



The **Log**

February 2025

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)
(no class 2/12, 2/19, 2/26)

THURSDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (advanced)
- 11:00 Aqua Fit (P) (no class 2/13)
- 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) (no class 2/21)
- 10:30 Arthritis Aquatics (P)
- 2:00 Pickleball

Continued on next page.

see below

February

See below

Huckleberry Cafe

Village Center

Fabulous Fridays & Magic Mondays

----- Fabulous Friday Breakfast -----
 8 to 11 am • Huckleberry Café • \$7.95

Fabulous Friday features a full breakfast buffet 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, February 7:** Omelets Made to Order
- Friday, February 14:** Valentine's Day Muffin's & Pastries
- Friday, February 21:** Pancakes Made to Order
- Friday, February 28:** Grits Breakfast Bar

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

Monday, February 17: Special Musical Guest Violinist, Benedict Goodfriend

We invite you to bring your neighbors, guests and family to witness this outstanding performer. Dinner and cash bar open at 3pm, performance begins at 4pm. Praised by the New York Times for his "individual virtuosity" and called "fascinating" and "passionately expressive" by American Record Guide, Benedict Goodfriend is well known to international and national audiences. He has performed well over 1000 concerts in 200 cities.

\$7.95 Dinner Special: Apple Chutney Pork Chops, Stuffed Mushrooms, Dinner Rolls, Veggie Tray

----- February Special Events -----

Super Bowl Party To-Go! • Orders will be ready for delivery or pickup between 11am and 1pm on Saturday, February 8th.

Order at the café 540-443-3801 | Order deadline: Wednesday, February 5th 2pm

Let us cater your Super Bowl snacks this year!
 Dips & Appetizers - \$28.50/serves 10 people
 Buffalo Chicken Dip + Tortilla Chips with Veggie Tray + Ranch
 Spinach & Artichoke Dip + Tortilla Chips with Veggie Tray + Ranch + Beef or Vegetarian Chili + Cornbread + Deviled Eggs

Cookies - \$11.95/dozen - Chocolate Chip Toffee Cookies
 Double Chocolate Cookies, M&M Cookies, Almond Joy Cookies (GF)

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

momluspandas@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

Continued to next page.

4 February

Tall Oaks Hall

Tuesday, 1:00 PM

Falconry Lecture

Falconry is defined as the sport of working with a wild raptor. Join Tony Pierson as he discusses aspects of a variety of raptors - their lives and personalities and their unique hunting styles. He will have his working raptor with him. Tony has done falconry for five years and has worked with seven different raptors in that time. This is your chance to see one of these incredible birds up-close and observe their beauty.

4 February

Karr Activity Center

Tuesday, 3:00 PM

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.

5 February

Off-Campus

Wednesday, 10:00 AM

Lunch and Thrifting: Mission BBQ & MCEAP Thrift Store

Enjoy a fun thrifting and lunch trip again this month. We will start off with shopping at the MEAP Thrift Store in Christiansburg, followed by a lunch stop at Mission BBQ. Bus will begin to pick up residents at 10am and will return to WHV around 1pm. We will shop for approximately an hour, depending on attendees, then head to Mission BBQ in Christiansburg for lunch. If time allows, we will stop by the Treasure Trove Thrift Store after Mission BBQ.

Participation limit: 12 (wheelchair spot, TBD)

Sign up: Contact Bix at 540-443-3800.

Registration deadline: February 3rd at noon.

6 February

Karr Activity Center

Thursday, 1:00 PM

Valentine Cards with Melissa

We are the generation who enjoys sending and receiving greeting cards, and it is convenient to have cards on hand for those special occasions. Dollar Tree sells cards for \$1.25 and at Hallmark cards can cost \$8 or more. This class provides you with twenty cards and envelopes for only \$20 or \$1 per card. In this class you will create twenty cards for many occasions.

Participation limit: 8

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

Payment due on the day of the class.

Registration deadline: February 3rd at 1:00 PM

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
540-443-3434

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
540-443-3434

Village Quilters

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

Continued to next page.

7

February

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.

