



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)
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)
(no class on 7/3)
10:30 Arthritis Aquatics (P)
(no class on 7/17)

SATURDAY

Open Swim (P) / Open Gym
10:30-11:15 Aqua Yoga - first &
third Saturday of the month

New! 10:30am
Yoga for Wellbeing - second &
fourth Saturday of the month

Continued to next page.

Holiday Closings: The Village Center and Huckleberry Cafe will be CLOSED on **Friday, July 3rd** and **Saturday, July 4th**. The Fitness Center will be CLOSED on **Saturday, July 4th**.

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. **\$9.95 (tax included)**

July 3rd: Café Closed for Holiday

July 10th: Omelets Made-to-Order

July 17th: Build-Your-Own Pancakes

July 24th: French Toast w/Strawberries & Blueberries

July 31st: Chicken & Waffles

Magic Monday | 4 – 6:00 PM

Monday, July 6 | \$9.95 (tax included)

Live Music: Come on down for good food and good music as Bobby Parker returns to play for us. Bobby is a folk, soul, pop and blues singer and guitarist.

***Menu:** Beef Tacos & Chicken Enchilada Casserole, w/sides of Roasted Corn, Homemade Guacamole & Black Beans

Monday, July 20 | \$9.95 (tax included)

Live Music: Marc Baskind was raised in the heart of the Mississippi Delta. He started ukulele at 7, guitar at 11, and majored in tuba, leaving him in love with almost every genre of music.

***Menu:** Chicken Souvlaki & Lamb Gyros w/Greek Salad

*Vegetarian & Gluten-Free options available!

Dinner w/Chef Miles | 5 – 7:00 PM

Thursday, July 30 | \$24.95 (tax included)

Join us for dinner! Happy hour and check-in from 5 - 5:30pm with salad buffet. Dinner begins between 5:30 and 5:45pm and will be served restaurant style. We hope to see you there!

***Menu:** Shrimp and Polenta Grits w/Anduille Sausage, Bell Peppers, Onions & Cajun Cream Sauce w/sides of Grilled Asparagus and Garlic Roasted Tomatoes

Salad: Cobb w/Fresh Roasted Sweet Corn, Avocado, Tomato, Carrots & Blue Cheese Crumbles

Dessert: Banana Foster over Vanilla Bean Ice Cream

RSVP Call 540-443-3802 / VC-Events@warmhearth.org by July 28 before 2pm.

*Please request vegetarian or chicken alternate at sign-up!



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 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

Bible Study

1st & 3rd Wednesday of each month
6:30 PM
Karr Activity Center

Bocce Ball

Tuesdays
TBD
Village Center
Contact: Roland Byrd
byrdrolandw@gmail.com

Bridge

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

Coffee, Donuts & Trivia

Tuesdays
10:15 - 11:00 AM
Karr Activity Center
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434
More info on pg 3

Croquet

Wednesdays
4:00 PM
Village Center
Contact: Roland Byrd
byrdrolandw@gmail.com



Green Committee

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

1

July

Wednesday, 12:00 - 3:00 PM

Tall Oaks Hall

Village Center



Come one, come all...

Let us celebrate the month of July with live DJ music, lawn games, shaved ice, and a tie dye a bandana station!

Huckleberry Cafe will be open from 12 - 3pm today serving a special lunch for \$14.95. Meal includes 2 huge quarter pound all beef hotdogs, baked potato bar w/chili & all the fixin's & drink. (No need to purchase lunch to join in on the festivities)

Give us a call at 540-443-3801 or email at VC-Events@warmhearth.org to sign up for lunch!

2

July

Thursday, 2:30 PM

Tall Oaks Hall

Village Center

Village English Tea

PLEASE NOTE: This is a change from the typical day of the week for Village Tea due to holiday!

It's tea time at our monthly Village English Tea! We welcome you, your guests and family to join in this delightful event to celebrate birthdays, anniversaries, significant milestones, or take time to chat with friends. Serving in the traditional English style, we'll offer a variety of finger sandwiches, sweet treats, tea scones, jam and clotted cream, tea or coffee. Elevate your experience with an optional glass of champagne at \$5 each, purchased at the café. Inviting guests? Please reach out to the café at 540-443-3801 so we can plan for additional attendees.

4

July

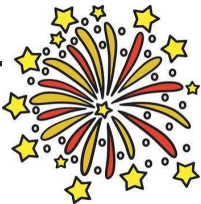
Saturday, 2:00 - 4:00 PM

New River House

Carson Library

Raffle Kick-Off Party

Join us for another Library Libations and raffle kick-off event! Draw your first raffle ticket. Enjoy some refreshments. Browse the bookshelves. Mingle with neighbors. Celebrate the 4th of July. Win a door prize. Open to all Warm Hearth residents. See you there!



