

Celebrating 50 Years!

The
Log

May 2024



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 Pickleball
- 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
- 3:30 Taiji for Wellness

TUESDAY

- 9:00 Fit 4 Life
- 10:00 Pickleball
- 11:00 Posture, Balance & Gait (advanced)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

WEDNESDAY

- 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
 - 3:00 Ai Chi (P)
- (No Ai Chi until 5/21)

THURSDAY

- 9:00 Fit 4 Life
- 10:00 Pickleball
- 11:00 Posture, Balance & Gait (advanced)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

FRIDAY

- 10:00 Pickleball
- 10:00 Posture, Balance & Gait (beginner)
- 10:30 Arthritis Aquatics (P)
- 11:00 Chair Yoga for Wellbeing (no class 5/3)
- 12:00 Mat Yoga (no class 5/3)

SATURDAY

- Open Swim (P) / Open Gym
- 2:00 Pickleball
- 10:30-11:15 Aqua Yoga - first and third Saturday of the month (no Aqua Yoga 5/4)

The entire Village Center will be closed on May 27 in observance of Memorial Day. This includes Fitness, the Cafe and all offices. The Fitness Center will also be closed May 25.



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 443-3800 with the correct answer will win a gift card to Starbucks. If it is a hidden image, you need to find it and tell us the significance or meaning behind it. Happy Anniversary to all!!!

3, (and more)
May

See below

Huckleberry Cafe
Village Center

Fabulous Fridays & Magic Mondays

Fabulous Fridays, 8-10am

Breakfast Special, \$7.95. Special includes breakfast buffet and hot coffee or tea. We will also have orange juice for \$1.00, café drinks for \$1.50, Mimosas and Bloody Marys for \$5. Order for pick-up or enjoy in dining room. **No reservation needed.**

May 3rd Pancakes

May 10th BYO Omelet

May 17th Donut Day with Toppings Bar

May 24th Biscuits, Gravy, and Grits

May 31st French Toast Skewers

Magic Mondays, May 6th and 20th, 4-6pm

Dinner Special, \$7.95 Full menu also available.

Wine flight \$10, glass of wine starting at \$5, beer \$5 including non-alcoholic options. Order for pick-up or enjoy in the dining room. Live music on May 20th with Bobby Parker 4:30-5:30pm. **No reservation needed.**

3
May

Friday, 9:30 - 10:30 AM

Woodland Studio
Village Center

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.

Continued on next page.

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

Bocce Ball

Tuesdays
4:00 PM
Village Center
Contact: Roland Byrd

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

Croquet

Mondays & Wednesdays
4:00 PM
Village Center
Contact: Roland Byrd

Dancing Divas

Tuesdays
3:30 - 4:15 PM
Village Center
Contact: Mardy Baker
mbaker@warmhearth.org

Continued to next page.

3
May
Friday, 12:00 PM

Tall Oaks Hall
Village Center

Kentucky Derby Birthday Tea

Race your way to the Village Center for May's Kentucky Derby themed Birthday Tea. There will be a hat parade and contest for both men and women w/ prize! We will serve tea sandwiches, cake, tea, and a Mint Julep to toast. Gluten-free items available. Sign up by contacting 540-443-3800, deadline May 1st.

Reservation required: Call Bix at 540-443-3800. Guests welcome at \$10 each. Cash or checks to Warm Hearth Inc. Please mention if you need a gluten-free option.

Registration deadline: Wednesday, May 1st.

5
May
Sunday, 2:00 PM

Tall Oaks Hall
Village Center

Blacksburg Community Strings Spring Concert

The Blacksburg Community Strings presents **Music from the New World**, featuring works from Antonin Dvorak, Carl Strommen and Robert Sheldon. This event is free and donations are accepted. **No reservations necessary.**

7
May
Tuesday, 3:00 PM

Karr Activity Center

Robbie Vance Afternoon of Music

Enjoy music from all eras hosted by Robbie Vance. Feel free to bring a friend and throw out some requests. A wonderful time will be had by all.

8,22
May

Carson Library

Wednesdays, 9:00 AM- 4:00 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

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

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

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

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 Thursday
3:30 - 4:15 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

Continued to next page.

8

May

Wednesday, 11:00 AM

Karr Activity Center

Mug Floral Arrangements

Celebrating moms past and present with this fresh floral arrangement class. Fresh flowers will be prepped for arrangement in a mug, along with a soaked foam block. All you need do is BRING A MUG (please no vases) to arrange your florals in.

Reservation required: Call Bix at 540-443-3800. Limit 18. Free for residents, \$5 for guests.

