**The Village Center and Fitness Center will be closed on July 4th.**

Karen Nelson’s office has moved from Karr Activity Center to the Village Center.

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**4 July**

**Karr Activity Center**

Tuesday, 11:00 AM

**July 4th Watermelon Social**

Mardy will be slicing up some fun to kick off your July 4th with a Watermelon Social. Head on down to the Karr Activity Center patio to grab a slice to go, or enjoy it with us. Friends and family are welcome. We will serve for the full hour or until the watermelon is gone. Happy Independence Day!

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**7 July**

**Karr Activity Center**

Friday, 1:00 PM

**Afternoon Birthday Tea**

Join us to celebrate birthdays of the month with hot tea, finger sandwiches and a slice of cake. All are invited, birthday or not, and guests are welcome at $10 each (cash or check only made out to Warm Hearth Village). Food will be served buffet style with hot water stations to refill tea pots.

**Sign Up:** Contact Bix at 540-443-3800. Limit 35. Sign up yourself (and spouse) only. Please no group sign ups.

**Registration Deadline:** July 5th at 2:00 PM

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**10 July**

**Living Room**

**Village Center**

Monday, 3:30 - 5:30 PM

**Single Ladies Happy Hour**

Join the Single Ladies’ Social Group for Happy Hour in the living room at the Village Center. The cost is $2 per person to cover munchies. Beverages are extra.

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!

**No reservation required.**
**Fitness Group Classes, continued**

**FRIDAY**
8:00  Floor Yoga  
10:00 Posture, Balance & Gait, L2 (no class 7/14)  
10:00  Pickleball  
10:30  Arthritis Aquatics (P)  
11:00  Mat Yoga for Wellbeing (no class 7/21)  
12:00  Chair Yoga for Wellbeing (no class 7/21)

**SATURDAY**
Open Swim (P)
Open Gym  
2:00  Pickleball  
10:30-11:15  Aqua Yoga - First and third Saturdays of the month

Family Swim (P) - last Saturday of the month 12:00-1:45 PM. Bring your own towels.

**Groups & Clubs - Quick Guide**

**Alzheimer’s/Dementia Caregiver Support Group**
First & Third Friday of each month  
3:00 - 4:00 PM  
Woodland Studio / Village Center  
Contact: Alia Zaro  
443-3450, azaro@warmhearth.org

**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

**Genealogy Group**
Second Friday of the month  
12:00 PM  
Huckleberry Cafe (lunch optional)  
Contact: Liz Ackermann  
teashanty@me.com

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**10 July**  
Monday, 4:00 PM  
Karr Activity Center

Join Ash Devine for music that reminds you of an earlier time, with sing-a-longs, and bits of history, to some of our most iconic songs.

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**11 July**  
Tuesday, 1:00-3:00 PM  
Karr Activity Center  
**Outside 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.

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**12, 26 July**  
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.

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**12, 19, 26 July**  
Karr Activity Center  
Wedsdays, 10:00 AM

**Warm Hearth Singers Rehearsal**
All Warm Hearth Village residents are welcome to attend. It is a great time for the entire village to come together and make music. All singing abilities are encouraged and welcome. If you have any questions contact David Jones, Life Enrichment Director of the Kroontje Health Care Center at 540-443-0407 or djones@warmhearth.org.

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**12 July**  
Wednesday, 10:30 AM  
Living Room  
Village Center

**Origami Meet Up**
This will be a casual meeting for anyone interested in Origami. We welcome anyone at any skill level. We will provide some paper, but feel free to bring your own. Contact Lyn Day at dayweave@gmail.com for more information.
Continued to next page.
Lavender & Libations: Beliveau Winery Trip
Come enjoy the beautiful scenery of Beliveau Farm Winery and its lavender fields before the blooming season ends! We will enjoy a private and educational “lavender talk” about the growing, producing and harvesting of the lavender. After the lecture, attendees may purchase a glass of Beliveau’s local wine while enjoying the beautiful mountains and fragrant fields. We will provide limited transportation for this trip. This trip is also open to additional residents who wish to drive separately. We need accurate counts of the total attendees for this special lecture event, so please let us know when you sign up if you will need a spot on the bus or if you will ride separately.

Pick-ups begin at 1:15pm, and return to campus will be later that afternoon.