Looking for more 4th of July Fun?

Historic Smithfield is hosting a full day of colonial-era demonstrations, music, and programming that explores the full meaning of American independence. This event runs from 10am - 3pm on July 4th and is free and open to the community!

More info at:
<https://www.historicsmithfield.org/events/250th-independence-day-commemoration>

Groups & Clubs - continued

Grief Support Group

Last Tuesday of each month
11:00 AM - 12:00 PM
Tall Oaks Hall
Contact: Catherine Fecteau
540-443-3418
More info on pg 9

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



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
More info on pg 4

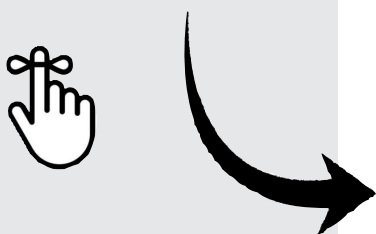
Parkinson’s Support Group

First Thursday of each month
(No meeting in June or July)
2:30 - 3:30 PM
Tall Oaks Hall
Contact: Marcus Burks
MBurks@warmhearth.org

Pickleball Club

Monday thru Saturday
(based on demand)
10:00 AM
Contact: Kent Koller

Attention! Note the following sign up process change! To RSVP w/ Bix, please call. We are not able to enroll via email for these events.



6

July

Monday, 1:00 - 2:30 PM

Woodland Studio

Village Center

Create & Sip: Patriotic Fascinators

Get in the spirit of Summer! Bring an item to dye, article of clothing (shirt, socks, scarf, etc.) please make sure the item is 100% cotton, clean and a very light color or white for optimal effect. Wear dark clothing or junk clothing that can be stained. Set up will be on the back of the building, on the outside along the walkway from Woodland Studio to the Pool. Sun protection may be needed. Sip on lemonade and partake of cookies while you wait for your turn with the dye and chat with friends at Locust Square! No class limit. First come, first served. In case of rain, this event will be rescheduled at a later date.

6, 13, 20, 27

July

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.

7, 14, 21, 28

July

Tuesdays, 10:15 AM

Karr Activity Center

Coffee, Donuts & Trivia

This group game is very casual and fun with no pressure to “get it right.” Feel free to come by just to watch or try your hand at the answers to start your day off right. A great place to meet residents from all over campus-- come early to socialize with complimentary donuts and coffee!

8

July

Wednesday, 9:15 AM

Off Campus

Special Trip: VT at Kentland Farm

This tour is a follow up from the May lecture by Dr. Dan Eversole on the cattle program at Virginia Tech. Attendees will tour Kentland Farm and the surrounding lands to get a first-hand look at the day to day operations of the School of Animal Sciences. Please dress appropriately and wear sturdy “muck” shoes/boots. Due to the uneven terrain, walking distances and few opportunities to sit, this trip is not recommended for those with significant mobility challenges or weather intolerance. Pick ups begin at 9:15am with return back to the village no later than 12:30pm. Spots for 12 bus riders.

Participation limit: 12 people

Call Bix at 540-443-3800

Registration deadline: July 7 at 2:00 PM.

Sign ups start July 2 at 9:00 AM.

Huckleberry Cafe
540- 443-3801

Pickup & delivery available.
8:00 AM - 2:00 PM

Fireside Cafe
540-443-3429

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, Thursdays & Fridays
11:00 AM - 1:00 PM

Fitness Massage Services

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

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!



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!

Featured Artist



Woodland Studio
Village Center

Woodland Studio Monthly Spotlight

July Exhibit: "The Versatility of Acrylic Paint"
by Dora Butler and Sharon Simon

Acrylic paint is an incredibly versatile medium capable of producing a wide range of effects from bold opaque color to delicate translucent layers. Its fluid nature allows the artist to explore both controlled techniques and spontaneous movement. The versatility and forgiving nature of the medium makes acrylic paint ideal for experimentation and discovery. Exhibit will run from July to September. Artist Dora Butler will teach a class on textured paint in July.

Are you or someone you know interested in being featured in our Exhibit Spotlight?
Please contact mbaker@warmhearth.org for more details.

9
July

Karr Activity Center
Thursday, 3 - 4:00 PM

Ash Devine's Afternoons

This month Ash will perform from 3-4pm at the Karr Activity Center. She will be playing your favorite folk and traditional songs of the mountains. A fun and relaxing opportunity to end the week with music in your heart.
All are welcome!

