

Fitness Group Classes
Mon-Fri 7:00 AM - 5:00 PM
Sat 10:00 AM - 2:00 PM
(CLOSED 8/9)

MONDAY

- 10:00 Posture, Balance & Gait (beginner) (no class 8/11)
- 10:00 Pickleball
- 10:30 Arthritis Aquatics (P) (no class 8/11)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 3:30 Taiji for Wellness

TUESDAY

- 9:00 Fit 4 Life
- 10:00 Pickleball
- 11:00 Posture, Balance & Gait (advanced)
- 11:00 Aqua Fit (P)
- 12:00 Chair Yoga for Wellbeing (no class 8/5)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1

WEDNESDAY

- 10:00 Pickleball
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 3:00 Ai Chi (P)
- 6:00 Croquet

THURSDAY

- 9:00 Fit 4 Life
- 10:00 Pickleball
- 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

FRIDAY

- 10:00 Posture, Balance & Gait (beginner) (no class 8/8)
- 10:00 Pickleball
- 10:30 Arthritis Aquatics (P)

SATURDAY

- Open Swim (P) / Open Gym
- 10:00 Pickleball
- 10:30-11:15 Aqua Yoga - first and

August
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 \$1.00 or a specialty coffee drink for \$1.50. Mimosas, Bloody Marys, and Irish Coffee also available.

Friday, Aug 1: Build Your Own Pancakes

Friday, Aug 8: Closed for Cheeseburger in Parrot-dise prep

Friday, Aug 15: Omelets Made to Order

Friday, Aug 22: French Toast and Brunch Sing Along

Friday, Aug 29: Flourless Quiche and Hashbrown Casserole

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

4 to 6 pm • Huckleberry Café

Open to public and residents, no reservation needed!

Monday, Aug 4: Music - Bobby Parker will present "The World We Live In". **\$7.95 Dinner Special:** Pizza Day! 2 Slices of house made pizza with side of fresh salad.

Monday, Aug 18: Music - Sammy P will present "Down-home Country-Style" **\$7.95 Dinner Special:** Street Corn Chicken with side of red rice and veggies.

----- Cafe Thursday Nights-----

Bar and Cafe open 5-7pm

Looking to grab a drink or bite to eat and hang out with friends and neighbors? Stop by for a unique bar menu, wine and beer flights, and specialty cocktails!

Thursday, Aug 14: River City Distillery Spirit Flight & Cocktails

Thursday, Aug 28: Wine Flights & Patio Garden Party

1

August

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 want to connect.

third Saturday of the month

Continued on next page.

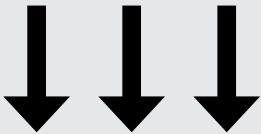
Family Swim (P) - last Saturday of the month 12:00-1:45 PM. Bring your own towels.

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.

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

1 August **Karr Activity Center**
Friday, 3:00 PM

Folk Music with Ash Devine
Ash will be playing your favorite folk and traditional songs of the mountains. A fun and relaxed opportunity to start the weekend with music in your heart. All are welcome.

4,11,18,25 August **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 Borden. 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!

5 August **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.

9 August **Tall Oaks Hall**
Saturday, 6:00 PM **Village Center**

Cheeseburger in Parrot-dise
August 9th is fast approaching. The Cheeseburger Throwdown is back and will feature some of our favorite local restaurants going spatula to spatula for bragging rights for "Best Burger In The Bargs".

This year, your ticket includes:
• one full meal • 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

----- Important Information for Ticket Holders!!-----

We encourage residents to walk over or take advantage of provided shuttle transportation as there is no general parking at the Village Center and the VIP and handicapped parking is limited. VIP ticket holder shuttles will start at 4:45p and make the rounds through all neighborhoods for pickups. Regular ticket holder shuttles will make the rounds beginning at 5:45p. Admission times are 5:00p for VIP and 6:00p for standard tickets. Please do not arrive early as doors will not open early and the sun can be hot waiting outside.

Please come to the check-in table when you arrive to pick up all your tickets and information. Can't wait to see you!

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
541-250-2154

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

Line Dancing
Line Dancing is tentatively going to start back on Monday, September 22nd due to prior bookings and Mardy's healing.

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

Continued to next page.

