

The 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
- 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
- 3:15 Timeless Tappers

FRIDAY

- 10:00 Posture, Balance & Gait (beginner)
- 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, March 7:** Omelets Made to Order
- Friday, March 14:** French Toast
- Friday, March 21:** Irish Breakfast
- Friday, March 28:** Country Ham, Biscuits & Gravy

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

----- Magic Monday Dinners -----
 3 to 5 pm • Huckleberry Café

Monday, March 3: Special Musical Guest Ash Divine
\$7.95 Dinner Special: Pizza Party with House Made Pizzas, gluten-free crust available

St. Patrick's Day Magic Monday
Monday, March 17: Musical Guest Simple Gifts

The members of Simple Gifts of the Blue Ridge are Charles Bostian, Ann Marya Conner, Marya Katz and Jack Webster. They play hammer dulcimer, guitar, bass, autoharp, flute, whistle, folk harp, and percussion, and perform traditional and traditional sounding folk songs and tunes in the style that was popular in the 1950's and 60's. Remember the Kingston Trio, Peter Paul and Mary, The Weavers, and the Clancy Brothers? The band was formed in 1979 and has released five CDs.

\$7.95 Dinner Special: Corned Beef & Cabbage, Roasted Potatoes & Vegetables, Dinner Rolls, Brownie with Bailey's Irish Whipped Cream & Mint Cookie topping

----- March Café Special Events -----

Wednesday, March 12

Create & Sip: St. Patrick's Day Fascinators
 • 3-4:30pm Woodland Studio •

See event listing for full description on a later page

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

1 March

Saturday, 3:00 PM

Karr Activity Center

Abraham Lincoln: Politics & War

Actor, presenter and historian, Ken Woods, will portray Abraham Lincoln on Saturday March 1st at 3pm in the Karr Activity Center. Ken has presented across the US for schools, communities and organizations with over 14 different Lincoln focused lectures. Commonly known as one of the top Lincoln historians, Ken Woods will give an overview of Lincoln's history in politics and war with a Q & A session after. A must not miss for any history buff.

4 March

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.

7 March

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.

7,14,21,28

March

Karr Activity Center

Fridays, 11:00 AM - 1:00 PM

Technology Cafe

Having technology troubles with a portable device? Justin Cho from Virginia Tech is here to help! Bring your device and questions to Karr and see if he can help! First come, first served.

7 March

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!**

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

Tap Club - Timeless Tappers

Thursdays
3:15 - 4:00 PM
Village Center
Contact: Bix
mktgc@warmhearth.org
443-3800

Starting on March 6th, Timeless Tappers will be taught in a 4-week series of classes focusing on a single routine and specific skills. Perfect time to start up! March 6th, 13th, 20th, 27th off April 3rd & 10th, back April 17th

Continued to next page.

10

March

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.

11

March

Karr Activity Center
Outside

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. Stop by on your break or lunch!

For more information contact Karen Nelson at 443-3412.

12,26

March

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.

12

March

Woodland Studio
Village Center

Wednesday, 3:00-4:00 PM

Create & Sip: St. Patrick's Day

Fascinators

Mardy is excited to show you how easy it is to make a fun and decorative fascinator for your St. Patrick's Day celebration! Starting with a mini green derby, you will create your own custom headpiece with feathers, bling and gold netting with use of a hot glue gun. Each participant will receive their own kit for easy assembly in class. Cheese, fruit and crackers will be provided with hot tea or coffee. Alcoholic beverages maybe purchased separately from the café.

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: March 11th at 1pm

Groups & Clubs - continued

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

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.

13 March

Thursday, 3:30 PM

Story Hour Happy Hour

Please join us as Dr. David Kingston, a resident of WoodsEdge, presents "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.

17 March

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. 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: March 10th at 1:00 PM

18 March

Tuesday, 2:00 PM

Health Connections

The Brain, Part 2 of 3

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. At Tech, she is continuing her research on traumatic brain injuries and potential blood biomarkers that can predict poor outcomes following injury in both children and adults.

Part 3 - Tuesday April 15 @ 2:00. All are welcome.

Tall Oaks Hall
Village Center

Karr Activity Center

Tall Oaks Hall
Village Center

**LAST CALL:
Garden Plot Requests**

Please fill out a form at the Karr Activity Center or the Village Center if you would like to be entered into the lottery for a 4x8 garden bed at the Village Center. Yearly rental is \$25. Please submit no later than March 5th by turning the form into the Housing Office at the Karr Center or the front desk of the Village Center. Questions? Contact Mardy at mbaker@warmhearth.org or call 540-443-3434.