Sign Up: Contact Bix at 540-443-3800. Sign up yourself (and spouse) only. Please no group sign ups. Showalter residents need to sign up at Showalter Center with the front desk or in Life Enrichment with Corynne. Please call 540-443-3800 and notify us immediately so that wait list individuals may join the trip.

Registration Deadline: July 17th at noon.
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: 15 (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: July 14th @ 1:00 PM (Call Bix if you need to cancel).

Fabulous Fridays - Music by Marc Baskind

Fabulous Fridays are back! We are kicking off Spring with live music, food, and a cash bar complete with cocktails! You are not required to purchase food. Hang out with friends and enjoy the music.

Heavy Appetizers $10, Cash Bar - wine, beer, cocktails

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

About the musician: Marc Baskind was raised in the heart of the Mississippi Delta (Greenville) and influenced by jazz, blues, and classics. He started ukulele at 7, guitar at 11, and majored in tuba, leaving him in love with almost every genre of music. Marc toured with Hamilton, Joe Frank, and Reynolds in 1984, and has been in the studio with such names as Vassar Clements. He currently has guitar, bass, and vocal tracks on six CD’s, and three of his co-writes have been recorded. He plays with multiple groups, from rock/jazz/blues/beach to country/ bluegrass, as well as solo acts, duos, and trios. Marc teaches guitar and ear training. His new CD, Marc With A “C”, has a variety of genres, jazz to beach, solo vocal/guitar to 7-piece beach band, with several originals and co-writes.

Sign Up (only if you are eating): Contact the Cafe at 540-443-3801
Registration Deadline: July 19th at noon.

Greetings from Parrot-dise!

August 11th from 6 to 10pm the Warm Hearth Foundation is celebrating the 10th Anniversary of our premiere fundraising event – Cheeseburger in Parrot-dise. Come groove to the Randy Clay Band, the PanJammers and live, outdoor DJ, bid for unique items at our silent auction, and enjoy juicy cheeseburgers, island sides, and cash bar with specialty drinks, all to benefit seniors in need of housing and health care on our campus. It’s a great time to meet new neighbors!

See Bix at the Village Center to buy your tickets today!

$40 per person.
Cash or checks made payable to Warm Hearth Foundation.
Or purchase online at cheeseburgerinparrot-dise.com. (With credit card fee each ticket is $46.13.)

RESIDENT DECLINING ACCOUNTS

The Huckleberry Café offers residents the option to set up a declining account for your convenience. This allows you to load a certain amount into your account on a regular basis or when it is convenient for you, freeing you from taking your wallet every time you visit the Café. Once your account is set, you simply tell the attendant your name and the amount of your purchase is deducted from your balance. Ask the café attendant next time you visit. It’s quick and easy!
Charging Station
There is a charging station in the upper parking lot of the Village Center. The cost is $1 per hour payable at the Village Center front desk.

Out and About

15 JULY
Saturday, 6:30-10:00 AM
LewisGale Hospital Montgomery in Blacksburg, Lobby

The Rotary Club of Christiansburg-Blacksburg and LewisGale Hospital Montgomery will host their 47th biannual blood screening. A public service to New River Valley residents, the fasting blood test screens over 25 different markers including cholesterol and red blood indices. New this year, the test will include Hemoglobin A1C which helps to diagnose diabetes and pre-diabetes.

The blood testing continues to be provided at the significantly reduced cost of $50. Results are sent to participants and their physician of choice. Each year, the Rotary Club of Christiansburg-Blacksburg uses a portion of the proceeds from the blood screening to fund a service project in the community.

Pre-register for the blood screening at https://www.rotary7570.org/blood or call 540-951-8988. Walk-in registration is accepted the day of the blood screening.

15 JULY
Sat, 7:30 – 9:00 PM
Moss Arts Center, 190 Alumni Mall
Blacksburg, VA

Performance of Carl Orff’s “Carmina Burana” and Franz Schubert’s “Schicksalslied (Song of Destiny)”
Tickets are now on sale. $15 for general admission and $10 for kids younger than 18.

Special Edition WHV T-shirts For Sale
If you would enjoy this blue heat-press graphic t-shirt, give Bix a call to order for $10. We have a sample at the front desk of the Village Center.

