

Celebrating 50 Years!

The **Log** July 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
CLOSED JULY 4th & 6th

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 Aqua Fit (P)
(class at 11:45 on 7/2)
- 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)

THURSDAY

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

FRIDAY

- 10:00 Pickleball
- 10:00 Posture, Balance & Gait (beginner) (no class 7/5)
- 10:30 Arthritis Aquatics (P) (no class 7/5)
- 11:00 Chair Yoga for Wellbeing
- 12:00 Mat Yoga

Continued on next page.

Village Center Holiday Closings

Thur, July 4	Fri, July 5	Sat, July 6
The entire Village Center will be closed. This includes offices, fitness and cafe.	Offices and the cafe will be closed. Fitness is open.	The entire Village Center will be closed. This includes offices, fitness and cafe.



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!!!

1 July Tall Oaks Hall/Patio
Monday 11:00 AM - 3:00 PM Village Center
Village-wide July 4th Celebration

Wear your red, white, and blue to the best cookout of WHV's 50 years! This come-and-go event runs 11am-3pm at the Village Center. Games, DJ and food will entertain your patriotic spirit and leave you with a smile.

Learn about pickleball at 11am on the Pickleball court or Bocce Ball and Croquet on the side lawn at 3pm. Yard games will be available on the patios.

The Huckleberry Café will run a special for two hot dogs, drink, chips and watermelon for \$5. Other than this event, the cafe is only open on July 1 from 8am - 10am for breakfast.

2 July Karr Activity Center
Tuesday, 3:00 PM

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.

SATURDAY

Open Swim (P) / Open Gym

10:00 Pickleball

10:30-11:15 Aqua Yoga - first and third Saturday of the month

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.**

Groups & Clubs - Quick Guide

Bocce Ball

Tuesdays

6:00 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

Wednesdays

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

6:00 PM

Village Center

Contact: Roland Byrd

Dancing Divas

Tuesdays (no class 7/2)

3:30 - 4:15 PM

Village Center

Contact: Mardy Baker

mbaker@warmhearth.org

Continued to next page.

5, (and more) July

See below

Huckleberry Cafe
Village Center

Fabulous Fridays & Magic Mondays

Fabulous Friday Breakfasts

8 to 10am • Huckleberry Café • \$7.95 Breakfast Buffet

Join us for our weekly breakfast buffet with fresh fruit, bacon, and a featured specialty. All orders include hot coffee or tea.

Add orange juice for a \$1.00 or specialty café drink for \$1.50.

All are welcome, no reservation needed! Order for pickup or enjoy in our dining room.

Friday, July 5th - Cafe will be closed

Friday, July 12th - French Toast

Friday, July 19th - Grits Breakfast Bowls

Friday, July 26th - Pancakes

Magic Monday Dinners

4 to 6pm • Huckleberry Café

Join us for dinner and a show at the café! Weather permitting we will have both indoor and patio seating available.

Monday, July 8th

\$7.95 Dinner Special: French dip sandwich with crispy potato wedges. Music: Guest pianist and composer, Joel Harrington. Music plays from 4:30 – 5:30pm, dinner and drinks begin at 4pm.

Monday, July 15th

\$7.95 Dinner Special: Sesame ginger salad with side of coconut rice. Music: Guest flute and guitar duo Allegro Music

Monday, July 29th

\$7.95 Dinner Special: Grilled cheese with lobster bisque and corn bread. Beer and Board Games: Try out new beers with specials on beer flights. Board games, cards and puzzles will be available.

All are welcome, no reservation needed!

Order for pickup or enjoy in our dining room.

8 July

Karr Activity Center

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.

Groups & Clubs - continued

Green Committee

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

Guided Meditation

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

Headline News Discussion Group

Thursdays
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)

Fridays
10:00 AM
Carson Library
Contact: Mardy Baker
mbaker@warmhearth.org

Reduce, Reuse, and Recycle (RRR) Subcommittee

Second Thursday each month
10:00 - 11:00 AM
Living Room / Huckleberry Cafe

Tap Club - Timeless Tappers

Thursdays
3:30 - 4:15 PM (no class 7/4)
Village Center
Contact: Bix
mktgc@warmhearth.org
443-3800

Trivia, Coffee, and Donuts

Tuesdays
10:15 - 11:00 AM
Karr Activity Center
Contact: Mardy Baker
mbaker@warmhearth.org
443-3434

Continued to next page.

