

Fitness Group Classes  
Mon-Fri 7:00 AM - 5:00 PM  
Sat 10:00 AM - 2:00 PM  
(No classes 7/4, open 9-5  
closed 7/5)

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
- 3:30 Taiji for Wellness

TUESDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (advanced)
- 11:00 Aqua Fit (P)  
(no class 7/15, 7/22, 7/29)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

WEDNESDAY

- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 3:00 Ai Chi (P)
- 4:00 Croquet

THURSDAY

- 9:00 Fit 4 Life (no class 7/17)
- 11:00 Posture, Balance & Gait (advanced)
- 11:00 Aqua Fit (P)  
(no class 7/17, 7/24, 7/31)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

FRIDAY (no classes 7/4)

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

SATURDAY (closed 7/5)

- Open Swim (P) / Open Gym
- 10:00 Pickleball
- 10:30-11:15 Aqua Yoga - first and third Saturday of the month

Continued on next page.

July  
See below

Huckleberry Cafe  
Village Center

Fabulous Fridays & Magic Mondays

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

8 to 11 am • Huckleberry Café • \$7.95

Open to public and residents, no reservation needed!

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, July 4: Café closed - Independence Day

Friday, July 11: Donut Day

Friday, July 18: Eggs Benedict

Friday, July 25: Omelets Made to Order

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

4 to 6 pm • Huckleberry Café

Open to public and residents, no reservation needed!

Monday, July 7: Welcome back our Village Center house band, Bobby Parker, who will present “You Can Choose Your Friends, But You Can’t Choose Your Family” - songs for those we love to have, and those we have to love

**\$7.95 Dinner Special:** Pizza Day! 2 Slices of house made pizza with side of fresh salad. Choice of: Spinach, Mushroom, Onion & Feta or Sausage, Pepperoni & Cheese. \*Veggie & gluten-free available

Monday, July 21: Adam Williams is a performer, voice teacher, and music director in the Roanoke Valley. Adam received his Bachelor’s Degree in Music Education from James Madison University in 2023, and he is beginning his Master’s in Voice Pedagogy from the Voice Study Centre. He will play a selection of uplifting and sincere music, much of which you may recognize!

**\$7.95 Dinner Special:** Corned Beef sliced in house on Toasted Rye with Grilled Sauerkraut and Thousand Island Dressing, side of house chips. \*Veggie & gluten-free available.

1  
July

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.

Family Swim (P) - last Saturday of the month 12:00-1:45 PM. Bring your own towels.

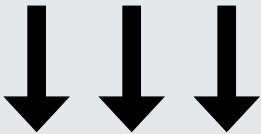
Non-residents may purchase a monthly pickleball pass for \$40. See Kenny Harrah.

\* 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.

This list of groups offers much fun and community! Be sure to check out these opportunities!

READ THIS!!



Groups & Clubs - Quick Guide

**Bible Study**  
1st & 3rd Wednesdays of the month  
6:30 PM  
Karr Activity Center

**Bocce Ball**  
Tuesdays  
6:00 PM  
Village Center  
Contact: Roland Byrd

**Bridge**  
Wednesdays  
1:00 - 4:00 PM  
Karr Activity Center  
Contact: Linda Powers  
540-641-1409

**Campus Bingo**  
**ON HOLD\***  
1:00 - 2:30 PM  
Karr Activity Center  
Contact: Cindy Rethwill  
momluvspandas@gmail.com

\*Campus Bingo is on hold until further notice due to low participation. We will revisit this decision this winter.

**Croquet**  
Wednesdays  
6:00 PM  
Village Center  
Contact: Roland Byrd

2 July Tall Oaks Hall Village Center  
Wednesday, 11:00 AM - 3:00 PM  
**Patriotic Campus Cookout, Festivities and Music**

Wear your red, white & blue to celebrate the nation’s independence at the Village Center! We will be celebrating with several activities throughout the day:

- 11:00 - 1:00 - Live music by American Roots on the patio
- 11:30 - “Show your American Spirit” pet and owner costume contest (Locust Square Terrace).
- 12:00 - Tie dye your own bandana (patio)
- 11:00 - 3:00 - Patriotic cookout and make-your-own sundae bar
- 1:00 - 2:00 - “The Patriot” musical show by the Second Chance Duo

To enter the costume contest, pick up an entry form at The Karr Activity Center, or the Village Center front desk. Entries must be in by Monday, June 30th. Cookout food is \$7.95 + tax. RSVP for cookout food by Friday June 27th by calling 540-443-3801. **Everything else is free!**

4 July Carson Library  
Friday, 2:30 - 4:30 PM  
**Carson Library Kick-off Party**  
The Friends of Carson Library will be holding a tea party in the library. We hope you will come on down and enjoy the refreshments, meet fellow book-lovers and library patrons, and get your first free raffle ticket. We look forward to seeing you there! More info on side bar on page 6.