Registration deadline: Friday, May 3rd

9

May

Thursday, 4:00 PM

Tall Oaks Hall
Village Center

Story Hour Happy Hour

This Story Hour will feature Warm Hearth's own troubadour Hugh VanLandingham entertaining us with another rendition of "Broadway in Blacksburg". He will combine his storytelling skills with his lovely singing voice into a never-seen-before musical. Come one and come all for a lovely afternoon with your fellow residents! **Cash bar opens at 3:30! Entertainment starts at 4:00.**

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

10

May

Friday, 2:00-5:00 PM



Tall Oaks Hall
Village Center

Jigsaw Puzzle Tournament

We are hosting a 50th anniversary celebratory jigsaw puzzle tournament so our skilled village puzzlers can show us how to piece things together. You are welcome to stop in and cheer them on. Puzzlers will be hard at work until at most 4pm when we will announce the winner.

Teams are The Puzzlers, Falling to Pieces, The Buddies, Three on the Edge, Justice of the Pieces, and one to be determined.

We have room for three more teams of one to four puzzlers. If you are interested, call Bix at (540) 443-3800 or email mktgc@warmhearth.org.

Light refreshments will be served.

Groups & Clubs - continued

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

Village Quilters

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

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 - 2:00 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

12

May

Sunday, 11:30 AM - 1:30 PM

Mother's Day Brunch

Join us for this special Mother's Day Brunch. The last seating will be at 1:10 PM. The cost is \$21.95 /person. Cash bar opens at 11:30 AM. Try our Strawberry Fields Sangria, Bloody Mary and Mimosa!

Menu

Frittata (breakfast sausage and egg casserole)
Berry Yogurt and Granola Bowl
Bacon
Biscuits
Beef Burgundy
Grilled Chicken in Pesto Sauce with Roasted Red Peppers
Macaroni and Cheese
Mashed Potatoes
Seasoned Baked Vegetables
Raspberry Truffle, Vanilla Cupcakes

Reservation required: Call the cafe to make your reservation and place to go orders. 540-443-3801.

Registration deadline: May 7th at 2:00 PM

13

May

Monday, 3:00 PM

Folk Music with Ash Devine

Looking for a late afternoon of folk and Americana roots music? 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.

14

May

Tuesday, 1:00-3:00 PM

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.

15

May

Wednesday, 11:00 AM - 1:30 PM

Lunch Trip - Sandro's Italian

Join Mardy on a lunch trip to Sandro's Italian, located in the Christiansburg Mall area. The trip is limited to 12 and one wheelchair spot. Call 443-3800 to sign up for your ride. All participants responsible for their own lunch cost. Pick ups begin at 11am, and group to arrive back around 1:30pm.

Tall Oaks Hall
Village Center

Karr Activity Center

Karr Activity Center
Outside

Off-Campus

Fitness Massage Services

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

Fitness Gallery Art Wall 2024 Art Changes

July 15th
October 15th

Save the Date!

Our 11th annual Cheeseburger in Parot-dise will be Saturday, August 10th. It is going to be A Shell of a Party! Mark your calendars and stay tuned for details!

Aerial Photo

Want to be in our 50th birthday aerial photo? We will be gathering to form the number 50 with human beings and it will be photographed from a drone! We don't know the date yet but are hoping for May. If you would like to participate, please call Bix and let her know by May 10th. 540-443-3800.



Hello Warm Hearth Villagers. It is Scott Bryant again, your Marketing and Outreach Coordinator at Warm Hearth at Home. For the Month of May we are celebrating May 5th as World Hand Hygiene Month. Dedicated to raising awareness to washing your hands to reduce the risk of spreading viruses. Warm Hearth Villagers let's wash our hand and celebrate hand hygiene.

Please reach out to me if you have any questions about Warm Hearth Home Health, Homecare services: (540) 312-2009
Thank you,
Scott

15 May

Karr Activity Center

Wednesday, 4:30 - 5:00 PM

Virginia Tech String Project

The Virginia Tech String Project, Directed by Molly Wilkens-Reed, will be performing at the Karr Activity Center. This student group is formed from seven violin and viola students, ranging from age 4-18. They will perform a short program of classical music.

16 May

Karr Activity Center

Thursday, 12:30-2:00 PM

Vaccine Clinic

All vaccines will be available by Blacksburg Pharmacy. You must call Kevin 540-443-3456 or Alisha 540-443-0415 to reserve your spot. Please bring your insurance card with you.

17 May

Tall Oaks Hall
Village Center

Friday, 3:00 - 5:00 PM

Karaoke and More!

Come have some fun supporting and laughing with your neighbors. You can sing, read your favorite (short) poem, play your harmonica, tell a joke -- you get the idea. Bring songs you'd like to try, or ones you know the audience will love. For Karaoke, Marcus will have both a jumbo screen with lyrics for everyone to see and a small screen which the singer can use while facing the audience. Suggestions from the audience will be welcome, and if you know in advance a couple of songs, you can send them to hughv@vt.edu, and Marcus can have them queued up, ready to go. Complimentary snacks will be available with a cash bar. The cash bar opens at 2:30 PM along with some background piano music with Phyllis Albritton, so come early and get in the mood.

