

Celebrating 50 Years!

The

April 2024

Log



Use the QR code or visit retire.org for a full description and information on all the exciting events we have planned!

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

MONDAY

- 10:00 Posture, Balance & Gait (beginner)
- 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
- 3:30 Taiji for Wellness

TUESDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (advanced)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball

WEDNESDAY

- 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 Ai Chi (P)

THURSDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (advanced)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball

FRIDAY

- 10:00 Posture, Balance & Gait (beginner)
- 10:30 Arthritis Aquatics (P)
- 11:00 Chair Yoga for Wellbeing
- 12:00 Mat Yoga
- 2:00 Pickleball

SATURDAY

- Open Swim (P)
- Open Gym
- 2:00 Pickleball
- 10:30-11:15 Aqua Yoga - first and third Saturday of the month

Continued on next page.



We invite you to join in the joyous celebration of Warm Hearth's Golden Anniversary!

Each month through December, we'll include a fun trivia segment in The Log tied to our history and our 50th Anniversary. It may be a question, a hidden image or a brainteaser and the first person to call Bix at 3800 with the correct answer will win a gift card to Starbucks. If it is a hidden image, not only will you need to find it but tell us the significance or meaning behind it. Happy Anniversary to all!!!

2
April

Karr Activity Center

Tuesday, 3:00 PM

Music with Robbie Vance

Enjoy music from all eras the second Tuesday of each month, hosted by Robbie Vance. We've moved his popular performance to 3pm in the Karr Activity Center to better accommodate schedules. Feel free to bring a friend and throw out some requests. A wonderful time will be had by all!

4
April

Karr Activity Center

Thursday, 12:45 - 2:00 PM

Vaccine Clinic

Blacksburg Pharmacy will be administering vaccines. Please call Kevin at 540-443-3456 or Alisha at 540-443-0415 to reserve your spot. Bring your insurance cards.

COVID vaccine: you must be 65 years or older and at least 4 months from last COVID vaccine. If you are younger than 65 years old, you must be immunocompromised to receive one.

5
April

Woodland Studio
Village Center

Friday, 9:30 - 10:30 AM

Men's Breakfast Club

This men's focused event will introduce you to neighbors from across the village over coffee and pastries. Guests are welcome at no charge. We want to grow, so feel free to share with other men who may need a place to connect.

Family Swim (P) - last Saturday of the month 12:00-1:45 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.

* For up-to-date schedule changes and weather related closings for the FITNESS CENTER please call 540-443-3474.

Groups & Clubs - Quick Guide

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: Linda Powers

540-641-1409

Campus Bingo

2nd & 4th Saturdays of the month

1:00 - 2:30 PM

Karr Activity Center

Contact: Cindy Rethwill

479-420-4673

Genealogy Group

Second Friday of the month

12:00 PM

Huckleberry Cafe (lunch optional)

Contact: Liz Ackermann

teashanty@me.com

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

Continued to next page.

5, (and more) April

See below

Huckleberry Cafe
Village Center

Fabulous Fridays & Magic Mondays

Fabulous Fridays

No reservations needed, stop by for pickup or enjoy in our dining room.

Friday, April 5th, Continental Breakfast, 8am – 10am

Friday, April 12th, Donut Day, 8am – 10am

Friday, April 19th, Build Your Own Omelet, 8am – 10am

Friday, April 26th, Huevos Rancheros Bar, 8am – 10am

Magic Mondays with Dinner at the Huckleberry Cafe

No reservations needed. Stop by to pick up dinner or hangout out and enjoy drinks and company.

Monday, April 15th, Virginia Wine Feature, 4 – 6pm

Dinner special \$7.95

Monday, April 22nd, Live music with Ash Devine, 4 – 6pm

Dinner special \$7.95, Music starts at 4:30pm

Monday, April 29th, Patio Cookout, 4 – 6pm

Dinner special \$7.95

*You can view menus for these events at the Cafe.

