



# The Log

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)
- 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) (no class 5/14)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2  
(No class 5/28)
- 2:00 Rock Steady Boxing, G1  
(No class 5/28)

## FRIDAY

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

## 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.

**Holiday Closings:** The Fitness Center is CLOSED on Saturday, May 23rd and Monday, May 25th for Memorial Day. The Village Center & Huckleberry Cafe are CLOSED on Monday, May 25th for Memorial Day.

see below

Huckleberry Cafe  
Village Center

## Cafe Events

### Fabulous Friday | Every Friday | 8 – 10:00 AM

Full breakfast buffet with sides of eggs, chef's choice protein, fresh fruit & rotating weekly special. **\$8.70 (tax included)**

- May 1: No breakfast today - kitchen closed for event
- May 8: Build-Your-Own Pancakes
- May 15: Biscuits & Gravy
- May 22: Eggs Benedict
- May 29: Omelets Made to Order

### Magic Monday | 4 – 6:00 PM

Monday, May 18 | **\$8.70 (tax included)**

**Live Music:** Bobby Parker returns to the Village Center!

**Menu:** Baked Chicken Cordon Blue, Scalloped Potatoes & Summer Squash & Zucchini Medley

\*Vegetarian & Gluten-Free options available!

See our Mother's Day Special & Concert Event on pg 3!

# 1

## May

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.

# 1,8,15,22,29

## May

Friday, 10:30 AM - 12:00 PM

## Karr Activity Center

## Technology Assistance

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.

**Non-residents may purchase a monthly pickleball pass for \$40. See Marcus Burks.**

**\* Please limit towel usage to no more than two towels per person.**

**\* For up-to-date changes and weather-related closings for the FITNESS CENTER please call 540-443-3474.**

## **Groups & Clubs - Quick Guide**

### **Bereavement Support Group**

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

# 1

## May

Friday, 3:00 PM

## Karr Activity Center

### **Folk Music with Ash Devine**

Join Ash as she plays 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.

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# 4,11,18,25

## May

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.

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# 6

## May

Wednesday, 2:00 PM

## Tall Oaks Hall

## Village Center

### **VT Architecture Studio Presentation**

Join us for a special event where VT architecture students will present their innovative designs for micro-cluster housing tailored for older adults. Discover how these projects balance private living with shared community spaces, offering comfort, independence, and opportunities for connection. Come see creative ideas for accessible homes, inviting shared areas, and beautiful outdoor spaces—your feedback and presence will help students gain real-world perspective from “real clients”!

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# 7

## May

Thursday, 11 AM

## Woodland Studio

## Village Center

### **Let's Talk Tech: Understanding AI**

Join us for this presentation on artificial intelligence and ChatGPT, led by a student from Virginia Tech. Learn what AI is and how tools like ChatGPT can be used in everyday life. Whether you are curious, excited, or even skeptical about AI, this will be a great opportunity to learn, ask questions, and take part in the conversation about one of today's fastest growing technologies.

**Participation limit:** 12

**Sign up:** Contact Bix at 540-443-3800 / [mktgc@warmhearth.org](mailto:mktgc@warmhearth.org)

**Registration deadline:** Tuesday, May 5 at 2:00 PM.

**Sign ups start Monday, May 4 at 9:00 AM.**

## 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: Marcus Burks

MBurks@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

# 7 May

Thursday, 11:30 AM

Off Campus

## Special Trip: Pembroke Dine & Shop

Head to Pembroke, VA for a fun lunch and afternoon of local shopping. The bus will park for lunch at Blue Grass BBQ where you can grab all sorts of Southern cuisine and tasty BBQ. Located next door, New River Vendors Village is open for browsing and shopping for local arts/crafts with their 2nd floor being a consignment boutique shop. Pick ups begin at 11:30am. The bus will leave at between 2:30-3pm for return back to Warm Hearth.

**Participation limit:** 12 people + 1 wheelchair spot

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

**Registration deadline:** Wednesday, May 6 at 2:00 PM.

**Sign ups start Monday, May 4 at 9:00 AM.**

# 8 May

Friday 5:00 - 6:30 PM

Tall Oaks Hall  
Village Center

## Mother's Day Dinner & Concert

Join us for a special Mother's Day dinner reception followed by concert with the Blacksburg Community Symphony!

