impact you during retirement. Related topics such as standard or itemized deductions, medical expenses, and planning for charitable giving, including qualified charitable distributions from your IRA will be covered. Light refreshments will be served. Contact Amy Slone at (540) 443-3413 or aslone@warmhearth.org for more information.

“We’d like to hire you to steal Thanksgiving.”



comic by Jon Carter

Groups & Clubs - continued

Tap Club - Timeless Tappers

Every Monday
3:00 PM

Village Center

Contact: Bix

mktgc@warmhearth.org

443-3800

Trivia, Coffee, and Donuts

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

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

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

Fri, 10:00 AM - 2:00 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

The Tea Tree Salon is open for business for those who wish to get a hair-cut on campus. The Tea Tree Salon is on the 4th floor of Showalter Center.

10

November

Thursday, 4:00 PM

Story Hour Happy Hour: The Leadership Secrets of Santa Claus

It is not easy being Santa Claus...believe you me, having to smile and be jolly every day when you're wearing the same thick, hot, red-wool suit (that itches like crazy) is no picnic. There is no doubt that Santa's biggest challenges come from two roles that people rarely associate with this red-cheeked, bag-carrying sleigh driver: Those TWO roles are Santa the MANAGER and Santa the LEADER. How does Santa manage to bring together everyone and everything to complete his mission. Is it magic? There is no magic about it but there are seven "leadership secrets of Santa Claus" that will be shared with you in the this story time session. Many of the principles can be applied as best practices to being a good WHV citizen, resident and community contributor. These are Santa's gifts to us at this wonderful time of year.

Our speaker is Karen Hanks. Karen is a resident of WoodsEdge, and has local roots as a graduate of Pulaski High School. As she furthered her education she received an MBA from Harvard Business School, and worked for many Fortune 500 companies throughout the U.S. for some 40 years.

11

November

Friday, 1:00 PM

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](mailto:Liz.Ackermann@teashantyme.com).

11

November

Friday, 2:00 PM

Health Connections: Simple Ways to Reduce Everyday Stress

Presented by Kenny Harrah, Director of Fitness at Warm Hearth Village. Kenny will define what stress is, types of stress, causes of stress and methods to deal with stress.

11

November

Friday, 4:00 PM

Warm Hearth Has Talent, Part 2

Mark your calendars for another fun time with friends and neighbors! The bar will be open, so it may seem much improved from the last show. Come early and get a good seat to enjoy the talent.

Tall Oaks Hall
Village Center

Woodland Studio
Village Center

Tall Oaks Hall
Village Center

Tall Oaks Hall
Village Center

Carilion Clinic at WHV

We welcome Katie J. Allen, N.P. to the Carilion Clinic Family Medicine practice at Warm Hearth Village.

The clinic is now open full time, five days a week. Stay tuned for more information!

Friends, Countrymen, Lend Me Your TIES!

Have a closet of ties that you are no longer wanting? Mardy in Life Enrichment is planning on upcycling these for future craft projects for residents. Please drop off any unwanted ties at the Village Center front desk or the Enrichment Office at the Karr Activity Center. Many thanks to all those who donated buttons in the past for our November craft class.

Mission BBQ is serving all Veterans and activity duty service members with a free sandwich on Veterans Day.

"It is our privilege to honor and support our uniformed American heroes. As a small gesture, all veterans and active-duty military are served a free sandwich." We support and thank ALL our WHV Veterans!

End-of-Season Report on Blue Bird Boxes

Box 1	9 Blue Birds
Box 2	3 Blue Birds
Box 3	5 Wrens
Box 4	4 Blue Birds
Box 5	5 Blue Birds
Box 8	4 Blue Birds
Box 11	5 Tree Swallows
Box 12	3 Blue Birds
Box 13	6 Tree Swallows
Box 14	Abandoned Nest
Box 16	5 Tree Swallows
Box 17	4 Blue Birds
Box 18	Ant infestation
Box 19	4 Wren

Note: Boxes not listed were unproductive

Submitted by: Rosemarie Sawdon

14

November

Monday, 1:00 PM

LLI: Roots of Southern Appalachian Music

Fred Benfield (VT Emeritus Professor) and his son Jon (Station Manager of WVRU Public Radio) have performed in the region together and/or with others over the last 35 years. As "American Roots" this guitar/vocal harmony duo specializes in early 20th century music in a variety of genres including traditional ballads, "Appalachian Blues", "Piedmont Blues", "Delta Blues" trad-country, trad-jazz, tin-pan-alley toe tappers, swing, hot fiddle tunes (on guitar), and "folkgrass" (folk tunes played at bluegrass tempo). All of these musical styles have influenced the development of the music one hears in the Southern Appalachians today. In this program, Fred & Jon will select tunes they enjoy performing from the list of genre. Open to all residents for free.

14

November

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.

15

November

Tuesday, 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: **November 8th at 1:00 PM**

15

November

Tuesday, 4:00 PM

Take A Trip with WHV: Interest Meeting

Would you like to go on a trip with Warm Hearth? Come to an interest meeting about overnight and multi-day trips off the Warm Hearth campus and hosted by Life Enrichment. Discussions will encompass locations, cost parameters, and trip expectations. Come with your ideas and trip wish-list for a thorough discussion. For questions in advance, contact mbaker@warmhearth.org.

Tall Oaks Hall
Village Center

Karr Activity Center

Karr Activity 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:

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.