9 July

Tuesday, see below



Tall Oaks Hall
Village Center

Snow Ferreniea Garden Presentations

Snow Ferreniea, a professional horticulturist from England, moved to the U.S. in the 1970s. She has led horticulture at top gardens and taught gardening courses. Now retired in Abingdon, Virginia, she continues to teach and garden.

10:30 AM

Plants for Birds, Butterflies and Pollinators

Learn how to use flowers and plants to attract pollinators and enhance your garden's beauty while supporting wildlife.

1:30 PM

Garden Screens

Think outside the box about using plants of various sizes to create an outdoor oasis living space that will offer privacy in a natural beautiful way.

9 July

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 July

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.

10 July

Wednesday, 1:00 PM

Karr Activity Center

Birthday Tea & Cake Social

Welcome all with birthdays (or not) at the monthly Birthday Tea & Cake social. Starting at 1pm, attendees will be treated to a selection of gourmet cake and hot teas using real china cups. We will conclude with a boisterous round of Happy Birthday.

All are invited, and guests are welcome at \$5 each. No reservations necessary, hats of any sort are encouraged. Weather permitting, we may host this outside, please dress accordingly.

Groups & Clubs - continued

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 - 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.

11

July

Karr Activity Center

Thursday, 5:00 - 6:00 PM

Neighbors Entertaining Neighbors

Come enjoy a variety of music, jokes and "who knows what?" and be ready to join in. Resident Hugh VanLandingham will be your host. Limited refreshments will be available and 5:00 is the hour to relax! BYOB (Bring your own beverage) and snacks. Sharing is okay, too. Questions? Contact Hugh at hughv@vt.edu or by calling 540-552-4328.

11

July

Tall Oaks Hall Village Center

Thursday, 4:00 PM

Story Hour Happy Hour

What a treat we have in store this Story Hour. Lanae Hall, a retired nurse who lives in WoodsEdge, has been a poet and songwriter in her spare time for many years. She will be reading original poetry that showcases emotions that all Warm Hearth residents have experienced as we have gotten older. Marion Ehrich, a pharmacologist who has taught both veterinary and medical students at Virginia Tech for many years, is an accomplished pianist, and she will play some short classical pieces that will relate to all residents. Remember the cash bar opens at 3:30.

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

15

July

Karr Activity Center

Monday, 1:00 PM

Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusевич to teach a monthly greeting card class. You will go home with a professional collection of handmade cards after step-by-step personal instruction. No experience or artistic talent 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: July 8 at 1:00 PM

17

July

Karr Activity Center Outside

Wednesday, 2:00 - 3:00 PM

Splish Splash Party

Beat the heat with a splish-splash party! The Karr patio will be the place to be with a sprinkler ready to cool you off. Water balls can be tossed with your favorite neighbor or squished over your head. Cool icy treats will keep the party going. Come hang out and feel like a kid again. Dress to get wet and bring a towel. Secure footwear is a must, especially if getting wet.

All are welcome to join the fun! If event is successful, we will plan on doing it several more times before the summer is over.



Hello Villagers this is Scott Bryant, your favorite Marketing and Outreach Coordinator for Warm Hearth at Home. For the month of July we are celebrating Healthy Vision Month. I encourage you to wear your sunglasses and get regular vision exams. As always, if you have any concerns about your health or questions about how we can help you, please reach out. Include his email and phone number.

Reach out by calling 540-312-2009 to learn how we can help you. Thank you - Scott



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!

Eyeglass Recycling

A friendly reminder that we have a dropbox from the Lions Club to collect eyeglasses for recycling. It is located at Karr Activity Center.