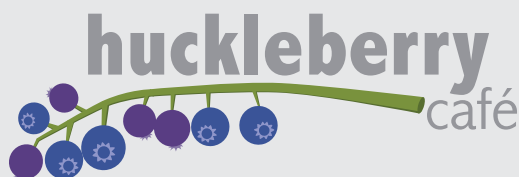
WH Aware Alerts

These alerts are used for emergencies as well as important announcements such as planned power outages, severe weather warnings, road blocks, etc.

Sign up by filling out the form available at the Housing Office or at the Village Center Front Desk. You can receive alerts via phone, email and text. Add a contact in your cell phone and make a note of the information below so you recognize the alert is a legitimate communication from Warm Hearth.

Email: status@statusolutions.com
or no-reply@onsolve.com
Phone: 1 (866) 419-5001
Text: 761-27

We encourage residents and family members to sign up so they can be alerted to what is happening in the Village.



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.

19
March **Karr Activity Center**
Wednesday, 4:00 PM

Origami Craft Class

Join a social club at the Blacksburg High School as they teach you some fundamental folds and objects. Students will give hands on instruction and help to create whimsical Origami objects to delight you and your friends. No need to sign up. Bring reader glasses if needed.

20
March **Karr Activity Center**
Thursday, 4:00 - 5:00 PM

Neighbors Entertaining Neighbors

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
March **Karr Activity Center**
Friday, 1:00 PM

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: March 14 at 1:00 PM

24
March **Tall Oaks Hall**
Monday, 1:00 PM
Village Center

Line Dancing Class - 5 Week Session

Line dancing with Mardy returns! This impact cardio class caters to the dancer in all of us. Most dances are repetitive movements to music, with some "free dance" moments mixed in. Those who are less stable on their feet are welcome to sit in a chair and use upper body movements to participate. All genres of music and well-known line dances are explored. If you know a dance you would like to do, bring it to Mardy for inclusion in a future class. These classes are structured for 5 consecutive weeks with weeks off in between before the next session starts. Class is held on the stage in Tall Oaks Hall. Please wear sturdy and stable sneakers. Questions? Contact Mardy at mbaker@warmhearth.org, or drop her a note at the front desk of the Village Center.

First class session: Mondays at 1pm, March 24 - April 24.
Second class session: Mondays at 1pm, May 5 - June 2.



Scott Bryant

Warm Hearth at Home
Marketing and Outreach Coordinator
540-443-0416
Warm Heath @ Home Main Number
540-443-3428

March is National Kidney Month. When your kidneys are working correctly it reflects well in many areas of your body: Your kidneys activate Vitamin D (which is good for your bones), they help regulate your blood pressure (which is good for your heart), and they filter waste from your blood (which is good for your whole body).

However, if you suffer from chronic kidney disease, you could be facing several health issues. These include heart disease, nerve damage, stroke, and, eventually, kidney failure.

Foods that can help maintain healthy kidneys include: Berries, apples, green leafy vegetables, onions fish, chicken, turkey, wheat breads and low-fat dairy products, to name a few.

Warm Hearth at Home Services are available to provide invaluable support and resources to help you live your healthiest lives. In the coming weeks all Warm Hearth Residents will receive a card to keep on hand if Home Health is needed. This card will be a tool to share with any health care professional, such as hospitals, case managers, doctors offices and others.

We would like to be your in-house Preferred Home Health Service provider. We can help you navigate needed equipment, supplies and care.

Thank you,
Scott

25

March

Tuesday, 1:30 PM

Tall Oaks Hall
Village Center

The Choice is Yours - Information Session & Meet and Greet

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

1:30 - 2:30 Meet and Greet

2:30 - 3:30 Information Session

All are welcome - new and former residents and families!

26

March

Wednesday, 10:30 AM

Off Campus

Lunch Trip - Olive Garden & The Mall

Hop aboard the WHV Bus with Mardy for this trip to Olive Garden for lunch and a drop-off at the Home Goods Store at the NRV Mall. Home Goods has an entryway into the Mall where you can stroll to several shops like Dick's Sporting Goods and Belk. Be back for pick up at 3pm in front of the Home Goods store for return to WHV at 3:30. Payment for lunches and shopping are per individual.

Participation limit: 12 people + one wheel chair spot

Sign up: Contact Bix at 540-443-3800

Registration deadline: March 21 at 1:00 PM

27

March

Thursday, 2:00 PM

Tall Oaks Hall
Village Center

Warm Hearth Village Town Hall

THIS IS A UNIQUE CHANGE TO THE REGULAR TIME/DATE FOR MARCH.

