



The Log

March 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
- 3:30 Taiji for Wellness

TUESDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (A)
- 11:00 Aqua Fit (P) (no class 3/31)
- 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
- 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

FRIDAY

- 10:00 Posture, Balance & Gait (B)
- 10:30 Arthritis Aquatics (P)
- 1:00 Healthy Backs

SATURDAY

Open Swim (P) / Open Gym
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.

Continued to next page.

see below

March

see below

Huckleberry Cafe
Village Center

Cafe Events

Fabulous Friday | Every Friday | 8 – 11am

Full breakfast buffet with sides of eggs, chef's choice protein, fresh fruit & rotating weekly special. **\$7.95 Breakfast Special.**

March 6: Breakfast Frittatas

March 13: Maple Cinnamon French Toast

March 20: Corned Beef Hash & Fried Eggs

March 27: Build-Your-Own Omelet

Magic Monday | 4 – 6pm

Monday, March 2nd | \$7.95

Live Music: Bobby Parker

Menu: Nacho Bar with Beef and Grilled Chicken, Sides of Spanish Rice & Beans + Fresh Salad

Monday, March 16th | St. Patrick's Day Special \$14.95

Live Music: Simple Gifts of the Blue Ridge will play traditional mountain and Irish music from 4-6pm in celebration of St. Patrick's Day.

Menu: Corned Beef Cabbage, Boiled Red Potatoes with Cream, Butter & Chives, Steamed Carrots, Bailey's Irish Cream Bread Pudding

2,9,16,23

March

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. This group will focus on a variety of songs from many different generations. Practice starts promptly at 4pm to allow for maximum singing time.

6

March

Friday, 9:30 - 10:30 AM

Woodland Studio
Village Center

Men's Breakfast Club

This men's focused event will introduce you to neighbors from across the Village over coffee and pastries. Guests are welcome at no charge. We want to grow, so feel free to share with other men who may want to connect.

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

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

Continued to next page.

6,13,20,27

March

Karr Activity Center

Friday, 10:30 AM - 12:00 PM

Technology Assistance Help

Drop in for help with your mobile devices. Student(s) can help answer simple questions that don't require specific education or training in computers. Get help with texting, photos, messaging, settings, Zoom, etc. First come, first served.

6

March

Friday, 2:00 PM

Tall Oaks Hall

Village Center

Village English Tea

It's tea time at our monthly Village English Tea! We welcome you and your guests to join in this delightful event to celebrate birthdays, anniversaries, significant milestones, or to chat with friends. We will serve a variety of finger sandwiches, sweet treats, and tea or coffee. Elevate your experience with an optional glass of champagne at \$5 each, purchased at the café. Inviting guests? Please let the cafe know - 540-443-3801.

7

March

Saturday, 12:00 PM

Off Campus

Special Trip, 9-5 the Musical

Mill Mountain Theater in Roanoke presents 9 to 5 The Musical, with music and lyrics by Dolly Parton and book by Patricia Resnick. This musical is based on the seminal 1980 hit movie. Set in the late 1970s, this hilarious story of friendship and revenge in the Rolodex era is outrageous, thought-provoking and even a little romantic.

Tickets to this show are selling fast so purchase tickets ASAP. Tickets may be purchased at <https://millmountain.org> or the Box Office: 540.342.5740. This trip is for the 2pm Show Only with ticket prices ranging from \$27.25 to \$53.25 + taxes & fees.

Sign up: Sign up for the bus by calling 540-443-3800 to ensure transportation. Showtime is 2-4:30pm. Pickups start at Noon. Return to WHV approximately at 5:30pm. Limit 13.

