

Fitness Group Classes
Mon-Fri 7:00 AM - 5:00 PM
Sat 10:00 AM - 2:00 PM
(closed Nov 27, 28, 29)

MONDAY

10:00 Posture, Balance & Gait (B)
10:30 Arthritis Aquatics (P)
11:00 Rock Steady Boxing, G3
12:30 Water Volleyball (P)
1:00 Rock Steady Boxing, G4a
1:00 Line Dancing
2:00 Pickleball
3:30 Taiji for Wellness

TUESDAY

9:00 Fit 4 Life
9:30 Gentle Warm Water (P)
*new class (info on page 6)
(no class 11/11)
11:00 Posture, Balance & Gait (A)
11:00 Aqua Fit (P) (no class 11/11)
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
(no class 11/26)
12:30 Water Volleyball (P)
1:00 Rock Steady Boxing, G4a
2:00 Pickleball
2:30 Qigong
3:00 Ai Chi (P) (no class 11/26)
4:00 Croquet

THURSDAY

9:00 Fit 4 Life
11:00 Posture, Balance & Gait (A)
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

* Tap classes will no longer be held on Thursdays. If you have interest in Tap Classes, please contact Mardy Baker at mbaker@warmhearth.org for community resources.

FRIDAY

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

Holiday Closings

The Village Center (Marketing and Cafe) will be closed:
Thursday Nov 27
Friday Nov 28

The Fitness Center will be closed:
Thursday Nov 27
Friday Nov 28
Saturday Nov 29

November

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, Nov 7: Turkey Hash
Friday, Nov 14: Omelets Made to Order
Friday, Nov 21: Build Your Own Pancakes
Friday, Nov 28: No Buffet – Village Center Closed for Thanksgiving

----- Special Events at the Huckleberry Café -----

Summer Musical Enterprise Collaboration

Tickets are now available for *The Holiday Channel Christmas Movie Wonderthon* at Warm Hearth Village. Tickets are \$25/ per person. There are three performances to choose from. **See listing for November 22 and 23 for details.**

Thanksgiving To-Go Dinner

\$19.95 – Pick up on Wednesday, Nov. 26th from 11am – 1pm
Reserve meals w/ Huckleberry Café before 2pm on Friday, November 21st
Sliced Turkey
Mashed Potatoes & Gravy
White Cheddar Mac & Cheese
Roasted Green Beans w/ Pearl Onions
Cornbread Stuffing
Dinner Roll + Butter
Choice of Pumpkin Pie or Apple Pie w/ Vanilla Ice Cream

page 1

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. Contact the Fitness Center.

* 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
TBD
Village Center
Contact: Roland Byrd

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

Campus Bingo
This event is cancelled until further notice.

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.

3,10,17,24
November
Mondays, 4:00 PM

Karr Activity Center

HearthSong Singers

The HearthSong Singers is being directed by retired musical director, Joe Borden. He is a lifelong musical director with a heart for choral groups. The group focuses 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!

4
November
Tuesday, 10:00 AM

Tall Oaks Hall
Village Center

Connections - Tax-Advantaged Solutions & Edward Jones Perspective

Get ready for a morning of fresh insights and practical strategies. Three experts will share timely updates on tax changes and smart investment strategies to help you plan with confidence.

Presenters:
Samara Abplanalp, CPA - Key Tax Changes
Katherine Wetzel - Tax-Advantaged Investment Strategies
Meghan Kuczmariski, CFP - Bringing It All Together in Your Financial Plan.

Enjoy light refreshments while learning real-world tips to strengthen your financial well-being. **RSVP to Bix at 540-443-3800 by Mon, November 3 at 1:00 PM.**

5,18
November
see below

Karr Activity Center

Deck The Halls - Fashions for Evergreens

We're excited to be part of this year's Fashions for Evergreens tree-decorating competition in collaboration with Virginia Tech! Our theme is "A Hearth Christmas," inspired by the warmth of the season and our Dutch heritage. To make our tree even more meaningful, we'll be including resident-made ornaments as part of the design.

We'll be hosting a festive ornament painting time so you can add your creative touch to our tree. There will be simple images to follow, or you can paint a WHV holiday-inspired original work of art!