7

February

Friday, 1:00 PM

Tall Oaks Hall
Village Center

Birthday Tea & Cake Social

Celebrate 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!**

10

February

Monday, 3:00 PM

Karr Activity Center

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.

10

February

Monday, 2:00 PM

Tall Oaks Hall
Village Center

Healthcare Connections

The Brain, 3-Part Lecture Series

This talk series will explore the brain, major age-related cognitive disorders, and strategies to combat cognitive decline. The first talk in the series will explore brain anatomy, the central and the peripheral nervous systems, and sensory versus motor systems.

Kylee Smith is postdoctoral fellow in the department of Biomedical Sciences and Pathology at Virginia Tech. She received her doctorate from the University of Texas in Behavioral Neuroscience focusing on long-term consequences following a traumatic brain injury (TBI). At Tech, she is continuing her research on traumatic brain injuries (TBI) and potential blood biomarkers that can predict poor outcomes following injury in both children and adults.

Parts II and III - Tuesday March 18 @ 2:00, Tuesday April 15 @ 2:00. All are welcome.

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.

11

February

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.

11

February

Tuesday, 2:00 PM

Karr Activity Center

Healthy Eating with Lisa Assad

Healthy eating: Eat this, not that. Simple "swaps" to improve nutrition.

A healthy diet is key to wellness. Join Lisa Assad, staff development nurse, for a brief presentation on ways to make eating healthy easier and more enjoyable. Whether you are trying to eat fewer calories or just eat healthier, small changes, or "swaps," can make a big difference. The presentation will last about 30 minutes and is followed by an informative discussion where participants share ideas and experiences.

12,26

February

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

Check out this Bluberry Breakfast Cake Recipe!

As space allows, we will highlight a recipe each month submitted by a resident.

4 cup Flour

2 cup sugar

1 cup shortening

3 tsp. baking powder

1 cup berries

3 eggs

1 cup milk

1 tsp. vanilla

Mix the first three ingredients together and save 1 cup of crumbles for topping.

Add the eggs, milk and vanilla and mix all together.

Add the berries. Mix again. Bake at 350.



This is what it looks like!

12 February

Wednesday, 3:00 - 4:00 PM

Woodland Studio

Village Center

Create & Sip: Felt Flower Bouquet

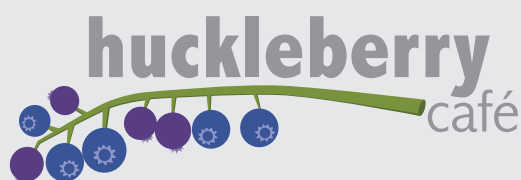
Mardy's monthly class continues with a beautiful rose floral arrangement that never fades! Step-by-step instructions and all the pieces needed will be provided to create this lovely adornment for a table or as a gift. Each participant will receive their own kit, for assembly in class with option to finish at home. Cheese, fruit and crackers will be provided with hot tea or coffee. Alcoholic beverages maybe purchased separately from the café. (Note: the punch-flower craft has been moved to a later month.)

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: February 11 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.



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.

13 February

Thursday, 3:30 PM

Tall Oaks Hall
Village Center

Story Hour Happy Hour

Please join us as Dr. David Kingston, a resident of WoodsEdge, will present "What is a chemist doing in the rainforest?" David's research as a chemist at Virginia Tech involved many trips to Suriname and Madagascar where he collaborated with botanists and conservationists in looking for bioactive natural products in the rainforests of those countries. The cash bar and refreshments start at 3:30, and the presentation, including slides of his travels, begins at 4:00pm.

Remember, everyone has a story. Please consider telling yours, so these special Story Hours can continue. To share YOUR story, contact Richard Shepherd at shepherdrichard333@gmail.com.

14 February

Friday, 11:00 AM - 1:00 PM

Tall Oaks Hall
Village Center

Valentine Brunch & Show - \$18.95

Welcome back our favorite singing couple, Bob and Libby Colia as Second Chance Duo, performing their classic Love Songs. This show is filled with all types of love songs, old and new. The Duo infuse their show with stories and histories of the songs - a wonderful way to celebrate a day of love!