10
July

Woodland Studio
Friday, 9:30 - 10:30 AM
Village Center

Men's Breakfast Club

PLEASE NOTE: This is a change from the typical day of the week for Men's Club due to the holiday!

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.

10
July

Tall Oaks Hall
Friday, 2 - 3:00 PM
Village Center

Vox Harmonia Performance

Celebrate our country's 250th anniversary of independence by joining Blacksburg Master Chorale's Vox Harmonia for an afternoon performance that highlights works from American composers.





Barry Hunter, Maintenance
35 Years

Sara Lancianese, Nursing
SC, **5 Years**

Martha Hodges, Nursing
KHCC, **5 years**

Andrea Fulp, Dietary,
KHCC, **5 Years**

Rachel Hicks, Nursing
KHCC, **2 Years**

Joshua Langfitt, WHV Transportation
2 Years

Maranda Scrabro, Dietary
KHCC, **2 Years**

Abigail Quesenberry, Nursing
WH@Home, **2 Years**



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.

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

10
July
Friday, 4:00 PM

Tall Oaks Hall
Village Center

Story Hour Happy Hour

PLEASE NOTE: This is a change from the typical day of the week for Story Hour. This is a one-time change.

Join us for Story Hour to hear from Hannah Poole and Nate Salzberg. Hannah and Nate are students at Virginia Tech and the daughter of Sara McCarter and grandson of Lee Musgrave. In March, Nate and Hannah, along with other students on a VT Study Abroad trip, travelled to Ecuador to visit the Amazon rainforest and learn more about the indigenous tribe that lives there. Nate recently returned from Vietnam, where he worked with bats as part of an NSF research grant. The team investigated the zoonotic viruses and bacteria carried by bats to better understand potential disease transmission and wildlife health. Nate and Hannah will share photos and talk about their experiences encountering wildlife and plants and learning about the Waorani tribe in Ecuador and Nate will discuss his research in Vietnam.

Complimentary refreshments & cash bar open at 3:30 PM!

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.

12, 26
July
Sunday, 11 AM - 12:00 PM

Karr Activity Center

Music & Message

Jennifer Miller, ordained pastor and local business woman from Floyd, will bring a group of fellow Christians to the Karr Center on select Sundays for a non-denominational worship and message. The service will last about an hour, with music and time to chat and meet others.

Contact Mardy Baker for more information at: mbaker@warmhearth.org.

Engaging Science! Community Opportunity

The Center for Communicating Science has been guiding a group of pandemic and research ethics researchers through an intense communicating science workshop series, teaching them to communicate their work in ways that are engaging, accessible, and meaningful.

They will practice giving 3-5 minute talks via zoom. We are reaching out to community members to join that workshop for about 90-minutes, or however long their schedule allows, to serve as a community audience and offer feedback.

Wednesday, July 15 | 3:15 PM
Zoom link: <https://virginiatech.zoom.us/j/5402319303>
Questions? Email Erin Smith (erinmsmith@vt.edu)

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.



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.

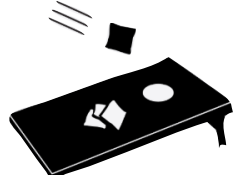




LOYALTY *card*



Buy four and get your fifth coffee drink free!



13
July
Monday, 11AM - 1:00 PM

Tall Oaks Hall
Village Center

WHV Cornhole Tournament

Compete in the WHV Corn Hole Tournament! Games to be held on the side terrace at the Village Center (or inside Tall Oaks Hall if rain). Everyone welcome to participate or come out to cheer for your favorite players while relaxing courtside. Players are separated into a men's bracket and a women's bracket with simple tournament rules and single elimination. Beginners welcome. A sheet with full details of rules provided in the fitness center. First and second place prizes for both brackets will be awarded at end of the tournament courtside. All players are expected to arrive 15 minutes before the start of the tournament and ready to play. Boards will be set up an hour in advance for warm ups. Seating for players and spectators will be provided with light refreshments.

We are looking for a few players to assist in scoring simultaneous games, notify us at time of sign up if willing. For more information, contact Mardy at mbaker@warmhearth.org.

To sign up: Call Fitness at 540-443-3474 or stop by the Fitness office in person.
Registration deadline: July 13 at 10:00 AM.
Sign ups start July 2 at 9:00 AM.

14
July
Tuesday, 12 - 1:30 PM

Tall Oaks Hall
Village Center

Radford University Luncheon

Join us for Radford University Day at the Village Center!

Calling all Radford University alumni and retired employees — we invite you to an informal lunch. Hear the latest campus news, reconnect with the Radford community and enjoy an afternoon filled with laughter, memories and Highlander pride!