**Menu \$24.95/person (tax included)**

Strawberry Spinach Salad

Creamy Crab Bisque

Baked Chicken with Mushroom Sherry Cream Sauce

Broiled Red Snapper with Lemon Dill Hollandaise Sauce

Parmesan Risotto Cake

Grilled Asparagus

Chocolate Torte Cake with Raspberry Drizzle



**Dinner Reception & Cash Bar:** 5 – 6:30 PM

**Blacksburg Community Symphony:** 7 – 8 PM (no cost to attend!)

**Sign up:** Contact Cafe at 540-443-3801 | vc-events@warmhearth.org

**Registration deadline:** Wednesday, May 6 at 2:00 PM.

# 10 May

Sunday, 3:00 PM

Tall Oaks Hall  
Village Center

## Blacksburg Community Symphony

Join us for an hour of live music performed by your local Blacksburg Community Symphony!

Blacksburg Community Symphony was founded in 1999 with a simple but powerful mission: to bring musicians of all ages and abilities together to create and share beautiful music.



**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](mailto: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](mailto:rjustus@warmhearth.org) to get your space on the bus. Seating is limited.

**YARD SALE at Karr**

Resdent Cindy Rethwill is coordinating a Yard Sale for **May 2nd from 10:00 AM - 2:00 PM** in the outdoor area surrounding Karr Activity Center.

**Please bring cash** as vendors may not have the ability to take card payments!

If you have questions please contact Cindy at 540-267-6746



**11**

**May**

Monday, 10:00 AM

**Tall Oaks Hall**

**Village Center**

**Health Connections: Lymphedema**

Join Abigail Hickman DPT, and Rebecca Neal PYA CLT COS for a presentation on Lymphedema. There will be take home education, tips, exercises and great information for all.

**11**

**May**

Monday, 1:30 PM

**Tall Oaks Hall**

**Village Center**

**Resident Satisfaction Survey Results**

Thank you to everyone who participated in our 2025 Resident Satisfaction Survey! Your feedback, both compliments and concerns, helps us better understand what matters most to our community.

This session is an opportunity to continue the conversation and work together to strengthen our community. We truly value your input and participation.

**12**

**May**

Tuesday, 11:00 AM

**Tall Oaks Hall**

**Village Center**

**Connections: The Cattle of VT**

Learn about the cattle that call VT home, including Angus, Hereford, Charolais, and Simmental breeds, and how they support teaching, research, and outreach.

Discover how the program integrates hands-on learning with real-world agricultural practices, and supports events such as livestock judging contests, extension workshops, and student programs.

Dr. Dan Eversole has been a leader in animal science education at Virginia Tech since 1984. Raised on a livestock and dairy farm, he brings decades of experience in teaching, mentoring, and cattle research.

**13**

**May**

Wednesday, 1:00 - 2:30 PM

**Woodland Studio**

**Village Center**

**Create & Sip: Mini Air Plant Hangers**

Create a shabby chic plant holder for your window. Utilizing real demitasse porcelain tea cups and air plants, we will create a simple and whimsical decoration that will provide color and class to your window. All materials provided!

**Participation limit:** 20

**Sign up:** Contact Bix at 540-443-3800 / [mktgc@warmhearth.org](mailto:mktgc@warmhearth.org)

**Registration deadline:** Monday May 11 at 2PM.

**Sign ups start Monday, May 4 at 9:00 AM.**



**Employee Milestone Anniversaries**

**May 2026**

**Kim Elliott**, KCC Cove  
C.N.A., 15 Years

**Howie Venth**, Maintenance  
Technician, 10 Years

**Opal Dimarzo**, Wh@Home  
C.N.A., 5 years

**Rachel Hicks**, Showalter  
C.N.A., 2 Years

**Casandra Price**, Showalter  
Receptionist, 2 Years

**Sienna Hixon**, KCC Cove  
C.N.A., 2 Years

**14**

**May**

Thursday, 4:00 PM

Tall Oaks Hall

Village Center

**Story Hour Happy Hour**

Joe Flickinger, who had a long career with the U.S. State Department, will be the speaker for our Story Hour on Thursday May 14. His talk will include the very pertinent topics of human trafficking, drug trafficking, and the many ways, unknown to us, that our tax money is being spent by the government. Hearing the expertise of a 30 year government veteran will be fascinating and informative, to say the least.

