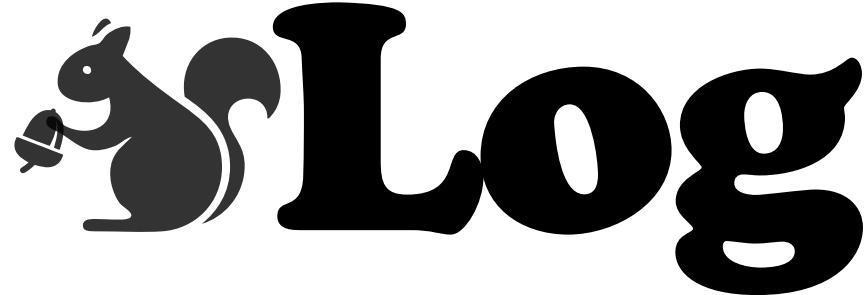


**Happy
New Year!**

January 2026



Fitness Group Classes
Mon-Fri 7:00 AM - 5:00 PM
Sat 10:00 AM - 2:00 PM

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 - Line Dancing
is on hold till further notice.
2:00 Pickleball
3:30 Taiji for Wellness

TUESDAY

9:00 Fit 4 Life
9:30 Gentle Warm Water (P)
(no class 1/13)
11:00 Posture, Balance & Gait (A)
11:00 Aqua Fit (P) (no class 1/13)
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
2:30 Qigong
3:00 Ai Chi (P)
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

FRIDAY

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

Holiday Closings

Marketing Offices & Huckleberry Cafe
January 1 & 2 - Closed

Fitness Center

January 1 - Closed
January 2 - Open 9am - 5pm, no classes EXCEPT Arthritis
Aquatics

January

See below

Cafe Events

----- **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, Jan 2: Closed

Friday, Jan 9: Build-Your-Own Pancakes

Friday, Jan 16: Corned Beef Hash

Friday, Jan 23: French Toast

Friday, Jan 30: Eggs Benedict

----- **Huckleberry Café Special Orders** -----

Magic Monday Returns!

Monday, January 19th, 4:00 – 6:00 pm

A late winter Martin Luther King Day concert featuring an eclectic and uplifting repertoire of classic folk revival, era jazz & country, and Americana, inspired by universal themes of hope, friendship, civil rights movements, and world peace. Led by the Ash Devine Folk Troubadours Trio.

\$7.95 Dinner Special: Baked Ziti w/Meatballs & Fresh Salad
Gluten-Free and Vegetarian options available!

2

January

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.

Continued to next page.

SATURDAY

Open Swim (P) / Open Gym

2:00 Pickleball

10:30-11:15 Aqua Yoga - first & 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**Bereavement Support Group**

***NEW GROUP - Look out for flyer with more details.**

Last Tuesday of each month

11:00 AM - 12:00 PM

Tall Oaks Hall

Contact: Catherine Fecteau

540-443-3418

Bible Study

1st & 3rd Wednesday of each 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

Croquet

Wednesdays

4:00 PM

Village Center

Contact: Roland Byrd

Continued to next page.

2**January****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.

5,12,19,26**January****Karr Activity Center****Mondays, 4:00 PM****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. This group will focus on a variety of songs and styles from many different generations. Practice starts promptly at 4pm to allow for maximum singing time. Come share your voice with the group!

7**January****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.

7**January****Off-Campus****Wednesday, 10:30 AM****Lunch Trip: Arts, Shopping, & Pizza**

Hop aboard the WHV Bus for this fun trip! Our first stop will be the Fine Arts Center for the NRV located across from the University Mall. Spend some time learning about talented artists from our area and discover a range of art classes hosted by the Center. Walk next door to order some of the BEST pizza in town at The Beast of Blacksburg Pizzeria with their \$10 special of a small pizza, salad and drink. Then take an opportunity to look around Bonomo's Boutique for top ladies' fashion and after-Christmas sales. Interested in something else? Walk a short distance to other food and shopping options, all located in the same area. Pick-ups at your location will begin at 10:30am, with an estimated arrival of 11am to the shopping area. You will have 3 hours to do as you like. We will meet back at the drop off location at 2pm. In case of inclement weather on the 7th, the trip will be rescheduled for January, 28th.

Participation limit: 12

Sign up: Sign ups start Jan 2 @ 9:00 AM. Contact Bix at 540-443-3800.