7,14,21,28 July Karr Activity Center  
Monday, 4:00 PM  
**HearthSong Singers**  
A new choral group is forming at Warm Hearth called HearthSong Singers. This group is being directed by retired musical director, Joe Bordon. He is a lifelong musical director with a heart for choral groups. The group will focus on a variety of songs and styles from many different generations. Practice starts promptly at 4 to allow for maximum singing time. Come share your voice with the group!

8 July 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.

Groups & Clubs - continued

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

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

**Headline News Discussion Group**  
Thursdays  
9:30 - 10:30 AM  
Zoom Meeting ID: 871-991-4463

**Knit, Crochet, Etc.**  
**Inviting all creatives in any medium**  
Fridays  
10:00 - 11:00 AM  
Karr Activity Center

**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

**Pickleball Club**  
Monday thru Saturday (based on demand)  
10:00 AM  
Contact: Kent Koller  
kbkoller@gmail.com

**Reduce, Reuse, and Recycle (RRR) Subcommittee**  
Second Thursday of each month  
10:00 - 11:00 AM  
Living Room / Huckleberry Cafe

**Trivia, Coffee, and Donuts**  
Tuesdays  
10:15 - 11:00 AM  
Karr Activity Center  
Contact: Mardy Baker  
mbaker@warmhearth.org  
540-443-3434

**8 July**  
Tuesday, 1:00 PM  
Tall Oaks Hall  
Village Center

**Health Connections - Staying Upright: The Brain Science Behind Balance and Falls**

Dr. Kylee Smith is back! Join us for an engaging talk on why balance becomes more challenging as we age. Discover how age-related changes in the brain such as slower reaction times and reduced nerve communication impact coordination, while declines in vision, muscle strength, and inner ear function contribute to increased fall risk. You’ll learn practical strategies to maintain stability and stay safe, strong, and upright every day.

Dr. Smith is a postdoctoral fellow at Virginia Tech specializing in research on traumatic brain injuries (TBI). She earned her doctorate in Behavioral Neuroscience from the University of Texas and focuses on identifying blood biomarkers to predict outcomes after TBIs in children and adults.  
**All are welcome.**

**9,23 July**  
Wednesdays, 9:00 AM- 4:00 PM  
Carson Library

**Beltone Audiology Clinic Day**

All Types and Styles of Hearing Aids Available

- Hearing Screening – No Charge
- Hearing Aid Batteries – All Sizes
- 10-point Hearing Aid Cleaning and Checkup, All Makes and Models – No Charge

**Appointment only.** Please call our office to set an appointment: Beltone Audiology & Hearing Aid Center 800-553-5993 or 540-343-5567.

**9 July**  
Wednesday, 3:00 PM  
Woodland Studio  
Village Center

**Create and Sip - Fabulous Floral Paint-by-Number**

Choose from various designs for a wonderful mod-style floral painting. Each picture will result in a 12 x 16 piece for your home décor. Participants will receive their own paints/brushes and picture to start in class, with completion at home if necessary. Cheese, fruit and crackers will be provided with hot tea or coffee. Alcoholic beverages maybe purchased separately from the café. Free for residents.

**Sign Up:** Sign ups will begin July1st at 9:00 AM. Call Bix at 540-443-3800 or email her at mktgc@warmhearth.org. Residents free/guests \$25. Guests must sign up in person with cash or check written to Warm Hearth Village c/o Life Enrichment in the memo section.

**Class Limit:** 15  
**Registration Deadline:** July 8th at 1:00 pm

Groups & Clubs - continued

Tap Club - Timeless Tappers  
\*\*On hold until further notice\*\*  
Village Center  
Contact: Bix  
mktgc@warmhearth.org  
443-3800

Warm Hearth Writer's Group  
Second Friday of each month  
11:00 AM - 1:00 PM  
Woodland Studio  
Contact: Kenny Harrah  
kharrah@warmhearth.org



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

Thank You! Thank you to all our residents who support our nonprofit thrift store by donating, shopping and volunteering. The Treasure Trove operation has grown immensely over the last year and makes a big impact on our ability to advocate, innovate and care for seniors in our community.



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.

10 July

Tall Oaks Hall  
Village Center

Thursday, 4:00 PM  
Story Hour Happy Hour

Stefan Jaronski, a resident of Oakland Square, has been studying Civil War postal history for 60 years. Most of us are familiar with the “battles” and the alleged “reasons” for the Civil War, but few of us know how the secession of the southern states and the war itself affected letter communications. Join us as Stefan shares his 60 years of research on that subject. Cash bar opens at 3:30 pm and the talk begins at 4:00pm. **There will be no Story Hour in August.**

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.