Menu: Brown Butter Ham, Green Bean Almondine, Cornbread, Shrimp & Grits, Egg Quiche, Roasted Breakfast Potatoes, Bacon, Fresh Fruit, Tiramisu & Gluten Free Red Velvet Cookies

Sign up: Contact the Cafe at 540-443-3801.

Registration deadline: Wednesday, February 12th 2pm



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

Heart Health Month: Prioritizing Wellness at Home

Hello Villagers this is Scott Bryant your Outreach Coordinator with Warm Hearth at Home's Home Health Services. We would like to take the time and shine a spotlight on Heart Health this month. As we recognize Heart Health Month this February, it's a timely reminder to take proactive steps to care for our heart health. For those managing heart conditions or aiming to improve overall cardiovascular wellness, home health offers invaluable support and resources to help individuals live their healthiest lives.

1. Medication Management

Ensuring proper medication adherence is a critical aspect of heart health. Home health professionals assist with setting up medication schedules, providing education on prescribed medications and monitoring their effects to help reduce complications.

2. Personalized Care Plans

Each individual's heart health needs are unique. Home health providers work closely with patients and their healthcare teams to create personalized care plans that promote heart health. These plans are reviewed to ensure your goals are being met through your Home Health services.

Thank you
Scott

17
February
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: February 10th at 1:00 PM

17
February
Monday, 4:00 PM

Tall Oaks Hall
Village Center

Magic Monday: Musical Guest Violinist Benedict Goodfriend

We have a special guest for Magic Monday this month! We invite you to bring your neighbors, guests and family to witness this outstanding performer. Dinner and cash bar open at 3pm, performance begins at 4pm. Violinist Benedict Goodfriend will make his debut at the Village Center's Magic Monday. Praised by the New York Times for his "individual virtuosity" and called "fascinating" and "passionately expressive" by American Record Guide, Benedict is well known to international and national audiences. He has performed well over 1000 concerts on major concert series in 200 cities.

\$7.95 Dinner Special. Open to public and residents, no reservation needed! Call ahead for pickup or delivery. 540-443-3800

18
February
Tuesday, 3:00 PM

Tall Oaks Hall
Village Center

VT Lifelong Learning - Monuments Across Appalachian Virginia

Monuments Across Appalachian Virginia (MAAV) is a Mellon Foundation-funded project housed at Virginia Tech. MAAV is a three-year initiative dedicated to the construction of new monuments in our region that memorialize people and struggles often ignored, denied, or excluded. Nine projects have been funded so far. Participants will learn about the process for creating these monuments and then brainstorm their own ideas for re-imagining and memorializing public spaces.

Lauren Trice is the project coordinator for the Monuments Across Appalachian Virginia at Virginia Tech. She holds a B.A. in Historic Preservation from the University of Mary Washington and a masters degree in urban planning from the University of Pennsylvania.

This event is free and open to Warm Hearth residents.

Looking for something to read?

Carson Library, located on the first floor of New River House, is open all day, 7 days a week. Drop by and browse the shelves, and borrow what interests you. No need to sign out a book or pay any overdue fines. For questions, call the library curator, Ella Rutledge, at (207) 650-1769.

Call for Poetry:

And while you're at the library, please take a glance at the bulletin board on your right as you come in the door. Every month we post a "Poem of the Month." Preference is given to poems composed by a Warm Hearth resident. If you are a poet, and would like to have one of your works posted in the library, send your offering in the body of your email to Ella Rutledge at lopsideseast@gmail.com.

Some Recent Arrivals:

National Institute of Aging, *The Caregiver's Handbook* (in Health/DIY); M.C. Beaton, *The Perfect Paragon* (in Fiction); Don Wilton, *Saturdays with Billy* (in Religion); Ivan Doig, *Dancing at the Rascal Fair* (in Fiction); Mickey Rooney, *Life is Too Short* (in Large Print).

February Display:

Virginia is For Lovers! In line with this month's romantic holiday, on display are books from the collection related to the State of Virginia, whether historical, biographical, fictional, or environmental. Feel free to browse and borrow them.