Registration deadline: January 6th at 10:00 AM

Groups & Clubs - continued

Green Committee

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

Guided Meditation

Guided Meditation on Zoom
Mondays
3:00 - 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: Mandy Baker
mbaker@warmhearth.org
540-443-3434

Men's Breakfast Club

First Friday of each month
9:30 - 10:30 AM
Woodland Studio
Contact: Mandy 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
kharragh@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

8

January

Thursday, 4:00 PM

Story Hour Happy Hour

This Story Hour will take us on an amazing adventure to Nepal and the Mount Everest base camp! Al and Debbie Warren's daughter and grandson went on that journey last fall, and will show us slides and tell tales of their travels to that amazing land. You can enjoy the Himalayas in the comfort of The National Bank's Tall Oaks Hall! **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.

9

January

Friday

Warm Hearth at Home - Meet and Greet

Warm Hearth at Home will be hosting two meet and greets in the Village. They will discuss their services, answer questions about insurance and billing, as well as offer sweet treats and beverages. For more information, contact Scott Bryant at sbryant@warmhearth.org.

Karr Activity Center, 1:00 - 2:00 PM

Tall Oaks Hall, Village Center, 3:30-4:30 PM

See Below

9

January

Friday, 1:00 PM

Tall Oaks Hall

Village Center

Birthday Tea 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-along. This year, all birthdays babies will draw from a hat for a special surprise gift!

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

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.

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

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
rjustus@warmhearth.org to get
your space on the bus. Seating is
limited.

14

January

Woodland Studio

Wednesday 9:30 - 11:30 AM Village Center

Lifelong Learning Institute Classes, Registration Assistance

The Lifelong Learning Institute of Virginia Tech (LLI) is a member-driven, volunteer organization that draws on the wealth of academic and community resources in the New River Valley and beyond to provide intellectual, cultural, and social experiences for adults 50 and older. This spring LLI presents our biggest program yet! With over 90 courses, webinars, field trips, and special events, LLI truly has a program for everyone. Registration opens Wednesday, January 14th at 9:30 am.

Register online by visiting the LLI Home page at www.cpe.vt.edu/lifelonglearning and clicking REGISTER or by phone by calling 540-231-5182.

Need help with registration? Stop by the Village Center on Wednesday, January 14th between 9:30 AM and 11:00 AM, where our friendly trained volunteers will be happy to assist you in person.

14

January

Woodland Studio

Village Center

Create and Sip - Rock Painting

Join resident Fran Sargent as she shows us how to paint on rocks! Fran creates mini works of art that bring whimsy, joy and smiles to all who see her work. This class she will be demonstrating the basics with a simple design which you can use as a gift or paperweight. All paint and materials will be provided. You may want to wear clothing that could get paint on it. This class will take approximately an hour - hour 1/2 based on dry time.

Participation limit: 12

Sign up: Sign ups start Jan 2 @ 9:00 AM. Contact Bix at 540-443-3800.

Registration deadline: January 9th at 1:00 PM

15

January

Tall Oaks Hall

Village Center

Meet & Greet: Welcome Our New Carilion Clinic Nurse Practitioner

We're excited to welcome a new face to the Carilion Clinic on campus! Please join us for a Meet & Greet to introduce Jeff Stephens, our new Nurse Practitioner, who will be caring for patients at the clinic Monday through Wednesday each week. This is a great opportunity for residents and village staff to stop by, say hello, ask questions, and help us extend a warm welcome to Jeff as he joins our community.

Light Refreshments will be served as we gather to welcome Jeff to the Warm Hearth Village family!



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.

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

15

January

Thursday, 4:00 PM

Karr Activity Center

Neighbors Entertaining Neighbors

Join your host, resident Hugh VanLandingham, for an evening of laughter and music. Hugh will host an open mic styled event for any resident who would like to share their talents with the group. Come enjoy a variety of music, jokes and who knows what, in a welcoming and open environment, right at 4 o'clock! BYOB (Bring your own beverage) and snacks, sharing is okay too. Questions? Contact Hugh at hughv@vt.edu or by calling 540-552-4328.

19

January

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: January 12th at 1:00 PM

20

January

Tuesday, 1:00 PM

Tall Oaks Hall Village Center

Maestro Wiley at the Grand Piano

Maestro David Stewart Wiley will present a special one-hour program to include works by J.S. Bach, Chopin, Rachmaninoff, Ginastera, and film music by Wiley inspired by Virginia's Blue Ridge. Wiley is a beloved leader and ambassador for the Roanoke Symphony Orchestra since 1996. This January marks his 30th acclaimed season as Music Director & Conductor.

Wiley has conducted prestigious orchestras around the world, including Atlanta, Boston, Cincinnati, San Francisco, Indianapolis, Minnesota, and Saint Louis, as well as in Italy, Germany, Slovakia, the Czech Republic, China and Morocco. He also serves as conductor of Orchestra Long Island in NY, and tours as a guest conductor, composer and arranger, and concert pianist with orchestras around the world. Wiley returns to Warm Hearth to share his talents and love of music.