10

March

Tuesday, 10:30 AM

Tall Oaks Hall

Village Center

Connections: Planning with Purpose

Planning with Purpose: Smart Ways to Support What Matters Most. Planning for the future doesn't have to be overwhelming. Join us for an educational session focused on basic financial and estate planning tools that ensure your wishes are honored and provide peace of mind for your loved ones - while also supporting the causes close to your heart. This interactive session is designed to inform, empower and help you take meaningful steps toward creating a plan that secures your future. The speakers for this event are Trevor Gray and Ray Judici. **Please RSVP to Dominique at 540-443-3406.**

Groups & Clubs - continued

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 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)

2:00 PM

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

Warm Hearth Writer's Group

Second Friday of each month

11:00 AM - 1:00 PM

Woodland Studio

Contact: Kenny Harrah

kharrah@warmhearth.org

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March

Wednesday, 1:00 - 2:30 PM

Woodland Studio

Village Center

Create & Sip: Felted Easter Eggs

A simple and lovely little felted project - perfect for your Easter holiday. Pick out your felted egg color and create your own design. Go with basic zig zags and bands of spring colors, or "paint" florals and vines, or mix your colors for a watercolor effect. No matter what you choose, this sweet little egg project will bring a smile. Good for beginners and those that want a successful result. Note: *Repetitive poking motions with a felting needle are required to participate in this class.*

Participation limit: 12

Sign up: Contact Bix at 540-443-3800 / mktgc@warmhearth.org

Registration deadline: Friday, March 6 at 1:00 PM. **Sign ups start March 2 at 9:00 AM.**

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March

Thursday, 4:00 PM

Tall Oaks Hall

Village Center

Story Hour Happy Hour

Join us for an "off the beaten path" look at places in Germany with resident Arnold Scheutz. He will take us to unusual parts of Germany that are not the normal tourist places. **Cash bar opens at 3:30** and Arnold will speak at 4:00.

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.

13

March

Friday, 3:00 PM

Karr Activity Center

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.

18

March

Wednesday, 1:00 PM

Tall Oaks Hall

Village Center

Pause, Check, Protect: Everyday Strategies to Outsmart Scammers

Scams targeting older adults are becoming increasingly sophisticated, often using urgency and trust to pressure individuals into quick decisions. This interactive session presents real-life scam cases and demonstrates practical ways to verify suspicious messages and online sources using freely available web tools. Participants will learn how to pause, investigate, and identify warning signs before responding, building confidence in handling uncertain situations.

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 - 1:00 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....** 

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.

Kroger Community Rewards

Supporting the Warm Hearth Foundation is easy when you shop at Kroger. Link your shopper's card to the Foundation and Kroger will donate a portion of your purchases back to the Village.

- Visit Kroger Community Rewards and search for Warm Hearth, Inc. (stop by the Philanthropy Office if you need help)
- Then, swipe your shopper's card at Kroger and help seniors in need!

19

March

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 540-552-4328.

20

March

Friday, 2:00 PM

Tall Oaks Hall
Village Center

**Shifting the Dementia Landscape:
Emerging Trends and Implications**

This conversation will explore how the experience of Alzheimer's disease and other dementias is changing—particularly as individuals are being diagnosed earlier and are seeking education, autonomy, and meaningful engagement after diagnosis. We'll discuss trends such as early-stage support, greater emphasis on brain health and risk reduction, and the expectation for person-centered, strengths-based care. The session will highlight what these shifts mean for residential communities as they plan for the future.

Our presenter, **Brooke Gill**, is the Senior Program Manager for the Central and Western Virginia Chapter of the Alzheimer's Association, where she leads education and outreach efforts across 62 counties and serves as a regional Research Champion.

21

March

Saturday, 2:00 PM

Tall Oaks Hall
Village Center

**Vox Harmonia: Irish Song &
Stanzas for Residential Care**

Join Vox Harmonia for an afternoon of Irish music and poetry to celebrate March and Irish culture related to St. Patrick's day. Vox Harmonia is a student group of vocalists from Virginia Tech performing across the region. This is their first performance at Warm Hearth.

Doors open at 1:30 with the performance starting at 2pm and will last approximately 30 minutes with time after for mingling and discussion.



Employee Milestone

Anniversaries - February 2026

Deena Johnston – Housekeeper
VC – 5 years

Leslie Smith, LPN, Administrative
Assistant, Warm Hearth at Home –
2 Years

Dana William, Café Prep Cook,
Showalter – 2 Years

Hanna Quesenberry, LPN,
Showalter – 2 Years

Nalyssa Stanley, CNA, Kroontje/
Cove – 2 Years

Kelly Hager, RN, Kroontje/Cove – 2
Years

Chasity Fernandez, CNA,
Kroontje/Willows – 2 Years

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.