17
July

Wednesday, 11:00 AM

Tall Oaks Hall
Village Center

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/94449018628>

Meeting ID: 944 4901 8628

19
July

Friday, 1:00 PM

Karr Activity Center

Advanced Paper Crafting

Everyone loves to go to their mailbox to find someone has remembered them with a handwritten letter or a greeting card. Many people hold dear and treasure these remembrances and tuck them away for later reflection. This is especially true today. In this class series participants will create five projects choosing from a wide selection of styles and techniques. Participants will leave with beautiful, handmade greeting cards to have on hand, ready to send when those special occasions arise. Melissa Matusovich teaches this advanced paper crafting class.

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 Matusovich.

Registration deadline: July 12th @ 1:00 PM (Call Bix if you need to cancel).

23
July

Tuesday, 12:00 - 4:00 PM



Tall Oaks Hall
Village Center

Great Dutch Bake-off - Pie in July!

We're celebrating our 50th anniversary with a fun and delicious event you won't want to miss! Ten teams of talented bakers will compete to create the best apple pie using a unique list of 20 ingredients. The winner will receive a gift certificate and have their pie reproduced for sale in our Café. There will be room for observers, so mark your calendars for an afternoon of excitement and deliciousness!

How It Works:

Each team will have their own station with various ingredients and supplies. Bakers must determine the mix and measure needed to create a mouth-watering apple pie.

Don't Miss Out:

Register by July 19th! This competition is open to residents and staff. Teams can be one to four people each. **Call Bix to register at 540-443-3800.**

Resident Care Concerns

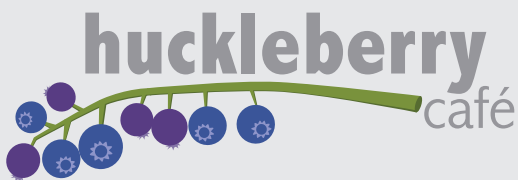
Are you concerned about a neighbor and you are not sure how to help? There are people who know exactly what to do and they are only a phone call away. If you have concerns for the safety of a neighbor, please call one of these numbers:

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

Montgomery County Adult Protective Services
540-382-6990

Pet Reminder

For the safety and happiness of all our Warm Hearth furry friends, please keep your pets on a leash and remember to clean up after them when they do number two!



The Huckleberry Cafe is happy to offer pre-scheduled delivery times inside our Village. We offer delivery at 10:30 AM, 11:30 AM and 3:00 PM.

Please help us by having your orders in by the required deadline of 30 minutes in advance of the delivery time you would prefer.

Teamwork makes the dream work!



24 July

Wednesday, 11:00 AM

Off-campus

O'Charley's Restaurant

Hop aboard the WHV bus and have a great lunch with neighbors at O'Charley's. Pick up begins at 11am and return will be directly after the meal. If you would like to join us, please call 540-443-3800.

Sign up: Contact Bix at 443-3800. If you want to drive separately, please let us know when you call.

Registration deadline: July 19th @ 1:00 PM (Call Bix if you need to cancel).

31 July

Wednesday, 9:30 AM - 4:00 PM

Off-campus

Claytor Lake Day Trip

Hop aboard the bus and spend the day at the Claytor Lake beach park! A shelter will be reserved for the group with snacks, cold water and beach chairs provided.

Attendees may bring their own lunch and store in the communal cooler provided or a special boxed lunch from the Huckleberry Café may be purchased through Life Enrichment for \$8. (Turkey or Ham on roll with cheese, chips, cookie and water). Please reserve your lunch with choice of meat when you sign up for the trip. Payment for box lunch will be collected at time of trip. Checks (made out to WHV) or cash only please.

Showalter residents will sign up and coordinate meals with Corynne in Life Enrichment.

Please make sure you are dressed for the weather/water and bring sunscreen, hat, towels or any other items needed for a sunny/warm day at the lake.

Pick up will begin at 9:30am with arrival at park at approximately 10:30am. Dependent on participants, return to Warm Hearth may be 3pm or 4pm. Feel free to bring cash/card for purchases at the concession stand. For specific questions about the trip, call Mardy at 540-443-3434 or email mbaker@warmhearth.org. In case of rain, the event will be postponed to another date.