Donation Policy:

All donations to the Carson Library are greatly appreciated. When making a donation, please keep the following guidelines in mind: 1. Donations are limited to 5 books at one time. 2. All donated books are processed before shelving, so please don't shelve them yourself. You can place them in the Returns Box or on the table beside it. 3. We do not keep cookbooks, children's books, magazines or DVDs.

19

February

Wednesday, 2:15 PM

Tall Oaks Hall
Village Center

The Choice is Yours - Information Session

Join us for this informative session to learn all about resources at Warm Hearth Village. See full flyer on page 10 for more details.

20

February

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.

21

February

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: February 14 at 1:00 PM

21

February

Friday, 2:00 PM

Tall Oaks Hall
Village Center

Stories From the Hearth

Join us to celebrate the completion of a collaboration between Warm Hearth Village and Kids Can Write through a special initiative, "Older Kids Can Write". A few Warm Hearth residents shared stories with student "tutors" who recorded the stories and captured them in a book through Kindle Publishing called *Stories from the Hearth*.

We will meet in Tall Oaks Hall and hear an introduction from Warm Hearth's CEO and the Founder of Kids Can Write, Elea Abisamra. There will be time to mingle, purchase books (price TBD) and talk to the authors. You can even have them sign your book if you like! Please bring cash or check made out to Warm Hearth Village if you want to purchase a book.

Sign up: Contact Bix at 540-443-3800.

Registration deadline: February 10th at 1:00 PM.

Village Threads SALE

50th Anniversary Shirts 50% off.
(\$8/\$9) while supplies last.

Come see what else we have on offer, including long-sleeved and polo shirts emblazoned with the Warm Hearth Village logo.

ANNOUNCING WINNERS of the Winter Putt-Putt Challenge at the Village Center on Friday January 17th:

Staff winner was Tambra Dixon with a score of 18 and recipient of the \$50 gift card of her choice! Honorable mentions are Scott Bryant and Athena Addington who won a free Lunch Special at the Café for getting a hole-in-one on the 10th and final hole.

Resident winner was Buddy Russell with a score of 21. Honorable mention is resident Susie Sweet who won a free lunch at the café putting with a left-handed putter.

In total, 7 players won a free lunch at the café for getting the hole-in-one out 75 people who came play.

Great Job All!



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

Keep the Treasure Trove Thrift Store in mind...

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

Thank you for your support!

24 February

Monday, 1:00 PM

Karr Activity Center

Sweets to the Sweets Cookie Swap Party

End the sweetest month of the year with a cookie swap party. Bring a dozen of your best homemade or bakery bought cookies to swap with other friends and neighbors. Guests invited, but 12 cookies per person is requested for all attendees to swap. Note: For this special event, we'd like to stay away from mass produced pre packaged cookies and instead focus our efforts with homemade or bakery type cookies for that extra homey feel. If baking cookies, bring a copy of the recipe for reproduction and sharing. You will be provided a Valentine treat box to collect your sweets. Hot coffee or tea available.

Sign up: Contact Bix at 540-443-3800.

Registration deadline: February 19 at 1:00 PM

5 March

Wednesday, 10:00 - 11:00 AM

Off-Campus Trip

Moss Arts Center - Dante Quartet

This is a new opportunity brought to us by the Moss Arts Center. Performers in the Dante Quartet are hosting a FREE matinee for qualified seniors and students in the area. They have extended this invitation to Warm Hearth residents and will provide up to 50 tickets for our use.

One of the U.K.'s premier string ensembles, the Dante Quartet is known for its imaginative programming and impassioned performances. The Dante Quartet was founded in 1995 and chose its name to reflect the idea of an epic journey. The ensemble has performed cycles of the complete Beethoven and Shostakovich string quartets in single marathon weekends and has collaborated with playwright Clare Norburn on a dramatized version of Beethoven's quartet cycle.

You can drive yourself or sign up for limited seats on the Warm Hearth bus. Either way, you must sign up (instructions below). When you arrive, we will all meet in the lobby of the Moss Arts Center to make sure everyone knows where our assigned seating area is located. Look for Mardy Baker or Sara McCarter in the lobby. We will check off attendance and show you where to sit. **The Warm Hearth bus will start pickups at 9:00 AM.**

Sign up: Contact Bix at 540-443-3800. If you are a Showalter resident, contact Corynne Emmerson or see the front desk at Showalter.