23

March

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: March 16th at 1:00 PM

23

March

Monday, 1:00 PM

Karr Activity Center

Outdoor

Divine Delights Bakery

NEW! Starting in March, Divine Delights Bakery will be set up outside Karr from 1-3pm the 4th Monday of each month. Divine Delights specializes in original sourdough bread, sourdough bread with inclusions, sourdough bagels, sourdough bread bowls, cake pops in various flavors and more! They offer gluten free, and gluten free/dairy free options. They accept cash, cards, and other electronic payment as needed.

Love them? Get another chance to purchase from them in March at our WHV Arts & Craft show on Saturday, March 28th.

Check them out on Facebook at [divinedelightsbakeryva.com](https://www.facebook.com/divinedelightsbakeryva.com)
This fresh bakery overlaps with Feeding America Mobile Market for one stop shopping.

23

March

Monday, 2:00 - 4:00 PM

Karr Activity Center

Outdoor

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

NEW! Exhibit Spotlight

Seeking residents, staff or community partner visual artists/crafters who wish to exhibit their work. We are seeking those who are interested in an exploration of theme or topic that is meaningful to them that may be expressed through visual arts including insights and thoughts from the artists explaining their individual approach. These works can be a sampling of a solo artist, or focus on a theme arranged by multiple artists. These pieces will be displayed in Woodland Studio, and optionally in the back of the National Bank Tall Oaks Hall. Multi-dimensional works have an opportunity to display in the front case of the Village Center dependent on size and number of pieces. All work must be "ready to hang": secure wire or cord on back compatible to our easy hang system. In cases of 3D work, on stands or display holders. Each item must include information on title, artist, medium and price if applicable. Inquiries may be made to Mardy Baker at mbaker@warmhearth.com. Please include a your proposal for the exhibit and an example of work.



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.



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

24

March

Tuesday, 1:30 PM

Tall Oaks Hall

Village Center

LLI: Time For a Hospital Dishcharge, Now What?

If you are hospitalized and require additional therapies, nursing care, or general assistance, what are your options? We will discuss requirements for insurance authorizations for each level of care as well as what post hospital care can look like. Bring your questions. The Lewis Gale Montgomery Hospital team is happy to provide answers or resources that may be helpful.

Missy Perkins is a speech-language pathologist with expertise in communication, cognitive, and swallowing disorders. She provides care across acute, outpatient, and skilled nursing settings and leads a multidisciplinary team of physical, occupational, and speech therapists dedicated to high-quality, patient-centered rehabilitation. **Beth Scott** is the director of case management at LewisGale Montgomery and LewisGale Pulaski. She started her career as a social worker in hospital case management, has decades of experience, and now directs a team of RN case managers, social workers, and a palliative care nurse.

26

March

Thursday, 10:00 AM

Woodland Studio

Village Center

Sentro Knitting Machine Demo

Join us for a hands on demo featuring the popular Sentro Knitting Machine. This beginner friendly session walks you through everything you need to know — from setting up the machine and choosing the right yarn to creating your very first project. You'll watch a full step by step demonstration, learn how to avoid common mistakes, and discover just how quickly you can make hats, headbands, scarves, and more. Whether you're a seasoned crafter looking for a new tool or a total beginner, this class is designed to let you try your hand and to spark your creativity. **No knitting experience is required.**

Sign up: Contact Bix at 540-443-3800 / mktgc@warmhearth.org.

Registration deadline: Sign ups start March 2, 9:00 AM. Limit 6

27

March

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.

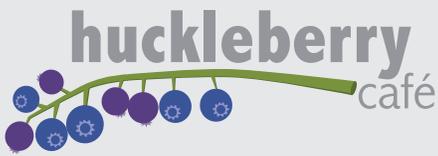
Participation limit: 15 (Minimum 4)

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: March 16th at 1:00 PM



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.