Please plan to be here at 4:00 pm for an informative talk!  
Complimentary refreshments & cash bar open 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.

**15**

**May**

Friday, 2:00 PM

Tall Oaks Hall

Village Center

**The Choice is Yours - Information Session & Meet and Greet**

Join us for this informative session to learn all about resources at Warm Hearth Village.

1:30 - 2:30 Meet and Greet

2:30 - 3:30 Information Session

All are welcome - new and former residents and families!

**16**

**May**

Saturday, 1:00 PM

Tall Oaks Hall

Village Center

**Master Chorale Spring Performance**

Blacksburg Master Chorale invites you to a performance at Warm Hearth Village on Saturday, May 16, at 1 pm. The 45-minute program will include songs from our 2 concerts this season, in addition to a few of our "standards" that we sang last year. You're invited to sing along with us! Light refreshments served upon the conclusion of the concert.

**Upcoming: Don't Forget about Magic Monday on 5/18!**

Come on down to Huckleberry Cafe at the Village Center for live music, dinner, and drink specials!

Menu and music details on pg 1 of the Log!



Need a ride to Huckleberry Cafe? We've got you covered!  
Contact transportation at 540-552-2419.

**HAPPY WORK ANNIVERSARY!**



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.

**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.

## 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.

# 19

## May

Tuesday, 1:00 - 2:00PM

## Woodland Studio

Village Center

## Hospice Information Session

Join us for an informative session about hospice care. We'll share what hospice is, the services we provide, and how our compassionate team supports individuals and families during life's most important moments.

All are welcome. Whether you are planning ahead or simply want to learn more, we invite you to attend. Light refreshments will be provided.

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# 21

## May

Thursday, 2:30 PM

## Tall Oaks Hall

Village Center

## Connections: UTI's - Small Infection Big Impact

Join us for a clear, practical look at urinary tract health in older adults. We'll cover how the bladder and kidneys change with age, what's normal, and which symptoms may signal a UTI or other concern. Learn why infections often look different in seniors and how to spot subtle warning signs like sudden confusion, behavior changes, falls, or fatigue.

We'll also share prevention strategies, everyday monitoring tips, and guidance on advocating for appropriate testing and care. Time permitting, we'll touch on hydration challenges, medication effects, and how UTIs are managed in community settings.

Ronald Januchowski, D.O., FACOFP graduated from the New York College of Osteopathic Medicine in 1993. He was named Dean of the VCOM-Virginia Campus in October 2023 and has enjoyed making Blacksburg his new home. Dr. Januchowski is a Fellow of the American College of Osteopathic Family Physicians and a Professor in the Family Medicine Department of VCOM.

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# 21

## May

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 4:00 PM! BYOB (Bring your own beverage) and snacks, sharing is okay too. Questions? Contact Hugh at [hughv@vt.edu](mailto:hughv@vt.edu) or 540-552-4328.



## 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.

### 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

## 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.



### Volunteer Opportunity

Looking for a few special volunteers who are interested in working with others in an active area of our Village. This role will assist other residents in a customer service capacity using organizational skills while performing simple record keeping tasks. Those who are interested in learning more about this volunteer opportunity can email Mardy Baker at [mbaker@warmhearth.org](mailto:mbaker@warmhearth.org) or call 540-443-3434.

**22**  
May  
Friday, 2:00 PM

Tall Oaks Hall  
Village Center

## Connections: How To Be Bearwise

Carol is a Certified Virginia Master Naturalist with the New River Valley Chapter and Project Lead for the chapter's Living with Black Bears project. She has observed and studied Polar Bears in Churchill, Manitoba, Grizzly Bears in Yellowstone, Grand Teton, Denali and Glacier National Parks and had the amazing opportunity to field study Black Bears at the Wildlife Research Institute in Ely, Minnesota last summer.