There are two opportunities to participate:
Wednesday, Nov 5th, 12-1pm at Karr Activity Center
Tuesday, Nov 18th, 3:30-4:30pm at Woodland Studio, Village Center.

Sign Up: Sign ups will begin November 3 at 9:00 AM. Sign up by calling Bix at 540-443-3800. Let us know if you are attending either or both days.

Participation Limit: 20 people total
Registration Deadline: November 4th at 1:00 pm

Groups & Clubs - continued

Guided Meditation

Guided Meditation on Zoom
Mondays
3:00 - 4:00 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
November 3,10,17 only
Every Monday
1:00 - 2:00 PM
Tall Oaks Hall
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434

Men’s Breakfast 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

Continued to next page.

6 November Woodland Studio
Thursday, 11:00 AM Village Center

Create & Sip - Holiday Tree
Create a natural holiday tree with a paper mâché tree base, mini pine cones, ribbon, and greenery. You can follow a sample or decorate it with your own vision. This tree is lovely at the holidays but stylish enough to be displayed throughout winter. A few clothespins and it can be used as a holiday card tree. Whatever you choose, this holiday craft will leave you feeling festive!

Sign Up: Sign ups will begin November 3 at 9:00 AM. Sign up by calling 540-443-3800 for your place in the class.
Class Limit: 15
Registration Deadline: November 4th at 1:00 pm

6 November Karr Activity Center
Thursday, 12:30 PM

Vaccine Clinic for Independent Living Residents
Blacksburg Pharmacy will be on campus to provide Flu and COVID-19 vaccines, along with other vaccines upon request.

This clinic is by appointment only. Appointments can be made by calling Alisha at 540-443-0415. Please remember to bring your insurance card(s) to your appointment.

Important Note for COVID-19 Vaccine:
You must be at least six months past your last COVID-19 vaccine in order to be eligible for this dose.

If you are interested in receiving vaccines beyond the Flu or COVID-19 vaccine, please request them in advance when scheduling your appointment.

We encourage all residents to take advantage of this convenient opportunity to stay up-to-date with your vaccinations.

ANNOUNCEMENT:
Unfortunately, due to his scheduling conflicts, Robbie Vance will no longer play monthly at the Karr Activity Center.

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



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.

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.

6 November
Thursday, 2:00 - 4:00 PM
Woodland Studio
Village Center
Intermediate Crochet Class
Intermediate Crochet Class: Knit-Look Scarf with One-Row Repeat

Join Bix for a focused, hands-on class designed for intermediate crocheters who want to create a knit-look scarf using a one-row repeat of modified half-double crochet stitches and a 5mm hook. We'll cover tips for tension, consistency, and finishing techniques and how to adapt the stitch for different yarns and styles. First you'll learn the stitch and helpful tips. Then you can practice and refine. You will leave with the skills and pattern to complete the scarf independently.

Skills Required: Participants must be comfortable with: slip knot, chain stitch, half-double crochet
Materials Provided: Practice yarn, 5mm hook.
Optional: Feel free to bring your own 5mm hook and worsted weight yarn if you prefer to work with your own materials.

Sign Up: Sign ups will begin November 3 at 9:00 AM. Sign up by calling 540-443-3800.
Class Limit: 6
Registration Deadline: November 4th at 1:00 pm

7 November
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.

7 November
Friday, 1:00 PM
Tall Oaks Hall
Village Center
Birthday Tea & Cake Social

Celebrate your neighbors' birthdays from across the village! Serving 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 for FREE. Attendees do not have to have a birthday to attend.

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,
CarsonLibrary**

Open 7 days a week, all day.

Tea Tree Salon Hours

Working to verify!

Micah’s Pantry

Tuesdays, 11:00 AM - 3:00 PM

Thursdays & Fridays

11:00 AM - 1:00 PM

Fitness Massage Services

To schedule, call 540-520-0140 or email loraleighgiessler@gmail.com.