5 April

Karr Activity Center

Friday, 2:00 - 3:00 PM

Birthday Tea & Cake Social

Welcome all with birthdays (or not)! New this month, wear a hat and be entered for a door prize. Did you know, it is reported that around 1840 in England, the tradition of afternoon tea began as a way to combat a growling stomach. Warm Hearth has adopted this tradition of an afternoon “pick me up” to celebrate our village birthdays. At 2pm, attendees will be treated to a selection of gourmet cake and hot teas using real china cups, concluding with a boisterous round of Happy Birthday. All are invited, and guests are welcome at \$5 each. Hats of any sort are encouraged. **No reservations nessesary.**

8 April

Karr Activity Center

Monday, 2:00 - 3:00 PM

Solar Eclipse Party

Come out to view the solar eclipse with the Life Enrichment Team. The solar eclipse will be about 80%-85% in our area starting around 1:30pm and extending until 4pm. We will gather around 2pm for socialization and games while the eclipse slowly moves into place. Approved viewing glasses will be available for use, along with SUNdaes and MOONPies as refreshments. This event is sure to be OUT OF THIS WORLD!

Groups & Clubs - continued

Headline News Discussion Group

Every Thursday

9:30 - 10:30 AM

Zoom Meeting ID: 871-991-4463

Hymn Time

Every Sunday

2:00 - 2:30 PM

Karr Activity Center

Men's Coffee Club

First Friday of each month

9:30 - 10:30 AM

Woodland Studio

Contact: Mardy Baker

mbaker@warmhearth.org

443-3434

Parkinson's Support Group

First Thursday of each month

2:30-3:30 PM

Tall Oaks Hall

Contact: Kenny Harrah

kharrah@warmhearth.org

Purls of Wisdom (Knit/Crochet)

Every Friday

10:00 AM

Carson Library

Contact: Mardy Baker

mbaker@warmhearth.org

Tap Club - Timeless Tappers

Every Tuesday

3:15 PM

Village Center

Contact: Bix

mktgc@warmhearth.org

443-3800

Trivia, Coffee, and Donuts

Every Tuesday

10:15 - 11:00 AM

Karr Activity Center

Contact: Mardy Baker

mbaker@warmhearth.org

443-3434

Unitarian Meet Up

First Monday of each month

12:00 - 2:00 PM

Karr Activity Center

Contact: Linda Powers

540-641-1409

Veterans Social Group

Third Thursday of each month

6:00 PM

Karr Activity Center

Contact: Cindy Rethwill

479-420-4673

Continued to next page.

9

April

Tuesday, 10:00 - 11:00 AM

Lifelong Learning Institute - Who Were the Acadians?

This event is open and free to Warm Hearth Residents.

Who were the Acadians and where did they live? Are the "Cajuns" the same as "Acadians"? How did the battle for empire between the French and English affect early settlements in Nova Scotia? How did the Acadians get caught in the middle and suffer mass deportations?

Simone Poirier-Bures is a ninth-generation Acadian from Nova Scotia who has published three books of fiction and nonfiction on Acadian themes. Her most recent book, *Threads in the Acadian Fabric*, has been described as "part history, part biography and part memoir . . . a fascinating, moving, and informative read."

Simone Poirier-Bures, is a retired member of Virginia Tech's English Department. She is the author of four books. Her memoir of *Crete, That Shining Place*, won the 1996 Evelyn Richardson Award. Her essays and stories have appeared in dozens of literary magazines and anthologies in Canada, the United States, England, and Australia.

Tall Oaks Hall
Village Center

9

April

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 443-3412.

10,24

April

Wednesdays, 9:00 AM- 4:00 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

Appointment only. Please call our office to set an appointment today: Beltone Audiology & Hearing Aid Center 800-553-5993 or 540-343-5567.

Groups & Clubs - continued

Village Quilters

First Thursday of each month
2:00 PM
Woodland Studio
Contact: Bonnie Lawton
bonlawton@me.com

Warm Hearth Singers

Every Wednesday
3:30 PM
Karr Activity Center
**ON HOLD UNTIL
FURTHER NOTICE**

Warm Hearth Writer's Group

Second Friday of each month
11:00 AM - 1:00 PM
Woodland Studio
Contact: Kenny Harrah
kharrah@warmhearth.org

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

Mon - Thurs, 8:00 AM - 4:00 PM
Fri, 8:00 AM - 2:00 PM

The Daily Special is available online by approximately 9:30 AM each day: <https://retire.org/lifestyle/huckleberry-cafe/>. Scroll down until you see it.

Fireside Cafe - 443-3429

Open every day
11:00 AM - 6:00 PM
Available for curbside takeout to residents and employees.