11 July

Woodland Studio  
Village Center

Friday, 9:30 - 10:30 AM  
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 want to connect.

11 July

Tall Oaks Hall  
Village Center

Friday, 1:00 PM  
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.

16 July

Tall Oaks Hall  
Village Center

Wednesday, 11:00 AM  
Warm Hearth Village Town Hall

William Lester will host this Town Hall Meeting. This is an opportunity to hear updates on important Village happenings. If you have questions for William, please email them in advance to wlester@warmhearth.org.

Join by Zoom if you prefer:  
<https://us02web.zoom.us/j/85621696940>

Meeting ID: 856 2169 6940



**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

11:00 AM - 3:00 PM

Thursdays & Fridays

11:00 AM - 1:00 PM

**Fitness Massage Services**

To schedule a massage, call 540-520-0140 or email [loraleighgiessler@gmail.com](mailto:loraleighgiessler@gmail.com).

**Warm Hearth Trails**

The wooded trails at Warm Hearth are plentiful and well-marked. We have a wonderful group of resident volunteers who have created and continue to maintain the trails and trail benches and ensure they stay clear of trees and are visibly marked.

Trail maps are available at the Village Center front desk. If you feel nervous about using the trails, we encourage you to make contact with Jack Onufrak who can show you around the trails himself or find another trail buddy who is very familiar with our trails.

You can contact Jack at [jaonufrak44@gmail.com](mailto:jaonufrak44@gmail.com). He is a very entertaining and wonderful person to show you around!

**16**  
**July**

Off Campus

Wednesday, 2:00 PM

**Special Trip - JH Bards/Downtown Blacksburg**

Join Mardy on a trip to JH Bards Distillery, a distillery and tasting room located in downtown Blacksburg! Once you receive your complimentary tasting and relax with neighbors, you are free to stroll the many shops and eateries in the area. There is also music under the tent outside of the distillery that afternoon to enjoy. Pick-ups start at 2pm and last for approximately 15 to 20 minutes. We will then head downtown where you will be dropped off at JH Bards. You will then be on your own till your pick-up time of 4:30 at the same location as drop off.

**Sign up:** Sign ups will begin July 1st at 9:00 AM. Call Bix at 540-443-3800 or email [mktgc@warmhearth.org](mailto:mktgc@warmhearth.org) (preferred).

**Participation limit:** 14, plus one wheelchair/scooter spot. If you are interested in going, but want to drive separately, please notify us so we can make adjustments to the distillery reservation.

**Registration deadline:** July 14 at noon.

**17**  
**July**

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](mailto:hughv@vt.edu) or call 540-552-4328.

**18**  
**July**

Karr Activity Center

Friday, 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.



DISCOVER CARSON LIBRARY

Free Raffle for Residents  
July 4 through September 6

Carson Library is located on the first floor of New River House and is open all day, 7 days a week to all residents of Warm Hearth Village. Drop by and browse the shelves and borrow what interests you. No need to sign out a book or pay overdue fines.

And while you are there, enter our free raffle! You may enter as often as once a week up until our prize-drawing, to be held on National Read a Book Day, September 6, 2025.

**And don't miss our Kick-off Party!**  
The Friends of Carson Library, sponsors of the raffle, will be holding a tea party on Friday, **July 4, from 2:30 to 4:30 PM** in the library. We hope you will come on down and enjoy the refreshments, meet fellow book-lovers and library patrons, and get your first free raffle ticket. We look forward to seeing you there!

ATTENTION Trolinger and  
New River House Residents:

Hello friends! Please help us out by leaving the magnets on your doors or door frame and not removing them. We use these magnets to attach flyers (and of course this amazing LOG!). It is hard to find a place for the paper when there is no magnet.

Please let friends and family know not to park in the entrance circles in front of the apartments. Ambulances, delivery trucks, and WHV buses need to have access.

Finally, please do not put dog and cat food outside on patio areas. Food draws ants, bugs, bears, skunks, raccoons, etc. Several residents have sighted a bear in the area and we don't want him to be attracted to a patio for a tasty meal!

Thanks for your attention! Have a great day.

21  
July  
Monday, 1:00 PM  
Karr Activity Center

Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusevich, 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:** July 14 at 1:00 PM

25  
July  
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 Matusevich 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:** July 18 at 1:00 PM

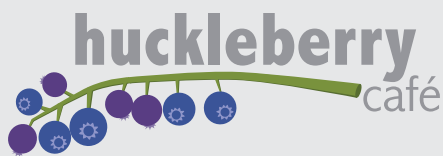
29  
July  
Tuesday, 1:00 PM  
Tall Oaks Hall  
Village Center

Health Connections - The Sleeping Brain

We sleep over one third of our lives, yet the exact function of sleep remains a mystery. This talk will first introduce the audience to the basics of sleep and how scientists study sleep. Some scientific beliefs about the functions of sleep will then be presented, with an emphasis on the role of sleep in memory. We will also briefly touch on how sleep changes over the course of one's lifetime and the implications these changes have for the putative functions of sleep.