Moss Center Transportation:

Tina – The Tina Turner Musical

Monday, November 17th at 7:30pm

Pickup start at 6:30pm

**Roanoke Symphony Orchestra:
Holiday Pops Spectacular**

Saturday, December 6th at 4pm
Pick-ups start at 3pm

**Blacksburg Master Chorale:
Handel’s Messiah**

Sunday, December 14th at 4pm
Pick-ups at 3pm

Royal Philharmonic Orchestra

Thursday, January 22nd at 7:30pm
Pick-ups at 6:30pm

Chicago

Monday, February 23rd at 7:30pm
Pick-ups start at 6:30pm

An Evening with Kelli O’Hara

Saturday, May 9th at 7:30pm
Pick-ups start at 6:30pm

Call 540-552-2419 or email rjustice@warmhearth.org to get your space on the bus. Seating is limited.

7 November **Karr Activity Center**
Friday, 3:30 PM

Folk Music with Ash Devine

Ash will be playing your favorite folk and traditional songs of the mountains. This is a fun and relaxing opportunity to start the weekend with music in your heart. All are welcome.

7 November **Kroontje Health Care Ctr**
Friday, 4:00 PM

VT Marching Band Highlights

Spread the Spirit! Come out to watch the Virginia Tech Marching Band as they play their highlight music from football games.They will rouse the crowd with fight songs we know and love.The performance will last approximately 30 minutes at which time you are welcome to join the band as they make their way to the Kroontje Center to meet and greet residents and hand out mementos. Location of performance is in the field across from the Kroontje Center. If it rains, the band will still visit the Kroontje Center but will not perform their program. Limited seating available. Everyone is welcome to join. Remember to dress in your Hokie colors!

7 November **Tall Oaks Hall
Village Center**
Friday, 3:00 - 5:00 PM

**Health Connections: Living Well With
Hearing Loss**

Following our successful kickoff lecture on September 12th, we now move into the heart of the Living Well with Hearing Loss program. November will be the final session. Participants have been exploring practical strategies, psychological insights, and wellness approaches to better manage hearing loss and strengthen communication in daily life. Graduate students in speech-language pathology at Radford University, under the guidance of Dr. Lauren Flora, will continue to lead the final session.

This final session brings together themes of communication and wellness. Participants will explore strategies to reduce communication-related stress and leave with practical tools to continue supporting their hearing and communication health.

All are welcome.

9 November **Karr Activity Center**
Sunday, 3:00 PM

Mitchell Studios Piano Recital

Come enjoy the students of Chris Mitchell in this Sunday afternoon piano recital. Students will range from 6 to 60 and each will show a different variety of music. Seating will be on a first come basis, and music will last approximately an hour.

Alzheimer’s Foundation of America’s

The Alzheimer’s Foundation of America’s (AFA) National Toll-Free Helpline will be available to provide support, assistance and referrals to families affected by Alzheimer’s disease seven days a week.

The new helpline hours are:
Monday-Friday: 9 am to 9 pm (ET)
Saturday: 9 am to 1 pm (ET)
Sunday: 9 am to 1 pm (ET)

Call 866-232-8484 to speak with one of AFA’s licensed social workers if you have questions or need help!

Resident Care Concerns

Are you concerned about a neighbor and you are not sure how to help? There are people who know exactly what to do and they are only a phone call away. If you have concerns for the safety of a neighbor, please call one of these numbers:

Warm Hearth’s Risk Management Team
540-443-3456

Montgomery County Adult Protective Services
540-382-6990

New Fitness Class

Gentle Warm Water is a new pool fitness class taught by our own Danielle Bland. This water exercise program is designed for individuals with arthritic and mobility limitations. This class is for you if your goals include increasing strength, flexibility, stability, and range of motion in a relaxing and low impact atmosphere.

This class will be scheduled on Tuesdays at 9:30 AM.

11 November **Woodland Studio**
Tuesday, 9:00 AM - 3:00 PM
Christmas Craft Show

Join us for this fun craft show with items including jewelry, stocking stuffers, lanterns, wreaths, cards, leather bookmarks, crosses, paintings, nativity, Christmas and Fall decorations, welded decor, diamond art, angels, etc. **See flyer on page 11.**

Come out and show your support. Tell your friends and family and SPREAD THE WORD ABOUT THE CRAFT SHOW!

Some vendors don’t use credit cards therefore, please bring CASH.

