

*Happy New Year!
Let's Go 2025!*

The **January 2025**
(Can you believe it??)
Log

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
10:00 Healthy Backs (new class!)
see description pg 5 sidebar
11:00 Posture, Balance & Gait
(advanced)
11:00 Aqua Fit (P)
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)
11:00 Aqua Fit (P)
12:00 Chair Yoga for Wellbeing
1:00 Rock Steady Boxing, G2
2:00 Rock Steady Boxing, G1
2:00 Pickleball
3:30 Timeless Tappers

FRIDAY

10:00 Posture, Balance & Gait
(beginner)
10:30 Arthritis Aquatics (P)
2:00 Pickleball

Continued on next page.

----- Marketing Office Holiday Hours -----

12/24, 12/25 and 1/1 - Closed

----- Huckleberry Cafe Holiday Hours -----

12/24, 12/25 and 1/1 - Closed

----- Fitness Center Holiday Hours -----

12/24: Holiday Hours 7AM-12PM

12/25: Closed

12/26: Holiday Hours 9AM-5PM (opening late); NO Posture,
Balance & Gait

12/27: Holiday Hours 9AM-5PM (opening late); NO Arthritis
Aquatics, NO Posture, Balance & Gait

12/28: Regular Hours

12/31: Holiday Hours 9AM-5PM

1/1: Closed

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January

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.

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January

Friday, 1:00 PM

Tall Oaks Hall

Village Center

Birthday Tea & Cake Social

Welcome 2025 by celebrating your neighbors birthdays from across the village! Join the hospitality group at the Village Center as we serve a delightful afternoon tea. Celebrate with mini sandwiches, sweet treats, and your choice of coffee or tea. Birthday month babies get an extra sweet gift with a crowd birthday sing-a-long. New this year, our most mature birthday attendee gets a special surprise gift.

Guests, family and friends are warmly welcomed at \$5 each, residents are free. Attendees don't have to have a birthday to attend. **Note change in location!**

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.**

* 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

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

3rd Floor Day Room, South Trolinger

Contact: Cindy Rethwill

momluvspandas@gmail.com

Croquet

Wednesdays

4:00 PM

Village Center

Contact: Roland Byrd

Green Committee

Third Tuesday of each month

10:30 - 11:30 AM

Carson Library

see below

January

See below

Huckleberry Cafe

Village Center

Fabulous Fridays & Magic Mondays

----- Fabulous Friday Breakfast -----

8 to 11 am • Huckleberry Café • \$7.95

Fabulous Friday is now open an hour later until 11am!

Features a full breakfast with special, sides of eggs, chef's choice protein, and fresh fruit, and includes hot coffee or tea. Add orange juice for a \$1.00 or specialty coffee drink for \$1.50. Mimosas, Bloody Marys, and Irish Coffee also available.

Friday, January 3: Pancakes Made to Order

Friday, January 10: Hashbrown Casserole

Friday, January 17: Omelets Made to Order

Friday, January 24: Breakfast Quiche

Friday, January 31: Waffles

Open to public and residents, no reservation needed, but call ahead for pickup or delivery, 540-443-3801.

----- Magic Monday Dinners -----

3 to 5 pm • Huckleberry Café

Join us on Mondays for dinner, drinks, and entertainment. We will have a featured special, small dinner menu, and cash bar.

Monday, January 6: Casablanca Movie Night

\$7.95 Dinner Special: Turkey Burgers with sides of Sweet Potato Waffle Fries & Kohlrabi Coleslaw

Monday, January 20: Music by Blues Guitarist Marc Baskind

\$7.95 Dinner Special: Buffalo Chicken Stuffed Bell Peppers with side of Tempura Battered Brussel Sprouts

Open to public and residents, no reservation needed, but call ahead for pickup or delivery, 540-443-3801.

----- December Café Special Events -----

Wednesday, January 22: Create & Sip • Woodland Studio

Wednesday, January 29: Winterland Dance Formal • Tall Oaks Hall

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January

Tuesday, 3:00 PM

Karr Activity Center

Robbie Vance Afternoon of Music

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

Continued to next page.

Groups & Clubs - continued

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
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

Village Quilters

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

Continued to next page.

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January

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: Beltone Audiology & Hearing Aid Center 800-553-5993 or 540-343-5567.

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January

Off-Campus

Wednesday, 12:30 - 4:00 PM

Tacos & Thrifting

Hop aboard the WHV bus as we take a trip to Fairlawn, VA for a Mexican lunch at Rocas restaurant and a drop-in to the neighboring Goodwill Thrift Store. This fun, lighthearted trip will let us see different sites in our beautiful New River Valley.

Bus will begin to pick up residents at 12:30pm and will return to WHV around 4pm. (Time for shopping will depend on length of lunch.)

In case of severe weather, trip will be rescheduled to February.