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/89727344529>

Meeting ID: 897 2734 4529

HOSPICE FOCUS GROUP

*Join our Hospice Focus Group-
Limited Spots Available!*

As you may know, Warm Hearth at Home will expand in the coming months to add hospice care. We invite all residents to take part in a special Hospice Focus Group aimed at gathering valuable feedback to help shape the care and support we provide to our community relative to this new offering.

Whether you have direct experience with hospice services or simply want to contribute to shaping future care, your voice matters! This is a great opportunity to share your insights, ask questions, and help us ensure we are meeting the needs of everyone. We value your input and want to hear from you!

The focus groups will take place on **March 18 and March 25 at 10:00 A.M.**, with limited spots available.

Don't miss your chance to be part of an important conversation- Sign up today in the Village Center!

Participation limit: 15
Sign up: Contact Bix 540-443-3800
Registration deadline: March 14

APARTMENT DOORS

The apartments have heavy fire doors. They automatically close, if you don't hold them.

The slamming is loud and can be disruptive to residents with apartments nearby. As a courtesy to neighbors, please hold the doors as they close to prevent the loud slamming and excessive wear-and-tear.

Thank you!

28

March

Friday, 3:00 PM

Tall Oaks Hall
Village Center

VT Lifelong Learning - Medicare Fraud and Scams, How to Recognize and Prevent Them

Medicare fraud is rampant. In 2023, Virginians lost over \$94,000,000 to scams of all types. Medicare fraud is especially egregious since it preys on the sick and uninformed. Any government agency that attempts to contact you will do so by letter. They send you a letter if you owe back taxes. They send you a letter regarding your Social Security benefits or your Medicare benefits. Learn how to spot fraud attempts on your Medicare account.

Presenter: **Shannon Abell**, Virginia AARP Community Ambassador, speaks to many organizations about Medicare issues.

This event is free and open to Warm Hearth residents.

29

March

Saturday, 10:00 AM-4:00 PM

Tall Oaks Hall
Village Center

Craft Fair

The WHV Arts & Craft Fair will happen on Saturday, March 29th. Show is from 10-4pm. All manner of artists and crafters will be on hand to sell their goods. The Huckleberry Café will be open. See below for times and details.

From our Huckleberry Café

10am – 3pm Lunch Special

Wrap with side of chips & cookie: various wrap choices will be available in the cold case. Turkey & Cheese, Ham & Cheese, Chicken Salad, Cucumber Hummus

10am – 3pm Short Lunch Menu

\$1.75 Cookies | \$2.50 Scones | \$2.50 Sodas

\$1.75 Ice Cream | \$2.25 Chips

Various Café drinks – lattes, cappuccinos, hot chocolates

\$3.50 Greek Yogurt Bowl with choice of fruit, nuts, granola

\$7.99 Greek Pita with choice of side

\$8.99 Chicken Club with choice of side

\$8.75 Turkey or Veggie Reuben with choice of side

\$7.25 Grilled Cheese with choice of side

\$8.50 Classic BLT with choice of side

\$6.50 Huckleberry Salad with choice of dressing

\$9.25 Chef Salad with choice of dressing

\$8.75 Mandarin Orange Salad with choice of dressing



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!



1
April
Tuesday, 11:00 AM

Tall Oaks Hall
Village Center

Health Connections - Ticks in Virginia

Ticks and tick-borne diseases are a public health problem and are increasing and expanding in Virginia. On April 1st., Dr. Jenny Hall, Founder of Ticks in Virginia and associate professor in the Department of Public Health and Healthcare Leadership at Radford University will present the most common tick-borne diseases in Virginia and how you can prevent tick bites and be tick safe. Dr. Hall received her doctorate in Community Health Education specializing in Environmental Health from the University of Northern Iowa in 2010 and has been a credentialed Master Certified Health Education Specialist since 2013.

Join us as she talks about tick safety and tick-borne diseases in Virginia.

1
April
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.

Welcome Our New Marketing Director

We are excited to introduce, Char Bell, our new Director of Marketing at Warm Hearth Village. Originally from the Pacific Northwest, Char relocated to Atlanta before attending Roanoke College in Salem, VA. There she earned her degree in Communications, Sociology, and Anthropology, a strong foundation that would serve her well in her professional journey.