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.

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 March

Friday, 10:00 AM

Tall Oaks Hall
Village Center

LLI: Making Sports Safer, From Research to Real-World Impact

What began as research on football-related brain injuries has expanded into a program that improves safety for athletes, cyclists, and everyday consumers. Professor Rowson will share how his early helmet sensor studies led to the Virginia Tech Helmet Ratings, now a trusted guide for selecting safer gear. Through stories and examples from football to cycling, skiing, and even drones, he reveals how innovative research drives real-world advances in injury prevention.

Steve Rowson, VT Helmet Lab Director, is a professor in the Department of Biomedical Engineering and Mechanics. He has been collecting head acceleration data from athletes for two decades and used these data to make sports safer through rule changes and improved protective equipment.

28 March

Saturday, 10:00 AM - 4:00 PM

Tall Oaks Hall
Village Center

WHV Craft Fair

Join us for a celebration of handmade art and creativity. Shop unique, locally crafted goods from artists and makers at Warm Hearth Village and throughout the New River Valley. Items include textile & clothing arts, jewelry, pottery, photography, paper crafts, woodworking, fused glass, decorative & holiday, soaps & candles, fresh bakery breads, jams and jellies.

Lunch and beverages available for purchase from the Huckleberry Cafe. Admission is FREE and open to the public.

31 March

Tuesday, 11:00 AM

Tall Oaks Hall
Village Center

Bereavement Support Group

Grief can feel isolating — but you don't have to go through it alone. Join us for a compassionate bereavement support group offering connection, understanding, and a safe space to be with others who understand loss. Sharing is optional. Listening is enough. **WHAT TO EXPECT:** A welcoming, confidential space, gentle support from hospice professionals, no pressure to speak. **This group meets on the last Tuesday of each month and is free and open to the community. You do not need to be a Warm Hearth Hospice family to attend.**

Reading a Food Label

Food labels can be helpful in choosing foods that align with your health goals as well as help compare two food items to make the best choices. All foods that come in packages will have a food label. Items that are in the produce section, such as an apple or avocado, will generally not have a food label. This month, we will review how to read a food label and learn how to use them to make healthier choices.

1. **Serving Information:** This shows how many servings are in a container and what the serving size of the food item is. It is a general amount that people consume and not necessarily how much you should consume. The nutrient amounts on the food label correlate with the serving size, so be conscious if you are consuming more or less.

2. **Calories:** This shows how much energy you are getting from the food item.

3. **Nutrients:** This section shows key nutrients that impact your health.

- Nutrients to get less of → saturated fat, sodium, and added sugars – these nutrients can be associated with poor health effects. For example, consuming too much saturated fat and sodium is associated with an increased risk of developing cardiovascular disease and high blood pressure. Comparing items such as frozen meals can be helpful when trying to choose lower sodium options.
- Nutrients to get more of → dietary fiber, Vitamin D, Calcium, Iron, Potassium – these are nutrients on the food label that Americans generally do not get the recommended amount of, although this is highly based on your personal medical history and goals. Comparing two cereal options and choosing the one with less added sugar and more fiber is an example of using the food label to make healthier choices.

4. **The Percent Daily Value (%DV):** The percent daily value is the percentage of the daily value for each nutrient in a serving of the food based on a 2,000 calorie diet. The %DV can help you determine if a serving of food is high or low in a nutrient.

- 5% DV or less of a nutrient per serving is considered **low**
- 20% DV or more of a nutrient per serving is considered **high**

Remember that your diet doesn't have to be "perfect" all the time. The food label can help you make dietary trade-offs and create a balance with your diet.

Reference:

How to <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label> Understand and Use the Nutrition Facts Label | FDA

Nutrition Facts	
4 servings per container	
Serving size	1 cup (227g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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.

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!

Need A Ride?

Here are some transportation options!

Warm Hearth Village Transportation buses operate **9:00 AM to 5:00 PM Monday thru Friday**. There are set shopping times for Christiansburg and Blacksburg in the mornings on Monday and Friday. You may call and request in-village transportation and doctor's office visits during the hours of operation. We will try our best to accommodate your request but it is not always possible. For a more detailed written schedule, please visit Rodney Justus or the Housing office for a copy.