In this presentation, you'll learn about black bear biology, bear behaviors and practical and proven methods for avoiding human/bear conflicts and keeping bears wild. This program is a joint partnership between Virginia Master Naturalists and the Virginia Department of Wildlife Resources.

**24**  
May  
Sunday, 1:00 PM

Outside  
Village Center

## Memorial Day Band Concert

The Blacksburg Community Band will return for their annual Memorial Day Concert at Warm Hearth. This event will consist of over 100 band members for a truly memorable performance! Concert will be held outside on the side Village Center parking lot and green space (inside Tall Oaks Hall if rain). As always, camping chairs welcomed for guaranteed seating! Dress for the weather and sun protection.

**24**  
May  
Sunday, 3:00 PM

Karr Activity Center

## Mitchell Studios Student Recital

Enjoy the students of Chris Mitchell share their favorite piano pieces they have learned this year. Performers vary in ages and skill level. All are welcome to support these budding musicians!

**25**  
May  
Monday, 1:00 PM

Karr Activity Center

## 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](mailto:melissa@vt.edu).

**Registration deadline:** May 18 at 1:00 PM

## ATTENTION Trolinger/NRH Residents!

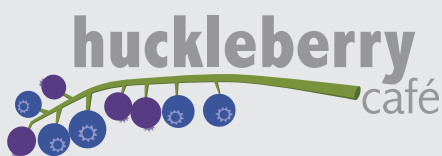
A copy of The Log is placed on the bulletin boards each month for quick access in the lobby. Please do not remove these copies from the boards.

### Warm Hearth Trails

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

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

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



The Huckleberry Cafe is happy to offer free campus delivery to all Warm Hearth residents, employees and guests!

We offer breakfast all day, sandwiches, salads, wraps & burgers and are vegetarian and gluten-free friendly!

Please contact us by **10:30am** with your order and Warm Hearth residence or building address for delivery at **11:00am**.

Call us at the cafe at: 540-443-3801.

# 26 May

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.**

# 26 May

Tuesday, 1:00 - 3:00 PM

Karr Activity Center  
Outside

## Divine Delights Bakery

Divine Delights Bakery will be set up outside the 4th Monday of each month. They specialize in original sourdough bread, sourdough bread with inclusions, sourdough bagels, 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.

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

# 26 May

Tuesday, 2:00 - 4:00 PM

Karr Activity Center  
Outside

## Outdoor Market

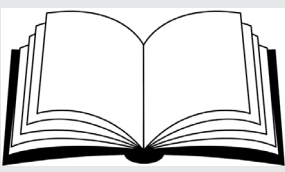
Warm Hearth and Feeding America have teamed up to provide pantry staples, dairy, frozen meat and fresh produce to residents and employees at a reduced cost. Partnering with Virginia Fresh Match to provide 50% off of fresh and frozen produce for SNAP/EBT users. We accept debit, credit or SNAP/EBT as payment. So convenient! Stop by on your break or lunch! **For more information:** 276-218-4480 or email [abg.mmp@feedingswva.org](mailto:abg.mmp@feedingswva.org)

## Alzheimer's Foundation of America's

The Alzheimer's Foundation of America's (AFA) National Toll-Free Helpline is 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!



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](mailto:lopsideseast@gmail.com).

**Some Recent Arrivals:** Garrison Keillor, *Pilgrims: A Wobegon Romance* (Fiction); Raynor Winn, *The Wild Silence* (Nature & Environment); LaVyrle Spencer, *Family Blessings* (Romance); Eric Gansworth, *Apple: Skin to the Core* (Poetry); Kurt Vonnegut, *Palm Sunday* (Bio & Memoir); Richard Osman, *The Bullet That Missed* (Fiction); Kathleen Norris, *The Cloister Walk* (Religion); Simone Poirier-Bures, *Threads in the Acadian Fabric* (Local Authors)

**Donation Policy:** All donations to the Carson Library are greatly appreciated. When making a donation, please keep the following guidelines in mind: 1. Donations are limited to 5 books at one time. 2. All donated books are processed before shelving, so please don't shelve them yourself. You can place them on the table under the bulletin board, or in the Returns Box over by the window or beside it. 3. We do not keep cookbooks, children's books, magazines or DVDs. Thank you!