With a diverse background spanning the technology industry and marketing, Char has held various positions, culminating in leadership roles in marketing strategy and development. Prior to joining us, Char worked in software development, which helped hone her niche skillset. With her ability to blend creativity and strategy, Char started her own small business in strategic marketing and freelanced for various clients, further developing her expertise in tailoring solutions to meet unique business needs.

Char is thrilled to be part of the Warm Hearth Village community and is deeply committed to contributing to our mission and excited to work alongside such dedicated individuals who share a passion for making a difference. We look forward to the innovative ideas and creative solutions Char will bring to the team and the positive impact she will have on our community.

Please join us in welcoming Char Bell to the team!

Out and About

March 30, 2025

4:00 PM

Moss Arts Center

The VT School of Performing Arts Presents Mozart's Requiem, with Gjeilo's *Dark Night of the Soul*. Featuring the Virginia Tech Choirs, Blacksburg Master Chorale and the Virginia Tech Philharmonic. General admission \$25 / Students \$10. Visit performingarts.vt.edu for tickets.

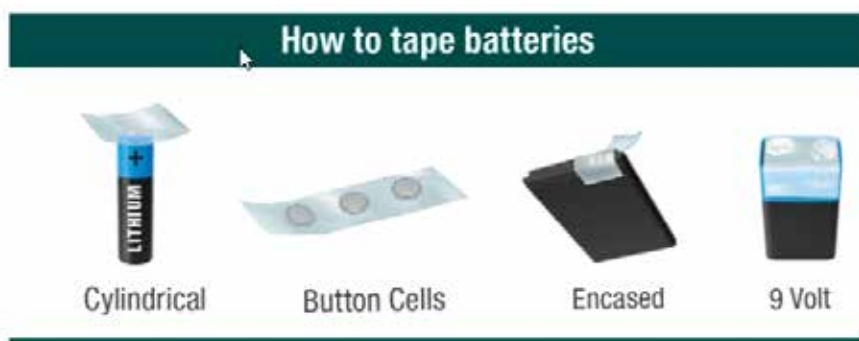
Disposal of Button Batteries

Typically the first letters in the alphanumeric code will identify the type of battery. The first letters (LR) or (AG) indicates an Alkaline battery and may be thrown in the trash. Batteries with the first letters (CR) indicate a Lithium battery, and (SR) indicate a Silver Oxide battery which contains heavy metals and must be recycled as hazardous waste!

Montgomery Regional Solid Waste Authority (MRSWA) revealed that they recycle none of these, nor does their Hazardous Waste Program (HWP) collect button batteries. The HWP collect household paints chemicals, fluorescent and CFL bulbs.

The good news is, working with the Town of Blacksburg, your resident-run Resident Reduce, Reuse, & Recycle (RRR) Subcommittee has established a hazardous button battery recycle program. The procedure is:

Collect all your LR and SR Button Batteries and wrap them in packing tape as shown below:



This graphic shows taping of the button batteries on both sides with permanent packing tape. DO NOT use removable tape.

Next, collect your accumulated sealed batteries and take them to the Karr recycle baskets just to the right after you enter the facility. Select the battery drawer and drop your wrapped button batteries in the basket.

Monthly your RRR Team will properly dispose of them at the YMCA Recycle Center which houses the Blacksburg Battery Recycle Facility.

A questionable second choice is use the services of Best Buy. A word of caution - it is not known how these button batteries are disposed of. We have checked with Blacksburg Sustainability personnel and they are unsure and cautious also.

★ ALTERNATIVE WAYS TO RECYCLE



Best Buy's Electronics and Appliances Recycling Program

Best Buy will take back rechargeable batteries as well as the following: battery backups (ups), button batteries, cellphone batteries and laptop batteries. They do not accept single-use, car or other wet cell batteries.

Thank you for participating in WHV's Recycle Programs.

Calling on all Warm Hearth Village Residents to participate in this years' Senior Games. Transportation available for Putt-Putt participants. Senior Games registration packets will be available March 3 for pick up at Village Center, KARR and Showalter front desk.



**New
River
Valley**

**SENIOR
GAMES**

Register for the 2025 games!