Sign up: Contact Bix at 443-3800. If you want to drive separately, please let us know when you call.

Registration deadline: July 25th @ 1:00 PM (Call Bix if you need to cancel).

Dutch Trivia: Fill in the blanks.

The first _____ in the world was invented by Dutch legislators and businessmen back in 1602. This was done as a means of funding the _____ and its long trade-based voyages from the Netherlands.

All Tappers!

Are you are former tapper and want to recycle your shoes? Drop them off at the Fitness Center or Karr Activity Center and they will be put to good use!

AUGUST: SAVE THE DATE

31

July

Wednesday, 3:00 - 4:30 PM

Recovering from Concussion & Falls with CranioSacral Therapy and Therapeutic Massage

All are welcome to join the Village Center's massage therapist Lora Leigh Giessler for an informative presentation, demonstration and discussion about how receiving therapeutic massage and craniosacral therapy can promote healing in the recovery process of concussion and falls.

Tall Oaks Hall
Village Center

11

August

Saturday, 6:00 - 10:00 PM

SAVE THE DATE

11th Annual Cheeseburger in Parrot-dise Fundraiser

Get ready to dance up an appetite with The Breakfast Club Band and The Panjammers then indulge in refreshing tropical drinks, gourmet cheeseburgers, and delicious Caribbean fare! Don't miss our silent auction featuring one-of-a kind items and experiences - all to benefit the Warm Hearth Foundation and seniors who call Warm Hearth Village home.

In celebration of Warm Hearth's Golden Anniversary, we will have a limited number of special golden tickets with a VIP mix and mingle from 5:00 to 6:00 PM.

Tickets will go on sale July 1st. Visit retire.org and click on *Cheeseburger in Parrot-dise* in the upper right part of the home page.

Tall Oaks Hall
Village Center

7

August

Wednesday, 2:00 PM

SAVE THE DATE

Insect Migration on the Blue Ridge in Virginia

Bruce Grimes is a Virginia Master Naturalist and certified active since 2016. Before that, just a curious observer and photographer of things natural, including butterflies since 1998, and dragonflies since 2000. Led field trips for the New River Valley Bird Club from 1993 to 2003 A participant since 1992 in the Audubon Blacksburg Christmas Bird Count and was co-coordinator for over 20 years,. Has been participating in North American Butterfly counts (called "Fourth of July Counts") since 1999. Monitoring vernal pools for species that can only reproduce in them (called "obligate species") since 2016. Submitting records of plant and animal observations to iNaturalist since 2000 (over 3000 observations). Presenting naturalist programs on various topics since 2003.



Tall Oaks Hall
Village Center

Diet and Dementia Prevention

Provided by Andrea Fulp, Registered Dietitian, Kroontje Health Care Center

Most of us have heard of dementia or even has a loved one with the disease. While there are currently no proven approaches to prevent Alzheimer's and other dementias, there is evidence that lifestyle habits can play a role in reducing your risk. A healthy diet is one of the ways you can reduce your risk.

Get enough omega-3 fats – these can be found in healthy fats such as cold-water fish such as salmon, tuna, trout, mackerel, seaweed and sardines. You can also supplement with a fish oil if you don't enjoy eating fish!

Broken record here...eat your fruits and vegetables! Try to add color to your meals and snacks to maximize your intake of protective antioxidants and vitamins. Summer is the perfect time to try some new vegetables that you may haven't before.

Drink in moderation – there is some evidence that limiting drinking can help reduce your risk. Try just having one drink a day for women and two per day for men.

More research is needed to determine causation of Alzheimer's and dementia, but following a healthy lifestyle may help reduce risk factors of the disease.

Resources:

Harvard Health Publishing. (7/31/19). How a healthy lifestyle can make a difference in Alzheimer's prevention. <https://www.health.harvard.edu/alzheimers-disease/what-can-you-do-to-avoid-alzheimers-disease>.

National Institute on Aging. (4/1/24). Can I Prevent Dementia? <https://www.alzheimers.gov/life-with-dementia/prevent-dementia>.



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