**Coming Soon to a Library Near You!** Another Raffle is in the works, and we're planning to hold the Kickoff Party in early July, date TBD and announced in the June Log. Stay tuned...

**27**  
**May**  
Wednesday, 10:00 AM

Tall Oaks Hall  
Village Center

## Connections: Smart Ways to Plan Ahead

Join us for an interactive discussion with Trevor Gray of Kingsview Partners on smart strategies for retirement withdrawals, including Required Minimum Distributions (RMDs) and Qualified Charitable Distributions (QCDs).

- Use QCDs to lower taxable income and support charities
- Understand age requirements, deadlines, and penalties
- Tips to simplify the process each year

Please RSVP to Dominique at [dharder@warmhearth.org](mailto:dharder@warmhearth.org) or 540-443-3406

**28**  
**May**  
Thursday, 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 6)

**Sign up:** Contact Melissa at 540-553-5653 or [melissa@vt.edu](mailto:melissa@vt.edu). A \$20 material fee will be collected at the time of the class. Checks and cash are accepted.

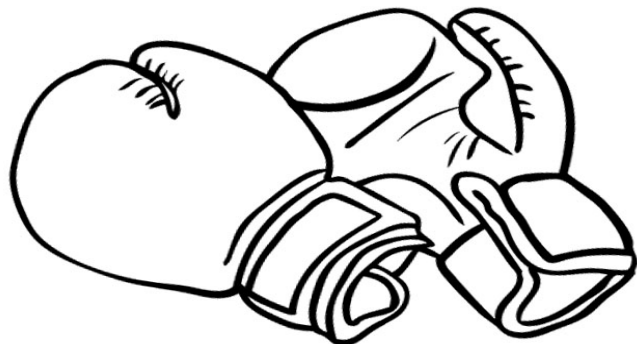
**Registration deadline:** May 21 at 1:00 PM

**28**  
**May**  
Thursday, 3:00 PM

Tall Oaks Hall  
Village Center

## Boxing Seminar with Robbie Ring

Step into the ring and experience the thrill of training like a pro! This high-energy boxing seminar is your chance to learn real techniques, build confidence, and challenge yourself alongside a professional fighter—all in a fun and supportive environment. All skill levels welcome—just bring your energy! Participants are encouraged to bring their own gloves. Gloves are also available upon request.



# Reduced, Reuse, and Recycle (RRR) Column May 2026

This is the second of a new every other month column that we hope will be mainly Q&A sessions. So send your questions to [drldmm@comcast.net](mailto:drldmm@comcast.net) for use in future columns

**Question:** I have a cracker box that has recycle symbols on it that say Box/Paper with a second symbol labeled Plastic Wrapper with a slash through the recycle symbol. What do these mean?

**Answer:** First, let's look at a typical cracker box top and the symbols therein. These symbols are recognized recycling symbols for Single Stream Recycling (SSR) nationally. The left hand symbol deals with the pasteboard box that the crackers come in. It is labeled as PAPER and is recycled in our SSR paper stream. Please break the box down.



Now we deal with the PLASTIC WRAPPER. Not allowed in SSR! The PLASTIC WRAPPER is the plastic bag that holds your crackers. This bag, any plastic bag, and sheet plastic are not allowed in SSR! PERIOD. Nationally these with the slash are to be thrown into the trash.

This also applies here at WHV. However, certain plastic bags like cereal bags have an alternate symbol:



This symbol means that they can be recycled, but NOT in SSR.

WHV has a reuse program where plastic having this symbol is allowed in its TREX Reuse program. The plastic bags are collected and return to TREX to make "plastic simulated lumber and wood like" products directly.

Check out this program in the video referenced below.

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

A description of the TREX program can be seen at:

<https://www.youtube.com/watch?v=yCPpUsbaejU>

We hope you continue to follow this column: Resident RRR Subcommittee

## 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](http://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, Amanda Sebastian's email is [asebastian@warmhearth.org](mailto:asebastian@warmhearth.org).

Please recycle old issues of The Log. LOG Questions: Amanda Sebastian, [asebastian@warmhearth.org](mailto:asebastian@warmhearth.org)