Looking for something to read?

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

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

Some Recent Arrivals: Michael Smith, *Station X: The Codebreakers of Betchley Park* (History); Laura Esquivel, *Like Water for Chocolate* (Fiction); Robin Wall Kimmerer, *The Serviceberry* (Nature); Most Amusing Title: Al Franken, *Giant of the Senate* (Non-fiction); Cynthia Huntington, *The Salt House* (Non-fiction); and Most Intriguing Title: Lloyd Jones, *Here at the End of the World We Learn to Dance* (Fiction).

Raffle Redux! Back by popular demand is our library raffle. Come by the library and fill out a raffle ticket as many times as you like between now and the day of the drawing, tentatively scheduled for Valentine's Day, February 14. On the day of the drawing, we'll also have a festive gathering to celebrate the holiday—and prizes galore!

ATTENTION Trolinger/NRH Residents!

A copy of The Log is placed on the bulletin boards each month for quick access in the lobby. Please do not remove these copies from the boards.

23

January

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. A \$20 material fee will be collected at the time of the class. Checks and cash are accepted.

Registration deadline: January 16th at 1:00 PM

26

January

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

30

January

Friday, 1:00 PM

Tall Oaks Hall
Village Center

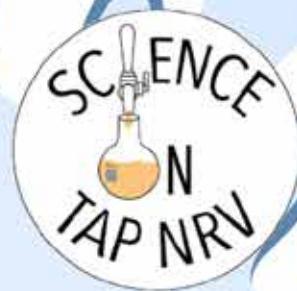
Connections - Laura Dean, Children's Book Author

Celebrate one of our own! Warm Hearth Village team member Laura Beth Dean shares her award-winning children's picture book, *Georgia Jipp: Blizzard Pilot*, which tells the true story of a courageous young pilot who flew more than 150 life-saving missions for the American Red Cross during the historic South Dakota blizzards of 1949. A brief author talk will explore the inspiration behind the book, followed by Q&A and a book signing. Books will be available for purchase at the event and are also available on Amazon, Barnes and Noble, Imaginations/Annie Kay's, and The Book House in Floyd.

Laura Beth Dean is a registered nurse at Warm Hearth Village, working in Quality Assurance and Staff Education. Raised abroad by missionary parents, she brings a lifelong passion for history, service, and storytelling to her writing. Her debut nonfiction children's book, *Georgia Jipp: Blizzard Pilot*, has earned multiple national awards, including the Spur, Will Rogers Medallion, WILLA, and Moonbeam awards.

Science on Tap!

Sip, Eat, Chat, and Explore Science!



At **Rising Silo Brewery** 2351 Glade Road Blacksburg, VA
4th Thursdays of the Month @5:30 p.m.

Join your neighbors for lively, interactive activities and conversations about the latest discoveries and pressing scientific questions—all in a fun, engaging format. Come for the science, stay for the connection!

Check out our lineup below as we journey into the snowy wonders of January:

 January 22: **Summer Thomas** - *Soil health*

 Feb. 26: **Hannah Brown** - *Organoids, viruses, & pandemics*

 March 26: **Gabriel Isaac** - *Pain Management & Perception*

Hosted by:



Follow us on Instagram!



Good Nutrition in the New Year

Article completed by Hailey Brisky, dietetic intern

Happy New Year! As we enter 2024, we have an opportunity to make new goals and resolutions. This is a perfect time to focus on making healthy, sustainable choices that will last. Here are some tips for following a healthy lifestyle in the new year!

Eat a Variety of Foods – Eating a well-balanced diet with whole grains, protein, fruits, vegetables, dairy, and healthy oils is recommended. Try to eat a variety of these different foods to get important nutrients. For example, carrots are a good source of vitamin A while dark green leafy vegetables such as kale or spinach are a good source of folate and iron.

Add Physical Activity to your Daily Routine – It is easy for life to get busy and derail us from our normal routine. Finding even small ways to incorporate physical activity into our schedules helps keep us fit! Try adding a walk after lunch or taking time to stretch in the morning after you wake up.

Choose Healthy Habits that Work for YOU! – There is no one size fits all when it comes to creating a goal for the new year. Eat healthy foods that you enjoy and are important to your culture and traditions. Add activities to your day that you love doing. It is important to consider your personal preferences when creating healthy goals and habits. If you like what you are doing and enjoy the food you are eating, then you will be more likely to stick with these lifestyle changes!



References: [Eat Healthy and Stay Active in the New Year | USDA, New Year's resolutions that can help you be healthier and happier. \(mn.gov\)](https://www.usda.gov/eat-healthy-and-stay-active-new-year)

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