12 August
Tuesday, 2:00 PM
Karr Activity Center
Vision Talk with Lisa Assad

Learn about preventing vision loss. Join Lisa Assad, staff development nurse, for a brief presentation on ways to protect your vision. We will cover diseases of the eye with an emphasis on prevention strategies and ways to promote healthy eyes. The presentation will last about 30 minutes and is followed by an informative discussion where participants share ideas and experiences.

13,27 August
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.

13 August
Wednesday, 2:30-4:00 PM
Woodland Studio Village Center

Create and Sip - Paper Mosaics
Artist and instructor Ann Shawhan from the Fine Arts Center for the New River Valley will be our special guest teacher for August's Create & Sip. She will guide a workshop in making mosaics with paper and glue on a black background. Space between the paper pieces will act like grout, giving the same effect as mosaic, but with a lot less mess! All materials will be provided to make your ready-to-hang original artwork. A delightfully creative class with a wow factor, this hour and ½ opportunity is open to 12 attendees.

Sign Up: Sign ups will begin August 1 at 9:00 AM. Sign up by calling 540-443-3800 for your place in the class. Please note that due to the nature of this class, no kits will be available for pick-up before or after the class.
Class Limit: 12
Registration Deadline: August 8th at 1:00 pm



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

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.

14 August Carson Library
Thursday, 2:30 PM

Foundations of Crochet
Discover the relaxing rhythm of crochet in this welcoming, hands-on class designed for true beginners. Bix will get you started with the slip knot and help you work your way through to the single crochet stitch—no experience needed! Classes with advanced stitches and stitch patterns will be added based on interest and readiness. Hook and yarn will be provided for each participant.

What you'll learn

- How to hold your hook and yarn
- Slip knot, chain stitch, and single crochet

Sign up: Sign ups will begin August 1 at 9:00 AM. Call Bix at (540) 443-3800 by August 7.
Participation Limit: 2 (Future sections will be added based on interest)

15 August Tall Oaks Hall
Friday, 1:00 PM 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.

19 August Karr Activity Center
Tuesday, 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: August 12 at 1:00 PM

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.

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. He is a very entertaining and wonderful person to show you around!

**20
August**

Off Campus

Wednesday, 10:30 AM

**Special Trip - Draper Mercantile
Cafe & Shops**

Hop aboard the bus and take a ride to The Draper Mercantile Café & Shops. You will have the opportunity to purchase lunch out of the café, purchase ice cream or a tasty coffee drink and shop at the various areas in the Draper Mercantile buildings. Pickups begin at 10:30am and last for about 15 to 20 minutes. We will then head off to the shops where you will arrive in time for lunch around 11:30am.

If you are interested in having lunch at Draper Blooms Tea Garden instead of the cafe, you must make your own reservation by calling 540.994.5659 ext 2.

More information about The Draper Mercantile can be found at www.draperisfordreamers.com.

Sign up: *Sign ups will begin August 1st at 9:00 AM.* To make a reservation for the bus, call Bix at 540-443-3800 or email mktgc@warmhearth.org (preferred). Let us know your dining preference.

Participation limit: 13, plus one wheelchair/scooter spot.

Registration deadline: August 14th at 1:00p

**21
August**

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.

**22
August**

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: August 15 at 1:00 PM

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.

Some Recent Arrivals: In Fiction, Ngaio Marsh, *Swing, Brother Swing*; Dan Brown, *The Lost Symbol*; and several books by Margaret Coel, including *The Eagle Catcher*, *The Spirit Woman*, and *Eye of the Wolf*. In Sci-Fi., Jeff Vandermeer, *Absolution*; John Birmingham, *The Lost Sun*; and in Audiobooks, *The Autobiography of Mark Twain* (2 vols.) and Jane Leavy, *Big Fella: Babe Ruth and the World He Created*.

Free Raffle! And while you’re at the library, don’t forget to enter our free raffle. You may enter as often as once a week up until prize-drawing day, National Read a Book Day, Sept. 6, 2025.

ATTENTION Founders Forest Residents!

Robbie Hickerson recently added two new features to the Founders Forest Webpage. Both are at the bottom of the menu when you visit the webpage. The first enables residents to create a topic and post information there. For example, a gardener has an abundance of garlic and is offering them to any or all takers! I created a “community garden” topic which others can use for this purpose. Other topics might be NEED TRANSPORTATION, NO LONGER NEED, HIKING TRAILS AROUND THE VILLAGE, etc. Second, we can now post photos on the page to share with other residents.