Registration deadline: February 19th at 1:00 PM. There are 12 seats available on the Warm Hearth bus. Please let us know if you would like a seat on the bus or will be driving yourself. We will provide parking information available in hard copy at the front desk of the Village Center.

LLI has 68 offerings for Spring 2025, more than ever and lots of choices. Five courses will be offered online and 43 in person at convenient locations. Six field trips have been scheduled around the NRV, each for a small fee. This is a great chance to learn about our community and region, and enjoy the company of other LLI members. There's something for everyone on the spring schedule.

Free special events are a great member benefit. Two Zoom lectures and seven in-person talks are on the schedule. You may sign up for as many of these events as you plan to attend. We'll also gather in several social events as well.

Registration opened Tuesday,
January 28th.

Visit [https://cpe.vt.edu/
lifelonglearning.html](https://cpe.vt.edu/lifelonglearning.html)
or call
(540) 231-5182.

Need A Ride?

Here are some transportation options!

#1 Warm Hearth Village Transportation

Our buses operate 9:00 AM to 5:00 PM Monday thru Friday. There are set shopping times for Christiansburg and Blacksburg in the mornings on Monday and Friday. You may call and request in-village transportation and doctor's office visits during the hours of operation. We will try our best to accomodate your request but it is not always possible. For a more detailed written schedule, please visit Rodney Justus or the Housing office for a copy.

Please contact Transportation Coordinator, Rodney Justus at 540-443-3445 or email riustus@warmhearth.org or call the Housing Office at 540-552-2419 to make reservations and for any questions or concerns.

Bus cell #s (540) 320-9368 or (540) 239-1600

#2 Community Transit Go

Community Transit Go provides on-demand transportation to the elderly (65 and older) and disabled in the counties of Floyd, Giles, Montgomery, and Pulaski, as well as the City of Radford. Currently, there are no fares* associated with this service. (*This is subject to change.)

IMPORTANT: Please note that Community Transit Go is not intended to be used within the service areas of already existing public transit. Requests that are within the boundaries of other services will be directed to those transit systems. Any questions about this service can be directed to Community Transit Go at (540) 831-4020.

#3 BT Access

BT Access is a paratransit door-to-door service complementing fixed route bus service in Blacksburg. The service is available for persons with a temporary or permanent disability who meet the criteria established under the Americans with Disabilities Act. Passengers must be certified to use BT Access, applications can be downloaded on the BT Access website. Blacksburg Transit is fare free, including BT Access.

To determine eligibility, applicants are required to complete an application. You can get an application either at the front desk of the Village Center or by visting the Blacksburg Transit website: <https://ridebt.org/bt-access/overview#Apply>

#4 The American Cancer Society Road To Recovery®

This program eases your burden by giving free rides to cancer-related medical appointments. The trained volunteer drivers are happy to pick you up, take you to your appointment, and drop you off at home. All for free and all to make your days a little easier. Not having a ride shouldn't stand between you and lifesaving treatment.

Schedule a ride with Road To Recovery® - Connect with us by calling 1-800-227-2345 to learn more about Road To Recovery® availability near you and other resources to help you on your cancer journey. Patients must be traveling to a cancer-related medical appointment. Other eligibility requirements may apply. For example, a caregiver may need to accompany a patient who cannot walk without help, or is under age 18. Contact us to find out what is available in your area, and what the specific requirements are. It can take several business days to coordinate your ride, so please call us at 1-800-227-2345 well in advance of your appointment date.

THE choice IS YOURS



At the heart of our community is the notion that you are the best person to create your perfect retirement journey. There is no one right path for everyone. We are committed to providing you with all the right ingredients so that you have the control to make decisions that are best for you and your family. And of course, we're here to assist you as you move along your path to fulfillment.

Please join us for an informational session on the healthcare and supportive services available to you at Warm Hearth Village.