Call 540-443-3800 to pre-order and tell us your size.
Carson Library Update

Looking for something to read? Carson Library, located on the first floor of New River House, is 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, take a glance at the bulletin board on your right as you come in the door. Every month we post 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.

July Display: This month we’ll be celebrating the birth of the United States with a display of books from the Carson collection about America's storied and complex history, and the wisdom of its many “founders,” from the famous and influential to the ordinary and unknown, but nevertheless significant, participants in this “great experiment.” Happy Birthday America!

New Arrivals: Single & Single, John le Carre (fiction), Happy-Go-Lucky, David Sedaris (non-fiction), The Triumph of Katie Byrne, Barbara Taylor Bradford (fiction), What’s it All About? Michael Caine (Biography), Post-Mortem, Patricia Cornwell (fiction).

Update: Warm Hearth's Trex Plastic Bag & Film Recycling Program

Thank you to all the residents, staff and friends who are participating in our program. We are now into our 4th year, and, to date, we have recycled over 4,500 pounds of plastic bags and film. White collection boxes are located at each of the major buildings (Village Center, Karr, Showalter, Kroontje, and the 3 apartments).

If you are interested in participating or just want to refresh your memory as to what plastic items are, or are not, acceptable for the program, we have prepared a two-page paper handout and a short (6 minutes) instructional video.

If you receive the electronic version of The Log, the Trex handout can be found at the end of this edition. If you receive the paper version of The Log, you can pick up a copy of the Trex handout from either the Village Center front desk or the wicker recycling tower inside Karr. The video is available by going online to youtube.com and searching for “Trex recycling at Warm Hearth”. There are also links to all recycling materials on the www.foundersforest1.com website.

ATTENTION RESIDENTS:

Do you play any of these instruments or similar? guitar, double bass, fiddle, five-string banjo, mandolin, steel guitar, guitar, harmonica, dobro or ukulele?

Do you like to play with other people? There is interest in starting a regular jam session and we’d like to know if we have enough interest to make it happen!

Email Sara McCarter at smccarter@warmhearth.org if you would like to be involved and if you’d be open to playing in front of a casual audience of other residents on a monthly or bi-weekly basis. We know there is significant talent out in the Village! Let us know!

Your Contributions Matter!

Through the generous support of our donors, including many residents, in June the Warm Hearth Foundation provided more than $10,000 in scholarships and funding to advance the careers of our employees. For 2023 this included the funding of an in-house CNA program designed to train and retain nursing staff. Thank you for all you do to support our employees!
Summer is a great time to enjoy your fruits and vegetables. Fruits and vegetables can be pricey, so we definitely want to make sure we are keeping them fresh for as long as possible and avoiding waste. This month, I wanted to share a few tips to help keep that flavorful produce fresh.

- **Berries** – These are very delicate and should not be washed until ready to eat. Keep in the refrigerator and try separating into a larger container on a paper towel to keep them dry to avoid mold.
- **Apples** – Store in the vegetable bin outside of any plastic wrapping.
- **Avocado** – Store them in a cool spot in the kitchen. If at prime ripeness, transfer to the fridge to preserve for a few more days.
- **Stone fruit** – Keep your peaches, plums, and nectarines in a paper bag on the counter until ripe. Once ripe, move to the refrigerator.
- **Melons** – Store cantaloupe and honeydew loose in the refrigerator, even before cut. Watermelon can be kept in a dark, dry place away from other produce. Keep your cut melon in the fridge.
- **Tomatoes** – Store at room temperature away from sun or heat (like the stove).
- **Leafy green vegetables** – try placing a paper towel on the top of your lettuce in the container after using. Store with the paper towel facing down – the container will be upside down. This will absorb any extra moisture and prevent molding.
- **Celery** – Store wrapped tightly in aluminum foil or wrap in a damp cloth towel.
- **Asparagus** – Store with the stems in water (like a flower) in the refrigerator.

**References:**
- [https://food52.com/blog/25952-best-way-to-store-fruit-vegetables](https://food52.com/blog/25952-best-way-to-store-fruit-vegetables)
- [https://www.greenbookmark.com/health/list-most-popular-summer-fruits](https://www.greenbookmark.com/health/list-most-popular-summer-fruits)