Please contact Transportation Coordinator, Rodney Justus at 540-443-3445 or email riustus@warmhearth.org or call the Housing Office at 540-552-2419 to make reservations and for any questions or concerns.

Bus cell #s (540) 320-9368 or (540) 239-1600

Community Transit Go provides on-demand transportation to the seniors (65 and older) and disabled in the counties of Floyd, Giles, Montgomery, and Pulaski, as well as the City of Radford. Currently, there are no fares* associated with this service. (*This is subject to change.)

IMPORTANT: Please note that Community Transit Go is not intended to be used within the service areas of already existing public transit. Requests that are within the boundaries of other services will be directed to those transit systems. Any questions about this service can be directed to Community Transit Go at (540) 831-4020.

BT Access is a paratransit door-to-door service complementing fixed route bus service in Blacksburg. The service is available for persons with a temporary or permanent disability who meet the criteria established under the Americans with Disabilities Act. Passengers must be certified to use BT Access, applications can be downloaded on the BT Access website. Blacksburg Transit is fare free, including BT Access.

To determine eligibility, applicants are required to complete an application. You can get an application by visiting the Blacksburg Transit website: <https://ridebt.org/bt-access/overview#Apply>

Reduced, Reuse, and Recycle (RRR) Column Revisited

Your Resident RRR Subcommittee had a monthly recycle column in the LOG about 4 years ago. It was an information forum with articles and Q&A following the implementation of then new WHV Recycling Guidelines and training sessions.

RRR is initiating a new every other month column that we hope will be mainly a Q&A session. Send your questions to drlldmm@comcast.net for use in future columns. So here we go:

Question: WHV has been in this improved SSR program for about 5 years. Could you tell us what the most prevalent misuses of Single Stream Recycling (SSR) are?

Answer: They are:

1. The only plastic container-bottles and food containers allowed are  and  plastics. Both must be cleaned, dried, and capped tightly. Caps should be on bottle, especially plastic milk bottles. Take out containers must have their cap snapped tight! Many times these are violated. Items with no caps or loose caps go in the trash.
2. Cardboard is to be broken down and placed in the recycle containers or the Blue Trailer at Showalter. Many times it is just placed on the ground, gets wet, becomes a handling problem, becomes worthless, and is thrown intrash!
3. Placing any bagging of recyclables in SSR is not allowed! This is an automatic signal to move the ENTIRE WHV Recycle load to Trash at a Premium cost! No bagging of items is allowed period!
4. Glass bottles must have the tops removed and thrown in the trash. Bottle caps contaminate the glass recycling process!

If you would like a review of the how's and why's of the WHV Recycling Program, type this video link (<https://vimeo.com/824170347?share=copy>) into your browser and you will get a WHV RRR 18-minute video review.

We hope you follow this column: Resident RRR Subcommittee

VIRGINIA TECH'S
CENTER FOR COMMUNICATING SCIENCE
PRESENTS

THE FACULTY NUTSHELL TALKS

In this fun, fast-paced event,
faculty compete for prizes by
explaining their research in just 90
seconds to a public audience and a
panel of judges—including a 7th
grader!

YOU'RE INVITED!
THURSDAY, MARCH 5, 2026
4:30PM
AT THE CENTER FOR THE ARTS
190 ALUMNI MALL, BLACKSBURG



TOPICS INCLUDE

- Tracking wild cats unseen
- Tech on the trail
- Forever chemicals—made temporary
- Dogs helping fight cancer
- Brewing better batteries
- Rivers, sediment, and life
- What shapes Earth's habitability?
- Why communication fear matters
- Engineering cells to fight disease
- And 12 more!



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
V.P. Philanthropy & Strategic Growth - Tandra Dixon:
540-443-3414

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

Miscellaneous

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 used at Warm Hearth for MOST staff is "first initial and last name @ warmhearth.org".
For example, Sara McCarter's email is smccarter@warmhearth.org.