Karr Activity Center

Open from Monday at 8:00 AM to Friday at 5:00 PM each week.

New River House

Carson Library

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.

Micah's Pantry

Tuesdays, Thursdays & Fridays
11:00 AM - 1:00 PM

Fitness Massage Services

To schedule a massage, call 540-520-0140 or email loraleighgiessler@gmail.com.

10 April

Wednesday, 10:00 AM

Karr Activity Center

Spring Pancake Social w/Joining Generations

Join the students from Joining Generations at YMCA at Virginia Tech for a spring pancake social. We will be serving pancakes, sausage, coffee and tea to all. Share your story and spring wishes with this amazing group of students while starting your day out right. **No reservations needed.**

11

April

Thursday, 4:00 PM

Story Hour Happy Hour

Our speaker will be Randi Lemmon, a resident of Oakland Square. Randi has been involved for years in all things outdoors, and is a land planning consultant with Lucas Real Estate. Randi will be speaking about the Harvey Lee Price Park, where he is the acting park manager. The park is in the Montgomery Farms subdivision in Price's Fork. Harvey Price was Dean of the College of Architecture at Virginia Tech from 1908-1946, and Price Hall on the campus is named for him. He grew up on the property that is now the park. The park is a great example of an early colonial homestead site, and has remnants of the old cabin site, root cellar, springs, and pond. There was also an old coal mining shaft on the property where Harvey Price mined coal to earn money to attend Virginia Tech. Randi has lots of pictures of Dean Price and the park, and has offered to lead tours of the park at a later date. **Cash bar opens at 3:30!**

To share YOUR story, contact Richard Shepherd at shepherdrichard333@gmail.com.

12

April

Friday, 1:15 - 2:15 PM

Rhythm Playground - A Drum Workshop for Everyone

Join Linda Macchia of the Beat Goes On for this all-levels drum class where you will learn the basics of West African hand drumming on the djembe style drum. Our yoga therapist, Jennifer Speiden, will be offering an accessible warm-up to prepare our bodies and brains for drumming. Beginners are welcome, and no previous drum experience or musical training is necessary. This is free for Warm Hearth residents and Fitness Center members. Others may join for \$12 per session.

This is free for Warm Hearth residents and Fitness Center members. Others may join for \$12 per session.
(One more session to follow on May 24.)

Sign Up Required: Contact Fitness at 540-443-3474.

Registration deadline: April 10th at 1:00 PM

If you have a djembe drum, please bring it with you. Linda has some extras you can borrow for the class. If you need a drum, please let us know when you register for the event.

Tall Oaks Hall
Village Center

Tall Oaks Hall
Village Center

Fitness Gallery Art Wall 2024 Art Changes

April 15th
July 15th
October 15th

Showalter Center Dining

If you would like a weekly email with the the Showalter Center dining menu, please email Miles Sanders at msanders@warmhearth.org. Showalter Center is open for dine-in and take-out ordering. It is open for breakfast, lunch, and dinner, seven days a week.

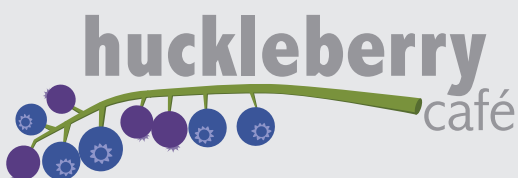
Warm Hearth transportation will provide a bus for the following events for the new season at Moss Center:

Bamberg Symphony
Friday, 4/26, 7:30PM

Seating is limited, pickups begin 1 hour before performance times.

Bible Study Group

This group meets on Saturdays at 10:00 AM in Karr Activity Center. For those who want to take a deep dive into the scriptures as they relate to politics, economics, society and culture, history and more.



Do you love coffee and coffee drinks? Be sure to stop by the Huckleberry Cafe and get your Loyalty Card! If you buy four coffee drinks, you get the fifth one free!



secret image

15

April

Monday, 2:00 - 3:00 PM

Lifelong Learning Institute - Advance Directives, Documenting Your Wishes for End-of-Life-Care

This event is open and free to Warm Hearth Residents.

End-of-life care can be filled with urgent critical medical decisions and no good answers. A well-thought-out and communicated advance medical directive conveys your wishes to both medical professionals and to family members. During this session you will learn about the types of advance medical directives. Tools will be provided for learners to take home with them.