22 May

Tall Oaks Hall
Village Center

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.

Join by Zoom if you prefer:

<https://zoom.us/j/98609811148>

Meeting ID: 986 0981 1148

Dutch Trivia Question

In the 16th century, Dutch farmers started breeding this root vegetable to be the color we know it today. What root vegetable was this?

Mardy's Back!

Mardy's classes are starting back up! They are listed under Groups & Clubs on the left sidebar. As a reminder, descriptions of her classes are listed below.

Dancing Divas - Tuesdays 3:30-4:15 Fitness Studio

This class is all about fun! Learn easy move routines to upbeat music for cardio fun. Using basic dance steps and upper arm motions to music you know and love. This class will build each week, with a segment of new movement teaching weekly. Drop-in and outs are fine and class is designed for men and women.

Timeless Tappers - Thursdays 3:30-4:15 Fitness Studio

This is a beginner to intermediate tap skills class focusing on combination steps to improve balance and memory. Class will teach and repeat shortened combinations to music with use of some hand props for advanced eye hand coordination.

A Message from the Foundation

We hope you will join us at the Town Hall Meeting on May 22nd. Ali Davitt will be sharing some information and answering questions about The Wybe and Marietje Kroontje Heritage Society and ways to support the Foundation through planned giving. If there are specific questions you have that you would like for her to address, please forward your questions to adavitt@warmhearth.org.

All Veterans and Active Military

Mission BBQ in Christiansburg will be honoring veterans and active military with a free sandwich on May 18th from 11:00a - 2:00p. The address is 2585 Market Street, NE Christiansburg VA 24073.

24

May

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. Jennifer Speiden, will lead 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.

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

Registration deadline: May 22 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.

27

May

Monday 11:00 AM

Memorial Day Concert in WWII Park

The Blacksburg Community Band will perform a Memorial Day concert at the WWII Park. The music will last approximately 40 minutes and highlight traditional Americana music. Seating will be available, however, you may bring your own camping chair. In case of rain, the program will be held in Tall Oaks Hall, Village Center.

29

May

Wednesday, 11:30 AM - 1:00 PM

Single Ladies Lunch

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.**

1

June

Saturday, 3:00 PM

Remembrance Walk

Our remembrance walk offers a quiet opportunity to reflect upon the memory and contributions of family and friends who have been a special part of our lives at Warm Hearth Village. Groups and individuals are invited to join the short walk held on our beautiful woodland trails as a way to honor and remember them. Meet at the Village Center at 3:00 PM for a pre-walk event with refreshments. The address is 2387 Warm Hearth Drive, Blacksburg.

Sign Up Required: Contact Bix at 540-443-3800. If you are remembering someone, please provide the name.

Registration deadline: May 28th

Tall Oaks Hall
Village Center

WWII Park

Woodland Studio

Tall Oaks Hall





We Love Our Nurses!

Nurse Appreciation Week May 6-12



Looking for Residents Potentially Interested in Helping the Resident RRR (Reuse, Reduce, and Recycle) Subcommittee

Your resident RRR team has been in existence since August, 2018 working mainly on recycling.

Recently we have lost members. We still have recycling issues to complete while looking at new efforts in the Reduce and Reuse portion of our charge. The Reduce effort is to purchase less new and consider Reuse of items from the past. Education is needed in these areas.

We would like to invite interested residents to our monthly meeting held the second Thursday of the month at 10-11 am. This meeting would provide you the opportunity to see if your interests match some part of our mission. Moreover, it will allow you to ask questions that will help you decide whether to join us. If we don't, WHO will?

Contact: Larry Mitchell
Chair: Reduce, Reuse, and Recycle (RRR) Subcommittee
Email us at drlldmm@comcast.net with the subject: **RRR for an invitation to the meeting with venue details.**

Thanks for considering exploring how we can save the planet, little by little.

Local Workshop - 9 am to 2 pm

Rosalynn Carter Institute for Caregivers - Dealing with Dementia
Giles County May 6th, Pulaski County May 9th, Montgomery Co. May 10th, Floyd Co May 13th

The Virginia Cooperative Extension Offices in Floyd, Giles, Montgomery & Pulaski Counties, are partnering with Rosalynn Carter Institute for Caregivers. Will be presenting a review of the Dealing with Dementia guidebook. A light lunch will be provided.

Dealing with Dementia (DWD) is a four-hour workshop, paired with the comprehensive Dealing with Dementia guide, a detailed workbook designed to help you navigate the unique challenges of caring for someone with dementia. Learn how to better understand dementia, manage behaviors, handle stress, and find more time for yourself.

FREE PROGRAM | PRE-REGISTRATION REQUIRED

To Pre-Register call 540-745-9307

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