Participation limit: 12 + one wheelchair accessible spot

Sign up: Contact Bix at 540-443-3800

Registration deadline: January 3 at 1:00 PM

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January

Tall Oaks Hall Village Center

Thursday, 3:30 PM

Story Hour Happy Hour

Please join your Warm Hearth neighbors as Hugh VanLandingham and his melodious voice entertain us at Story Hour. Hugh has performed multiple times in the Karr Center and the Village Center over the years, and this January Story Hour will be a great way to start 2025 with a smile.

Story Hour begins at 4:00 pm. Remember the cash bar opens at 3:30. See you then!

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

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January

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 on some of our most iconic songs.

Groups & Clubs - continued

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

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.



The Blacksburg Chapter of the AARP is a great source for health, financial and community resources related to senior issues. Find out more and get involved by visiting blacksburgaarp.org.

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January

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. Stop by on your break or lunch!

For more information contact Karen Nelson at 443-3412.

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January

Thursday, 4:00 - 5:00 PM

Karr Activity Center

Open Mic Hour with Host Hugh

Join resident Hugh VanLandingham for an evening of laughter and music. Hugh will host the open mic night for residents who would like to share their talents with the group. Come enjoy a variety of music, jokes and who-knows-what and be ready to join in! Limited refreshments will be available. Bring your own beverage and snacks. Sharing is okay too. Questions? Contact Hugh at hughv@vt.edu or call 540-552-4328.

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January

Friday, 11:00 AM - 3:00 PM

Tall Oaks Hall
Village Center

Winter 9-Hole Putt Putt

So you think you can Putt-Putt? Come out to WHV's homemade 9 hole Putt-Putt golf course filled with traps, tricks and turns. The course will be set up in Tall Oaks Hall for the day, first come, first served, drop in/out style. This is a fun way to chase away those winter blues and get a fun competition going among neighbors. Putters, balls, score cards and pencils will be provided. Wheelchair and walker friendly. Stop by the café for a refresher after play and reminisce about your hole in one.

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January

Monday, 1:00 PM

Karr Activity Center

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. Please call if you need to cancel.

Participation limit: 12 (Minimum 4)

Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.

Registration deadline: January 13th at 1:00 PM

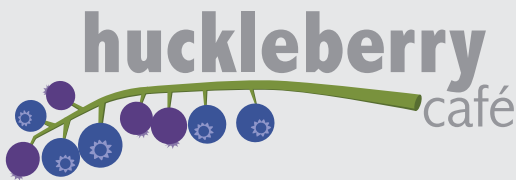


3045 N. Franklin St.
Christiansburg
540-200-7012

This holiday season, keep the Treasure Trove Thrift Store in mind

- When clearing out the old to make space for new holiday gifts
- For gifting – we'll take your unwanted treasures
- All proceeds come back to the Village to benefit WHV

Thank you for your support throughout the year and best wishes for a peaceful and prosperous 2025!



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!

**New Fitness Class
Healthy Backs - Tuesdays 10:00**

In this offering, we will focus on building core stability, improving posture & balance, increasing flexibility, and connecting to breathing patterns to support a healthier and happier back. This is a mat class that will have movement explorations in the following positions: standing, hands and knees (a chair option will be offered if being on hands and knees is not an option in your body at this time), and lying down on the floor on your belly, sides, and back. This class is structured for individuals who can easily get up and down from the floor independently.

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January

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://us02web.zoom.us/j/7606894386?omn=88915806374>

Meeting ID: 760 689 4386

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January

Wednesday, 3:00 - 4:00 PM

Woodland Studio

Village Center

Create & Sip: Batik Tulips

Join Mardy for a new monthly creative time! This class will focus on a pre-designed 8x8 block of silk outlined in a traditional wax batik application in a modern tulip design. Finished piece may be used as a wall hanging, pillow topper or other decorative element. Each participant will receive their own kit, for in class or home. Cheese, fruit and crackers will be provided with hot tea or coffee. Alcoholic beverages may be purchased separately.

Participation limit: 15

Sign up: Contact Bix at 540-443-3800. This class is free for residents, or \$25 for guests. Guests must sign up in person with cash or check written to Warm Hearth Village c/o Life Enrichment in the memo section.

Registration deadline: January 15 at 1:00 PM

Next month's creative is a Punch Needle class with an embroidered butterfly floral design! Have other ideas for a creative class project? Contact Mardy Baker at mbaker@warmhearth.org for your suggestion.

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January

Friday, 1:00 PM

Karr Activity Center

Advanced Paper Crafting

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 Matusевич teaches this advanced paper crafting class.

Participation limit: 15 (Minimum 4)

Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.

Registration deadline: January 17 at 1:00 PM

The Philanthropy Team thanks you for your generous support of the Warm Hearth Foundation in 2024 and is looking forward to many great things in 2025. Names and numbers have changed over the course of the last year so here's an update on how to reach us if you have any questions or need our help in any way. Warm wishes for the new year!