12,26 November **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 November **Woodland Studio**
Wednesday, 1:00 PM **Village Center**

Procrastination Crafters

Is that old half-finished project nagging at you? Perhaps a holiday gift or decoration? Bring your unfinished projects to this group time and bring that craft back to life! Your neighbors will provide moral support to get it done! For questions, contact Cynthia Hayes at 540-505-4113.

13 November **Tall Oaks Hall**
Thursday, 4:00 PM **Village Center**

Story Hour Happy Hour

Ken Yalowitz returns by popular demand to offer his take on current events in the US and around the world. As many of you know, Ken, accompanied by his wife Judy, had a long and distinguished career in the US Foreign Service. One of his posts was Ambassador to Belarus. **Cash bar opens at 3:30.**

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.

Warm Hearth Foundation News

- Welcome Dominique Harder to the Philanthropy Associate role.
- Thank you to everyone for your response to the Legacy Fund Mailing! These funds are vital to our mission and growth.
- Tax letters will be distributed per IRS guidelines by the January deadline.
- The Employee Appreciation Fund appeal will go out in late November.
- Silver Santa sign-ups are underway and it’s shaping up to be a big year.
- Don’t miss the November 4 Tax Seminar with Meghan Kuczmarski.

Thank you for your support!

Pet Reminder

For the safety and happiness of all our Warm Hearth furry friends, please keep your pets on a leash and remember to clean up after them when they do number two!

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.

14November

Tall Oaks Hall
Village Center

Friday, 11:00 AM

Connections - History of the
Radford Arsenal 1938-1946

Join us for this presentation by historian and author, Dennis Kitts. Take a fascinating look back at the early history of the Radford Army Ammunition Plant, originally known as the Radford Ordnance Works. Discover how this massive facility on 6,901 acres, subdivided by the New River and its own rail system was built in record time during the early years of WWII; its lasting impact of the local housing boom in Radford & Fairlawn and surrounding areas to accommodate the original 20,000 workers. The RAAP workers, both men and women worked in ammunition production to support overseas war efforts in Europe and the Pacific during WWII, The Korean Conflict, The Vietnam War and then into the future. **Free and open to the general public.**

17November

Karr Activity Center

Monday, 1:00 PM

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: November 10th at 1:00 PM

18November

Tall Oaks Hall
Village Center

Tuesday, 11:00 AM

Connections - St. Francis Service
Dogs

Saint Francis Service Dogs, a non-profit organization based in Roanoke, invites you to a special presentation to learn about their life-changing mission and the incredible impact service dogs have on their partners. Learn how these exceptional dogs provide daily physical and emotional support to individuals with disabilities, explore the training process from puppy to partner, and hear the inspiring stories of newfound independence, confidence, and connection.

Warm Hearth Village residents, Rick and Linda Caudill, will be on hand to share their own journey with Saint Francis Service Dogs. Rick was matched with his service dog, Lion, in 2023 and after completing training together and they celebrated their official graduation as a team last year.

Join us to hear the story of Rick and Lion’s partnership, enjoy a presentation by Saint Francis Service Dogs Executive Director, Cabell Youell, and watch a short demonstration of task work with Saint Francis staff dog, Solo.

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.

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!

XX

November

Wednesday, 11:00 AM

Warm Hearth Village Town Hall

The Town Hall scheduled for November will be moved to December. Check the December Log for a new date.

Tall Oaks Hall
Village Center

19

November

Wednesday, 4:00 PM

Sleep Health

This is a VT Lifelong Learning Lecture free to WHV residents. Join us for a special event dedicated to improving your sleep health. Dr. Conduff will lead a discussion on effective strategies and available treatment options - both surgical and nonsurgical - to help you achieve a better night's sleep. Attendees will have the opportunity to ask questions. Don't miss this chance to take steps toward healthier, more restful nights.

Tall Oaks Hall
Village Center

PRESENTER

Joseph (Joey) Conduff is an ear, nose, and throat specialist with LewisGale Physicians ENT. He has recently introduced to our area an innovative, FDA-approved surgical option - the Inspire implant - for treating obstructive sleep apnea. This new procedure helps keep the airway open during sleep, allowing patients to breathe more easily and enjoy restful, uninterrupted nights.