Beth Scott is the director of case management at LewisGale Montgomery and LewisGale Pulaski. She started her career as a social worker in hospital case management. She has been in case management for 29 years and now directs a team of RN case managers, social workers, and a palliative care nurse.

15

April

Monday, 2:00 PM

Karr Activity Center

American Sign Language Day

Monday, April 15th is National ASL Day (American Sign Language). To celebrate this holiday, resident Cynthia Hayes, will share her knowledge and personal history with ASL. She will explain the use of phrases and the breakdown of the manual alphabet. She will show examples of International Sign that is used globally, and will welcome questions about this mode of communication. Light refreshments provided.

18

April

Thursday, 6:00 PM

Karr Activity Center

Quilts of Valor

Join us as seven of our Warm Hearth Village veterans from all over the village will be presented with Quilts of Valor honoring their military services.

All residents are welcome to come out and support these veterans in this well-deserved honor. Members of the NRV Quilt of Valor Foundation will be presenting the quilts. Refreshments will be served following the presentation.

Any questions about this event or about the Village veterans social group please contact Cindy Rethwill, 479-420-4673.



19
April

Village-wide

Friday, 10:00 AM - 3:00 PM

Spring Cleaning - Treasurer Trove Donation Drive

Turn your spring cleaning into "spring meaning!" Please donate your unwanted (in good condition – no tears or stains) furniture, art, home décor, household items, books, jewelry, antiques and collectibles during our donation drive. Please call Karen Strickler, Store Manager at (540) 200-7012 during regular store hours to get your name and address on our pick-up list! All donations are tax-deductible.



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!

Resident Care Concerns

Are you concerned about a neighbor and you are not sure how to help? There are people who know exactly what to do and they are only a phone call away. If you have concerns for the safety of a neighbor, please call one of these numbers:

Warm Hearth's Risk Management Team
540-443-3456

Montgomery County Adult Protective Services
540-382-6990

20
April

Karr Activity Center

Saturday, 9:30 - 11:00 AM

Breakfast with VT ROTC

Join this driven group of students from Virginia Tech's ROTC (Reserve Officers' Training Corps) program. Croissants and other similar breakfast items and coffee will be provided. These students are eager to chat with residents and learn any words of wisdom you have to offer younger generations! **No reservation required.**

23
April

Karr Activity Center

Tuesday, 2:00 - 3:00 PM

Arthritis Discussion with Lisa Assad

Lisa Assad, Staff Development Nurse, will present an overview of Arthritis. The presentation lasts roughly 30 minutes and covers types of arthritis, symptoms, and treatments. The Q & A that follows often leads to engaging discussions among neighbors tapping our collective knowledge. These informal meetings conclude in under an hour; please join the conversation as we survey the latest information on this all-too familiar topic.

The plan for 2024 is to offer presentations during even months, so expect to hear from Lisa again in the June Log.

24



April

Wednesday, 11:00 AM

Tall Oaks Hall
Village Center

What is Green Burial

In collaboration with the Funeral Consumer Alliance of the Virginia Blue Ridge, Warm Hearth Village welcomes John Boyer from the Town of Blacksburg to speak about the town's green burial option for Westview Cemetery. A green burial is a way of caring for those who have passed that minimizes environmental impact. If you're curious about green burial bring your questions. John will have answers!

Reservation required: Call Bix at 540-443-3800.

Registration deadline: Tuesday, April 19th, 2:00 PM.

The Village Center has greeting cards!

The Village Center has a variety of handmade greeting cards available for purchase.

Cards are \$2 each and proceeds benefit the Warm Hearth Foundation.

Stop in at the front desk to have a look!



Hello Warm Hearth Villagers. My name is Scott Bryant and I am your Marketing and Outreach Coordinator at Warm Hearth at Home. Here at Warm Hearth at home we provide Home Health, Home Care and Housekeeping services.

In April we are shining a spotlight on Parkinson's disease Month. Please reach out to me if you have any questions about Warm Hearth Home Health, Homecare services: (540) 312-2009

Building Bridges Program

Do you have a computer? Are you willing to download Zoom? Are you wanting to connect with other older adults and college students from the comfort of your own home? "Building Bridges" just might be the right program for you!