Tambra Dixon, V.P. Philanthropy & Strategic Growth
540-443-3414
tstone@warmhearth.org

Tina Smith, Philanthropy Associate
540-443-3406
tcsmith@warmhearth.org

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January

Wednesday, 4:30 - 6:30 PM

Tall Oaks Hall

Village Center

Winter Wonderland Formal

Warm up the dark days of winter with our Winter Wonderland Formal and Dance. Inviting all to this elegant evening of cheer with a delectable menu of robust appetizers (see below), variety of specialty holiday beverages at our cash bar, and crowning of Winter Wonderland King and Queen. Share your sparkle as you dance to music provided by DJ Rick Pruett. Bar/food opens at 4:30pm, dancing and socializing till 6:30pm. Friends and family welcome to attend!

Gourmet Charcuterie Board Includes:

Baked Brie with Berries, Honey, Candied Almonds & Walnuts
Sliced Prosciutto, Salami, Turkey, Olives, Whipped Feta, Bacon
Wrapped Scallops, Spinach & Cheese Stuffed Mushrooms,
Cordon Bleu Bites, Veggie Tray.

CASH BAR will offer mimosas, bellinis, sparkling punch, wine, beer, and cocktails.

Sign up: Sign up at the Huckleberry Cafe. Tickets are \$25 per person.

Registration deadline: Friday, January 24th at 2pm.



Scott Bryant

Warm Hearth at Home
Marketing & Outreach Coordinator
540-443-0416

Hello Warm Hearth Villagers! I'm Scott your Marketing and outreach coordinator. This month we will focus on the difference between Home Health and Home Care.

What is Home Care?

Home Care services provide non-clinical, supportive assistance to seniors who want to age in place. These services, offered by our compassionate and dedicated team, can include:

- Companionship
- Help with cooking, cleaning, and other household duties
- Transportation to activities and appointments
- Assistance with personal care tasks
- Medication set-up and reminders
- Typically private pay

How is Home Care Different from Home Health?

The key difference between Home Care and Home Health lies in the level of care provided:

- Home Care focuses on non-clinical, supportive assistance, helping seniors maintain their independence and quality of life in their homes.
- Home Health care provides skilled medical care that is prescribed by a doctor and delivered by licensed professionals.

Home Health, typically arranged through home health agencies, may include:

- Skilled nursing care provided by a registered nurse (RN) or licensed practical nurse (LPN) for tasks like wound care, medication administration, and medical testing.
- Skilled therapy from physical, occupational, or speech therapists to aid in recovery.
- Post-surgery or illness recovery support, such as after a stroke or hip replacement surgery.
- Unlike Home Care, Home Health is often covered by medical insurance as part of a physician-prescribed treatment plan.

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

Re-setting in January!

Andrea Fulp, Registered Dietitian, Kroontje Health Care Center

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 **HNCA** **AARP Foundation**

Holidays are typically spent overindulging on sweets and yummy treats with friends. This is an important time with loved ones and should be enjoyed! January can be a great time to reassess your diet and try to focus more on building healthy and nutritious plates. This month, I wanted to review how to build 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. This January, take time to focus on health and make non-weight goals for the New Year! These could include: consuming a vegetable with each meal, increasing exercise in your week, taking time to prioritize hydration, or emphasizing a healthy sleep routine.

Shopping Tip:

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

References:

hnca-mpfoa-2015-b.pdf | Powered by Box

The Empowered Caregiver - A Virtual Education Series



The Alzheimer's Association is pleased to present A VIRTUAL EDUCATION SERIES, designed to provide caregivers with the vital skills needed to effectively manage the complexities of caring for individuals with dementia. Participants have the option to register for individual courses or complete the entire series.

Please register prior to each program by clicking on the title or calling 800.272.3900.

BUILDING THE FOUNDATIONS OF CAREGIVING

Tuesday, January 14 | 1 p.m.

Explore the role of caregiver and the changes that may be experienced, building a support team and managing caregiver stress.

SUPPORTING INDEPENDENCE

Tuesday, February 11 | 1 p.m.

Supporting Independence provides caregivers with strategies to help individuals living with dementia engage in daily activities. The program emphasizes offering the appropriate level of support, balancing safety with the person's independence, and setting realistic expectations.

COMMUNICATING EFFECTIVELY

Tuesday, March 11 | 1 p.m.

Caregivers will learn how dementia impacts communication and provides practical tips for improving interactions. The program covers techniques for clear communication with family, friends, and healthcare professionals, helping caregivers navigate challenging conversations.

RESPONDING TO DEMENTIA-RELATED BEHAVIORS

Tuesday, April 8 | 1 p.m.

This program offers non-medical strategies for managing challenging behaviors and guidance on recognizing when additional support may be necessary. This approach equips caregivers with practical tools to better understand and respond to their loved ones, fostering a compassionate and supportive environment.

EXPLORING CARE AND SUPPORT

Tuesday, May 13 | 1 p.m.

This program covers options such as respite care, residential care, and end-of-life care, helping families make informed decisions. By understanding available resources, caregivers can better support their loved ones and prepare for the transitions ahead with confidence and compassion.

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