Wednesday, Feb. 19 at 2:15pm
The Village Center

wellness

personal trainers, land and water classes, chronic disease management and outdoor recreation

life enrichment

engaging cultural, spiritual, artistic and educational programs

supportive services

Warm Hearth at Home - home health and home care, community resources, counseling, outpatient health specialists and rehabilitative therapies, transportation, onsite Carilion Clinic Family Practice and more

residential healthcare

two levels of assisted living, memory care, skilled care and long-term nursing care

dining

restaurant-style and casual dining in multiple venues across campus

For more information please contact Linda at (540) 443-3415.

Get Involved with the Warm Hearth Foundation

The following are everyday ways you can get involved and make a difference for seniors in need of life's most basic necessities.



1

American Express Members Give

Support seniors through your everyday purchases. Select the Warm Hearth Foundation on the American Express Member Rewards page, and a portion of your purchases will go toward advancing our mission.

2

Kroger Community Rewards

Link your Kroger Shopper's Card to the Warm Hearth Foundation and Kroger will donate a portion of your purchases to support seniors in need.

- Visit Kroger Community Rewards and search for "Warm Hearth Inc."
- Then, swipe your Shopper's Card when you shop at Kroger!

3

Micah's Pantry

Micah's Pantry provides essential items like food, cleaning supplies, personal care and pet food products to seniors in our community.

- **Donate Supplies:** Drop off donations Monday–Friday at the Karr Activity Center, located at 2603 Warm Hearth Drive, Blacksburg.
- **Shop Our Amazon Wishlist:** Have items shipped directly to us by shopping from our Amazon Wishlist. Scan the QR code above to shop to support seniors in need.
- **Organize a Drive:** Collect monetary donations or items to help keep the pantry stocked with essentials so seniors in need shop at no charge.
- **Spread the Word:** Share information about the pantry and its mission to support seniors on low, fixed incomes with family, friends, churches, or civic organizations.

Scan to shop



4

Treasure Trove Thrift Store – The Store That Does More

Donate, shop or volunteer at the Treasure Trove. Explore an array of furniture, household items, antiques and more—all proceeds from your purchase help seniors in need.

Donation pickups are available on Wednesdays by calling the store.

3045 N. Franklin Street, Christiansburg, VA

Across from Corning - 540-200-7012

- Wednesday, Thursday, Saturday: 10 AM – 4 PM
- Friday: 10 AM – 6 PM

whv
Warm Hearth Foundation

For more information, contact Tina at 540-443-3406 or tcsmith@warmhearth.org.



February is American Heart Month!



Heart disease is the leading cause of death for both men and women in the United States. Heart disease refers to any problem that affects the heart, to include coronary artery disease, arrhythmias, congenital heart defects, diseases of the heart muscle, and heart valve disease. If you have high blood pressure, high blood cholesterol, diabetes or are a smoker, you are at higher risk for heart disease.

Diet can be a key player in reducing your risk for certain heart diseases.

- Choose a variety of fruits and vegetables – if utilizing canned vegetables, try to choose those with no added salt to keep sodium intakes low
- Pick whole grains, which are high in fiber and cardioprotective – examples would be brown rice, whole wheat bread, quinoa, and oats
- Settle for lean protein sources – beans, non-fried meats without skin, nuts, seafood, low-fat dairy
- Choose liquid, non-tropical vegetable oils – try canola, avocado, or olive oils
- Minimize processed foods and snacks, including added sugars – chips, candy, etc.
- Avoid salting your foods – high sodium (salt) intake can contribute to elevated blood pressure and fluid retention

Exercise is a key player in reducing risk of heart disease

- Try to get 2 hours and 30 minutes of physical activity every week – that’s only about 20 minutes per day!

Avoid smoking

- Cigarette smoking greatly increases one’s risk for developing heart disease. Ask your doctor about support and suggestions on how to quit.

Monitor medical conditions

- This includes, managing high cholesterol, controlling high blood pressure or regulating blood sugars for diabetes
- Make sure to take your medications as directed and ask your doctor questions if you need clarification

So, this Valentine’s Day, gift your loved one a fruit basket instead of sweets to protect their hearts!

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.