20

November

Thursday, 4:00 - 5:00 PM

Karr Activity Center

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

November

Friday, 11:00 AM

Tall Oaks Hall
Village Center

Benefits of a Heart Healthy Diet

Join us for this presentation on a heart-healthy diet and the benefits this has in lowering the risk of developing heart disease with foods like fruits, vegetables, whole grains, healthy fats, and lean protein options.

PRESENTER

Lauren is a graduate student at Virginia Tech, studying nutrition and dietetics. She is the current dietetic intern here at Warm Hearth Village for her foodservice rotation. She is pursuing a career as a registered dietitian with hopes of working in the clinical setting. She looks forward to gaining knowledge and experience during her time here.

November is National Alzheimer’s Disease Awareness Month

This month, we shine a light on the millions of individuals and families affected by Alzheimer’s — the most common form of dementia. Alzheimer’s impacts memory, thinking, and daily functioning, but with the right care and support, individuals can continue to live with dignity, safety, and comfort.

At Warm Hearth at Home, we understand the unique challenges that come with Alzheimer’s and dementia care. Our dedicated caregivers and skilled clinicians provide compassionate, personalized support to help clients maintain independence and quality of life in the comfort of their own homes.

- How Home Health Can Help:**
- Personalized care plans tailored to each individual’s needs
 - Medication management and monitoring
 - Assistance with daily activities and personal care
 - Companionship and cognitive engagement activities
 - Education and emotional support for family caregivers

Early detection, healthy lifestyle habits, and the right support system can make all the difference. This November, let’s raise awareness, show compassion, and stand together in the fight against Alzheimer’s. Together, we can support families, honor caregivers, and bring hope for a future without Alzheimer’s.

21 November
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. A \$20 material fee will be collected at the time of the class. Checks and cash are accepted.
Registration deadline: October 14th at 1:00 PM

21 November
Friday, 3:00 PM

Tall Oaks Hall
Village Center

**History of the Appalachian Trail:
Roanoke and the New River Valley**

This is a VT Lifelong Learning Lecture free to WHV residents.

The Appalachian Trail was conceived more than a century ago in the mind of a visionary landscape architect. Throughout its development, residents of the Roanoke and New River Valley region have played a crucial role, beginning with the establishment of the Roanoke Appalachian Trail Club (RATC) in 1932. Join Diana Christopulos as she shares photos from the RATC’s archives and recounts stories of the many challenges faced during the trail’s construction - including relocating the trail from the Blue Ridge Parkway to Angel’s Rest, Peters Mountain, and Dragon’s Tooth.

PRESENTER
Diana Christopulos has hiked the entire Appalachian Trail and filled many roles in the Appalachian Trail Conservancy and Roanoke Appalachian Trail Club.

24 November
Monday, 2:00 - 4:00 PM

Karr Activity Center
Outside

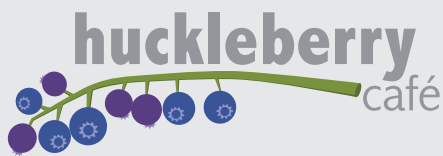
Outdoor Market

Warm Hearth and Feeding America have teamed up to provide pantry staples, dairy, frozen meat and fresh produce to residents and employees at a reduced cost. Partnering with Virginia Fresh Match to provide 50% off of fresh and frozen produce for SNAP/EBT users. We accept debit, credit or SNAP/ EBT as payment. So convenient! Stop by on your break or lunch! **Visit the fourth Monday of every month.**

For more information:
276-218-4480 or email abg.mmp@feedingswva.org

Virginia Tech Counselor Education Program

We are pleased to announce the continuation of a partnership between Warm Hearth Village and the Virginia Tech Counselor Education program. Through this collaboration, counseling services for Warm Hearth Village residents are available at no cost. If you are interested in learning more, please call (540) 384-1695 or send an email to whvcounselor@gmail.com.



The Huckleberry Cafe 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.

Life Enrichment needs your junky broken jewelry!

Due to an overwhelming response to our latest craft, we have come up with a November holiday craft that incorporates broken or junk costume jewelry: Broaches, clip on earrings, stretch bracelets, and pendants are all in need. We can also use bags of multicolored buttons, junk beads or any other scraps you might have around. Upon completion, we will share our project on the WHV social media page for everyone to enjoy.