27 August Village Center
Wednesday, 8:30 - 4:30 PM
Point of Departure - Hard Rock Casino Trip

Point of Departure Transportation Group is providing a shuttle service to the Hard Rock Casino in Bristol, VA.

This trip will give attendees a relaxing experience to visit a casino with an array of slot machines and table games. The Hard Rock Café is located on the main floor of the casino where you can enjoy a morning breakfast or lunch as you try your luck. There is a smoke-free environment toward the back of the casino’s main hall where games and the poker room are located. In the back of the casino there are additional casual dining option in the Marketplace area.

The Point of Departure shuttle will pick you up at the Village Center front entrance at 8:30am, and will return you back at approximately 4:40pm to the Village Center. Transportation time is about an hour and forty minutes with approximately 4 and ½ hours at the casino.

There is a limit of 10 people for this trip. Canes, walkers and collapsible wheelchairs are welcome. At this time, scooters or wheelchairs with riders are unable to be accommodated. Cost for trip is \$99 per person roundtrip and a minimum of 5 people is required. There will be a member of Point of Departure at the casino during your time, and will escort you back to the shuttle for your return trip.

To sign up, please call Point of Departure at 540-750-5902, let them know that you want to pay for the Warm Hearth Trip by paying with a credit card. You can also email info@pointofdeparture.us for additional payment options for The Warm Hearth trip.

Contact Mardy if you have further questions about this trip or the company Point of Departure Transportation Group at 540-443-3434 or mbaker@warmhearth.org.

Extended Availability and New Massage Offering: Foot and Hand Reflexology with Lora Leigh

We’re pleased to share that beginning August 27th, Lora Leigh will be available for massage services on Wednesdays in addition to Tuesdays and Thursdays. She is also now offering Foot and Hand Reflexology in addition to her Tuina and CranioSacral therapy sessions at The Village Center.

Reflexology is a deeply relaxing therapeutic practice that uses gentle pressure on specific points of the feet and hands that correspond to organs, glands, and systems in the body. This modality can help improve circulation, boost immunity, ease tension and reduce pain, support the nervous system, and promote an overall sense of well-being. Session times are one hour and tailored to meet your individual needs.

For more information or to schedule a session, contact Lora Leigh at loraleighgiessler@gmail.com or 540-520-0140.

Tall Oaks Hall - Assistive Listening (Tele-loop) System Information

The community room at the Village Center is equipped with a tele-loop system. This system is connected to the sound system. It creates a magnetic field that will connect with some hearing aids. The hearing aid must have a T-Coil. Generally it's something that is configured in the office by the person providing the aid(s). If the aid does not have this feature an external device, like a pendant, can be worn around the neck to pick up the signal. The pendant is specific to the brand of hearing aid. The hearing aid user can contact the business where the aid was purchased or The Hearing Clinic, located here in Blacksburg, for assistance. 540-552-1904.

Boxing Bootcamp + Pilates Donations Class

**Saturday
August 2nd,
9th, and 16th**

**4:30 PM – 5:30 PM
@ In Balance Yoga**

**100% of donations support: Rock
Steady Boxing at Warm Hearth Village**

A non-profit boxing-based fitness program
specifically designed for people with Parkinson's
disease



**All levels welcome – no
experience or equipment
required**

- 60 minutes of boxing style conditioning and pilates core
- Fun, challenging and uplifting
- No membership required! So come and bring a friend



**Come and sweat with a
purpose**

**Reserve your spot @
inbalanceyogastudio.com**

Learning to Love the New River Valley

5 weeks of guided exploration for newcomers,
recent retirees, or anyone who wants to learn
more about the NRV.

- Discover local history
- Find your fun
- Get outside
- Take a day trip
- Eat, shop, read, live local
- Connect with others
- Give back to your community

Lifelong Learning Institute

Fall 2025; Course No. 37

Wednesdays, 11:00-12:30

Registration: Aug. 18

<https://cpe.vt.edu/lifelonglearning.html>

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

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.



Please recycle old issues of The Log.

LOG Questions: Sara McCarter, smccarter@warmhearth.org