Dr. Sujith Vijayan received his PhD in Neuroscience from Harvard University. He runs the Neural Dynamics and Neural Engineering lab at Virginia Tech and is an associate professor in the School of Neuroscience.

Dr. Vijayan and his research team are currently working on a research project at Warm Hearth Village. He will briefly discuss the project at the end of his presentation and invite any interested participants.



The Huckleberry Café is happy to offer pre-scheduled delivery times inside our Village. We offer delivery at 9:00 AM, 10:30 AM, 11:30 AM and 2:30 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.

**30  
July**

Wednesday, 2:00 - 4:00 PM

**Apartment  
Round-About**

## Self-Serve Car Wash

Bring your vehicle and wash it up at the WHV Self-serve Car Wash. All soap, sponges, long arm scrubbers and spray hose provided. Location is at the round-a-bout between the North and New River House apartments. Wear clothes that can get wet. We'll have tunes playing and beverages will be provided. Wanna just cool off? Come on by to get spritzed. Questions? Contact Mardy at [mbaker@warmhearth.org](mailto:mbaker@warmhearth.org).

## Historic Smithfield Is Seeking Enthusiastic Volunteers

Historic Smithfield is seeking enthusiastic volunteers—especially retirees looking to stay active and engaged—to help bring history to life through a variety of rewarding opportunities available through December. Whether you enjoy public speaking, working with children, retail, gardening, or simply being part of a warm, welcoming community, there's a role for you. Become a tour guide (Interpreter) and share the story of our beautiful Colonial home in a relaxed, climate-controlled setting; assist in our charming Museum Store as a cashier or manager; help educate school groups as an Education Specialist during weekday mornings in the spring and fall; lend a hand as a Gardener/Landscaper year-round; or pitch in on a number of maintenance needs!

Schedules are flexible and training is provided. If you're retired and looking for meaningful ways to give back while learning and socializing, Historic Smithfield would love to welcome you aboard!



Tickets available at [retire.org](http://retire.org) by clicking the link in the top banner on the home page. New this year online - buy your drink tickets in advance and skip the ticket line!

### **Ticket Prices:**

\$50 regular admission  
\$100 VIP ticket

### **Drink Tickets:**

\$5 per drink ticket  
\$18 for four drink tickets

### **Cheeseburger In Parrot-Dise. Get Your Tickets Now!**

August 9 is fast approaching and tickets are now on sale for The Warm Hearth Foundation's 12th Annual Cheeseburger In Parrot-Dise fundraiser. This year's event is presented by Kingsview Partners and is planned to be our biggest and best yet!

We're bringing back the Cheeseburger Throwdown and it will feature some of our favorite local restaurants --Gardner's Grille, McClain's at First & Main, Huckleberry Café and Lost in Taste are going spatula to spatula for bragging rights for "Best Burger In The Burgs" chosen by celebrity judges Bud Foster and Scott Stevens.

This year, your ticket includes:

- one full meal
- a visit to the Blue Cow Ice Cream truck
- two live bands
- a silent auction packed full of unique items and experiences
- tattoo parlor
- photo booth with keepsake
- drawings and raffles and
- a night full of tropical fun

VIP tickets are available with additional perks and all tickets are purchased in advance online at [retire.org](http://retire.org). Tell your friends. Invite your family. Help us raise funds to support seniors' advocacy, innovation and care in our community.



## Healthy Eating

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



### Show patriotism this year on your plates!

4<sup>th</sup> of July brings barbeques, celebrations, and gatherings with friends. This year, try adding some patriotic color to your plate without sacrificing nutrition!

- Opt for fruit-forward desserts to optimize nutrition and fiber intake
  - Try a blueberry, strawberry, and jicama salad or fruit cups with blackberries, strawberries, blueberries, and whipped cream
  - Utilize juicy watermelon to add red to your table décor and hydration! Try a feta, blueberry, and watermelon flag!



- Add spark to your side dishes

- Try a red, white, and blue summer salad with blueberries, mozzarella pearls, and tomatoes
- Try a roasted potato medley with white, red, and purple potatoes
- Sliced tomato salads with white onion or mozzarella slices make a great side to burgers or hot sandwiches



Celebrate our country with healthy, nutritious foods and enjoy time with friends and family!

## 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 (Village 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](http://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

Non-Emergency number 540-382-6915

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](mailto:smccarter@warmhearth.org).



Please recycle old issues of The Log. LOG Questions: Sara McCarter, [smccarter@warmhearth.org](mailto:smccarter@warmhearth.org)