16 November

Wednesday, 11:00 AM

Warm Hearth Village Town Hall

William Lester will host this 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

16 November

Wednesday, 3:30 PM

National Button Day

Celebrate National Button day with crafting! Using donated buttons (thank you!) we have several crafts to inspire and use for home décor or gifts. Easy but satisfying, this crafting time is perfect to chat with friends and explore your creativity. **Sign up by calling 540-443-3800. Group size is limited to 12.** Do you have buttons you'd like to donate? Drop them off at the Village Center front desk or Karr Activity Center.

18 November

Friday, 1:00 PM

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: November 11th @ 1:00 PM (Call Bix if you need to cancel).



(Color me, please!)

Tall Oaks Hall
Village Center

Karr Activity Center

Karr Activity Center

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 "Poem of the Month." Preference is given to poems composed by a Warm Hearth resident. So if you are a poet, 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:

November is National Native American Heritage Month so our display is devoted to books written by Native Americans or written about indigenous peoples.

Some Recent Arrivals:

The Maidens by Alex Michaelides, *Point of Origin*, by Patricia Cornwell, *Window on the Bay*, by Debbie Macomber, *Reason for Hope*, by Jane Goodall

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!

TREASURE TROVE DONATIONS:

As a reminder, please coordinate large Treasure Trove donations with Amy Slone at 443-3413 or aslone@warmhearth.org. If you have small donations, please take them to the store at 3055 North Franklin Street, Christiansburg. The Karr Activity Center is no longer a drop-off location for Treasure Trove donations. Thank you for your understanding!

19 & 20**November**

Saturday & Sunday, 11:00 AM

Blacksburg Dance Theatre Dance Recital

Blacksburg Dance Theater presents: The Lorax!

Join us for an original dance concert featuring the youth and adult students of Blacksburg Dance Theater! This production is a retelling of the whimsical and timely story of the Lorax. Using text, dance, and storytelling, the performers will remind us of the important lesson: "unless someone like YOU cares a whole awful lot, nothings going to get better — it's not!"

FREE admission for Warm Hearth residents (\$5 suggested donation for general public)

23**November**

Wednesday, 11:00-1:00 Pickup

To-Go Thanksgiving Dinner from the Huckleberry Cafe \$16.95

Enjoy Sliced Turkey (gf), Corn Bread Dressing, Gravy, Green Beans (gf), Mashed Potatoes (gf), Cranberry Sauce (gf), Rolls, Pumpkin Pie or Apple Cranberry Crisp (gf)

Extra sides \$1.75 each

Order by 11/22/22

Pick up 11/23/22, 11:00 AM to 1:00 PM

28**November**

Monday, 3:00 PM

Robbie Vance Afternoon of Music

Robbie Vance is now playing at the Karr Activity Center from 3pm on the 4th Monday of each month. Start your week off on the right note with standards and favorites from Elvis to Sinatra. Sing-a-long or just enjoy the music!

1**December**

Thursday, 1:00 PM

Holiday Show by Second Chance Duo

Come sing-a-long with Bob and Libby Colia from the Second Chance Duo. This kick-off to the winter holidays is bound to put you in the mood for laughter and cheer. Light refreshments provided along with a jolly ho-ho-ho!

Tall Oaks Hall
Village Center

Huckleberry Cafe
Village Center

Karr Activity Center

Karr Activity Center

Welcome to the Dietitian's Corner!

My name is Andrea Fulp and I am the registered dietitian for WHV. Most of my time is spent at KHCC but I will also now be contributing helpful nutrition tips monthly in The Log.

I look forward to providing relatable and easy to follow nutrition information to help you all create a healthier diet.

For starters, we will discuss building a healthy plate!

References:
[hnrca-mpfoa-2015-b.pdf](#) |
Powered by Box

Andrea Fulp, Registered Dietitian
540-443-3466

MyPlate for Older Adults

Fruits & Vegetables
Whole fruits and vegetables are rich in important nutrients and fiber. Choose fruits and vegetables with deeply colored flesh. Choose canned varieties that are packed in their own juices or low-sodium.

Healthy Oils
Liquid vegetable oils and soft margarines provide important fatty acids and some fat-soluble vitamins.

Herbs & Spices
Use a variety of herbs and spices to enhance flavor of foods and reduce the need to add salt.

Fluids
Drink plenty of fluids. Fluids can come from water, tea, coffee, soups, and fruits and vegetables.

Grains
Whole grain and fortified foods are good sources of fiber and B vitamins.

Dairy
Fat-free and low-fat milk, cheeses and yogurts provide protein, calcium and other important nutrients.

Protein
Protein rich foods provide many important nutrients. Choose a variety including nuts, beans, fish, lean meat and poultry.

Remember to Stay Active!

Tufts UNIVERSITY | HNRCA | AARP Foundation

Building a Healthy Plate

You will want to start by visually cutting your plate in half. Try to fill half of your plate with a variety of colorful vegetables and fruits. Next, visually cut the other side of the plate in half and fill one of the quarters with grains, such as whole grain pasta or brown rice. Next, you'll want to add protein into the last quarter of your plate. Try choosing lean meats, fish, beans, or nuts. Dairy items will also be in your protein section. Try to look for lower fat milks and yogurts to limit saturated fats. It's important to remember that a healthful diet doesn't have to be a perfect diet. It's important to practice moderation and let yourself splurge sometimes.

Shopping Tip:

Don't hesitate to utilize frozen and canned fruits and vegetables as they have a similar amount nutrients and are easier to keep on hand. It's best to buy those with no added sugar or salt/sodium if available.

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-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.