Building Bridges is a virtual program bringing people together across generations to socialize and play games such as Family Feud, Jeopardy, Pictionary and more! For more information - contact Caleigh Hampton at caleighh@vt.edu or Corynne Emmerson at cemmerson@warmhearth.org

24

April

Wednesday, 11:30 AM - 1:00 PM

Single Ladies Lunch - Avellinos

Avellino's is located in the First and Main Plaza in Blacksburg at 1440 S Main St #110.

This group was formed to foster connectivity, and friendship among single women (single, divorced, widowed) across all neighborhoods of Warm Hearth through planned and spontaneous activities. **No reservation required.**

Off-Campus

26

April

Friday, 3:00 - 5:00 PM

70's Karaoke

Come join us for Karaoke from the decade that started it all, the 1970's. Whether you love rock 'n' roll, want to escape to margaritaville, or put on your boogie shoes; we've got a song for you to sing or sing along to. We'll also be exploring open mic through poetry readings, instruments, comedy, and anything else you can imagine. Complimentary snacks will be available with a cash bar. The cash bar opens at 2:30 PM.



Tall Oaks Hall
Village Center

April 13th, 9:43 AM

April 16th Remembrance Walk

Warm Hearth Village neighbors, the 17th annual 3.2 Mile Remembrance Event honoring the 32 victims of the April 16, 2007 tragedy at Virginia Tech will be held Saturday, April 13th.

Just as we did last year, you can walk the 3.2 miles on the Warm Hearth Village campus using the same route we did last year. We will have residents familiar with the route who can guide you. The 3.2 mile event will start at the Village Center at 9:43 am on Saturday, April 13th.

If you prefer, instead of doing the entire 3.2 miles on Saturday, you can break your walk up to cover the 3.2 miles over two or three days, and still get credit for being one of the many thousands who complete the walk in honor of the 32 fallen students and faculty.

Registration is not required for our Warm Hearth Village walk, but if you do plan to participate please email your intentions to John Hillison at js.hillison@gmail.com so we can have adequate water and refreshments and know the total number of participants. Last year, 30 of us walked the route!

John Hillison & Richard Shepherd

Out and About Drug Take-back Event

I just wanted to inform everyone of the upcoming drug take back event that will be happening in the Town of Christiansburg. The Spring session of the National DEA Drug Take Back will be held on April 27th of 2024 at Christiansburg Pharmacy, located at 470 N. Franklin St., between 10AM- 2:00PM. This is a great opportunity to get rid of expired or unneeded medications to keep them out of the wrong hands. There are some exceptions as to what they will take however. Please do not try and dispose of any aerosols or syringes at the Drug Take Back. These items are not eligible for drop off for this event.



Jigsaw Puzzle Tournament

May 10
Tall Oaks Hall
2 to 5pm



Registration required by 4pm April 19.

Call Bix at (540) 443-3800 or email mktgc@warmhearth.org.

Calling all jigsaw puzzle enthusiasts! We are hosting a 50th anniversary celebratory jigsaw puzzle tournament so our skilled village puzzlers can show us how they piece things together.

Teams of participants will receive identical puzzles to assemble under timed pressure in front of live audience! All for good competitive fun. Puzzle it out in teams of one to four. We might even let you look at box! (We will.) Whoever completes the picture or has the fewest pieces remaining when time is called wins the grand prize!

We know there are plenty of puzzlers in our Village. Let's see those skills as you enjoy yourselves and battle it out on the table!

We can accommodate 9 teams of up to four people each. Sign up with a team name and we will reveal all teams in the May Log when we invite the audience. Do indicate if you would be open to combining with any singles, doubles, or triples.



Useful Phone Numbers

The Village Center

Front Desk/Concierge: 443-3800
Huckleberry Cafe: 443-3801
The Village Gourmet Catering: 443-3802
Fitness Center: 443-3474
Health Care Information - Linda Kirkner: 443-3415

Life Enrichment

Mardy Baker: 443-3434 (Karr Activity Center)
Susan Bixler: 443-3800 (Village Center)
Corynne Emmerson: 443-0409 (Showalter Center)
Danielle Snuffer: 443-0407 (KHCC)

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

The email format used at Warm Hearth is "first initial and last name @ warmhearth.org".
For example, Sara McCarter's email is smccarter@warmhearth.org.



Please recycle old issues of The Log.

LOG Questions: Sara McCarter, smccarter@warmhearth.org