Feel free to leave any items at the Village Center front desk or at the Karr Activity Center c/o Life Enrichment (Mardy Baker). Many thanks for supporting the creativity of your fellow neighbors at Warm Hearth!

22,23

November

See below

Tall Oaks Hall
Village Center

Summer Musical Enterprise - Stage Play, Tickets \$25/person

Tickets are now available for The Holiday Channel Christmas Movie Wonderthon at WARM HEARTH!

There are three performances to choose from:

Saturday, Nov. 22 at 2 pm OR 6:30 pm

Sunday, Nov. 23 at 2 pm

Journey to tiny Hopewood Falls, Vermont—where quirky singles, charming inns, and unexpected romances collide in ways only a holiday parody can deliver! Get ready for an evening of laughter, holiday cheer, and festive fun!

Includes Light and Heavy Hors D'oeuvres, Coffee/Hot Chocolate and Cookies, and Carol Singing! Bring your friends, sip your favorite holiday cocktail, and experience a night of theatre, laughter, and holiday magic that will leave you smiling all season long.

Point your camera at the QR code in the graphic below, or use this URL:

https://summermusicalenterprise.ludus.com/index.php?show_id=200504174

THE HOLIDAY CHANNEL
CHRISTMAS MOVIE WONDERTHON

Tall Oaks Hall
at The Village Center in Warm
Hearth

SCAN ME

All Tickets \$25
includes hors d'oeuvres,
coffee/hot chocolate, cookies

SATURDAY Nov. 22 at 2pm
SATURDAY Nov. 22 at 6:30pm
SUNDAY Nov. 23 at 2pm

SAVE THE DATE: Old World Christmas Celebration and Brunch
December 1st 10:00-11:30 AM

December is full of delight at our Old World Christmas Celebration. Bring friends and family at our own version of Ms. Mardy Fezziwig’s Christmas Party. All jovial spirits will meet “Virginia’s Favorite Santa”, Mrs. Clause and their comical elf. We’ll provide brunch treats, Christmas carols, a complimentary gift-wrapping station (limit of 5 gifts), make-n-take orange & clove hanger, spots for holiday pictures and more! Event is free. Family with friends welcome. Purchase of breakfast and alcoholic drinks separate at a nominal fee. Everyone invited to make merry as we spread good cheer to all. Reservations for the meal are requested, but not required at 540-443-3801. More information and meal selections coming soon. Kick off the holiday with us!

Christmas CRAFT SHOW

*Join us for a festive holiday shopping day
featuring handmade crafts by our residents.
Support your neighbors, get a head start on gifts,
and celebrate our community’s creativity!*

**Tuesday, November 11
9am to 3pm**

**The Village Center - Woodland Studio
2387 Warm Hearth Dr., Blacksburg**

- Open to residents, staff, and families
- Cash preferred – please bring small bills for easy purchases

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Warm Hearth Village

The Engagement Center for Creative Aging at Virginia Tech is launching a new lecture series called "Caregiver Wellness Lecture Series". They will occur once each fall and spring. The first lecture is **Monday, November 10th.**

What: Caregiver Wellness Lecture Series
Topic: Navigating home health, palliative care and hospice as a caregiver
Speaker: Amber Akers, Care Consultant with Gentiva Hospice
When: Monday, November 10th, 3:00-4:45pm
Where: Steger Hall Conference Center, Virginia Tech
This event is FREE!
Use the QR code to register. Information about parking is available through the registration form.



Donate books in Honor of Veterans Day

Warm Hearth Village and Volunteer Montgomery partner through Operationpaperback to supply paperback books to veterans and military families.

Favorite genres are: History, Biographies, Thrillers, Non-Fiction, Puzzle books and Children’s books (Military personal like to read books to their kids while facetimeing if deployed).

Accepting donations of newer paperback books at The Village Center, Warm Hearth Village AND Volunteer Montgomery, Christiansburg Office.

Thank you for the continued support of this program through your book donations!
For more information on this program www.operationpaperback.org.



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 inital 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