Games take place April 27 - May 2, 2025

**FOR AGES 50+
BEGINNERS WELCOME**

HOSTED BY THE NRV SENIOR GAMES COMMITTEE

**5K WALK/RUN • BILLIARDS • BOCCE BALL • BOWLING
BRIDGE • CAPTAIN'S CHOICE GOLF • CANASTA • CORNHOLE
CROQUET • DISC GOLF • FREE THROWS • FRISBEE
HORSE BASKETBALL • HORSESHOES • MINI GOLF • PICKLEBALL
RIFLERY • SHUFFLEBOARD • SOFTBALL HIT & THROW
SWIMMING • TRACK & FIELD • VIDEO GAME BOWLING**

Registration packets are available at
<https://bit.ly/senior-games-2025>

Athlete Registration Fee

One Event: \$10 Two Events: \$15 Unlimited Events: \$20

Registration Deadline: March 28, 2025

**Questions: 540-731-5517 or
lora.gordon@radfordva.gov**

Where athletes are forever young.



Sustainable Food Practices

By: Grace Scott, Dietetic Intern

Eating well for yourself and the Earth!

It is estimated that a billion pounds of food is thrown out each year in the United States when dining at home or eating out. This does not even include the amount of food thrown out at grocery stores or crops left behind! Here are some ideas to incorporate into your routine to help cut down on food waste:

Plan meals using foods already in your home!

- Check which foods are already in your fridge and pantry when writing your grocery list and aim to make dishes that will use those ingredients up before purchasing additional items
- Only buy the amount of perishable foods that you can eat before they go bad
- Be creative with any leftovers: use leftover vegetables and meats in salads or pasta as toppings, stuff in a wrap or pita for a tasty lunch, or use in a soup that can be frozen for later

Increase your intake of plant foods

- Consuming more plants and less meat helps to reduce deforestation, freshwater withdrawals, and greenhouse gas emissions
- Experiment with plant-based proteins such as nuts, legumes, or soy

Purchase local foods

- Buy fresh produce and other goods from the farmer's market

Practice Food Safety

- Don't eat or drink anything that you think has gone bad
- Eat leftovers within 3 – 4 days
- For pantry items, store products with the closer expiration date towards the front
- Place foods that spoil quickly towards the front of the refrigerator

Try mindful eating

- This involves focusing on what you're eating and reflecting on the taste, where the food came from, how it was prepared, and how it is nourishing your body
- Being in tune with your hunger cues can assist you with realizing that perhaps you do not need as much food as you initially thought

Additional tips

- Learn how to safely can and dehydrate foods at home
- Try composting
- Donate extra food that is still within date to local food banks or shelters
- Choose seafood species that are not at risk for being overfished and that are not caught in harmful ways to the marine life environment. Visit <https://www.seafoodwatch.org/recommendations> for a list of species to consider limiting or avoiding

Sources:

- "5 Tips for Sustainable Eating." *The Nutrition Source*, Harvard School of Public Health, 20 Nov. 2017, <https://www.hsph.harvard.edu/nutritionsource/2015/06/17/5-tips-for-sustainable-eating/>.
- "Eating Right and Reduce Food Waste." *EatRight*, Academy of Nutrition and Dietetics, 2021, <https://www.eatright.org/national-nutrition-month-2023/resources>.

STORIES FROM THE HEARTH Warm Hearth Book

In February, we received our first copy of a book containing stories from 11 Warm Hearth residents and staff. The book was a collaboration with Kids Can Write, a trailblazing nonprofit dedicated to nurturing the creative spark in children and individuals of all ages.

The writers included George Knopf, Thelma Shelor, Phyllis Allbritton, Nancy Leech, Ken Yalowitz, William Lester, Rosie Deplazes, Jewel Ritchey, Margery Leuschner, Roland Byrd, and Anna Martin.

If you would like a soft cover copy of the book for about \$9.00, please contact Bix at 540-443-3800 and put your name on the list. You can pay cash or check when you pick up your book in about a month. **The deadline for orders is March 14 at noon.**

Save the Date

Connections Series

Pour Decisions: An interesting educational series on the growing wine, spirits and micro-brewery industries.

Save The Date for the first in a three-part series

Wines Around the World – The Wine Lab

April 16, 2-4 p.m.

Tall Oaks Hall at the Village Center

More information to come in April Log

August 9, 2025

Village Center

Cheeseburger-In-Parrottdise

Stay tuned for more information in future Log issues.

Transportation News

Warm Hearth is pleased to add two new buses to the transportation program for our residents. The two 12-passenger buses will replace the red and green buses which have served us well but have become unreliable with extended use. Last year our ridership was 4,783, providing trips to local doctors, grocery stores and other requested destinations.

Further expansion of the transportation program will be studied as part of our current Strategic Plan. We will engage residents in the study and planning of these services sometime in the next two years and we look forward to further improving the services we provide that allow residents to maintain independence and increase connectivity with the greater community.

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