Open to RU alum residents and employees + significant others. No fees for guests!

To sign up: Contact Sandra Bond at 540-831-6757 or email at: smbond@radford.edu.
Registration deadline: July 7

New summer offerings at Huckleberry Cafe!

Huckleberry cafe has updated it's menu for summer! Our brand new drink menu features iced shaken espressos, refreshing mint tea, sugar free lattes and more.



Pick up a loyalty card on your next visit to get every 5th drink free!

Also starting in July is our new Taco Tuesday lunch special, featuring different flavor combos every week.

Come visit us at the Village Center from 8am - 2pm.
For more cafe specials & events see pg 1!

Now Offering Hospice Care
Through Warm Hearth at Home

Warm Hearth at Home is now offering **trusted, high-quality hospice care**, tailored to each individual’s needs. Our experienced team provides comfort-focused support, guiding residents and families with dignity and compassion through life’s most meaningful moments.

What is Hospice?

Hospice care supports individuals with serious illness when curative treatment is no longer effective. It focuses on relieving pain and symptoms while ensuring peace, comfort, and quality of life during life’s final stage.

Key Benefits

- Personalized care plans
- Compassionate team of experts
- 24/7 support when you need it most
- Emotional support for families

What Sets Us Apart

Backed by decades of experience in senior living and healthcare, Warm Hearth at Home Hospice combines expert medical care with genuine compassion—bringing peace of mind to both residents and families. We are committed to honoring every life journey with dignity and the highest quality of care.

To learn more or get started, contact:

Kimberly Nichols
Hospice Director of Nursing
540-443-3422

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 or call 540-443-3434.

15
July

Wednesday, 10:30 AM

Off Campus

Special Trip: Rising Silo Lunch

Hop aboard the bus for a lunch trip to a favorite local hangout: Rising Silo Brewery & Restaurant! Known for their home brew beers on tap, Kombucha, hand crafted sodas, brick oven pizza and farm to table seasonal foods, this trip is a summer favorite for locals. Seated on the farm of Glade Road Growing, this Blacksburg fixture is a wonderful place to sit back and enjoy the summer in an casual and relaxed setting. You can even go to Glade Road Growing’s website to preorder from their farm stand and have it ready for you to take home. SNAP benefits accepted.

Pick ups begin at 10:30 am for an arrival at 11:15am. Return to WHV will be approximately by 12:30pm.

Participation limit: 12 people + 1 wheelchair spot
Call Bix at 540-443-3800
Registration deadline: July 14 at 2:00 PM.
Sign ups start July 2 at 9:00 AM.

16
July

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 or 540-552-4328.**

17
July

Friday, 3 - 4:30 PM

Tall Oaks Hall
Village Center

Dementia Friends & Family Network

Dementia Friends is a one-hour educational session designed to provide a foundational understanding of dementia, and related conditions. Participants will gain insight into how dementia can affect thinking, behavior, and communication, and will learn practical strategies for responding with confidence and compassion. The session concludes with five key takeaways that can be immediately applied and shared with others.

Following the training, guests are invited to remain for the Dementia Family Network, an informal gathering created to foster connection and continued learning. This opportunity allows family members and friends to exchange perspectives, share experiences, and engage in meaningful conversation. Certified Dementia Practitioners will be present to help guide discussion and provide additional insight.

ATTENTION Trolinger/NRH Residents!

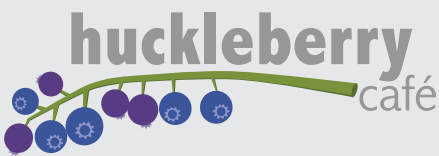
A copy of The Log is placed on the bulletin boards each month for quick access in the lobby. Please do not remove these copies from the boards.

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



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

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

We can also arrange delivery any time between 8am and 2pm for a \$3 delivery fee.

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

18
July
Saturday, 1 - 2:30 PM

**Tall Oaks Hall
Village Center**

America’s 250th w/Patrick Henry

Celebrate the 250th Birthdate of America with Patrick Henry, the Daughters of the American Revolution (DAR) and the HearthSong Singers!

Nona Gabbert, chapter head of our regional DAR, will host an informative discussion about their organization and General William Campbells role as a Revolutionary War hero, key in our region of Appalachia. In attendance will also be Patrick Henry Jolly, a 5th great grandson of Patrick Henry. He will present his ancestor’s famous speech, “Liberty or Death” and discuss Red Hill, the National Memorial for Patrick Henry. The HearthSong Singers will present a short program of patriotic songs that will get everyone in the mood for celebrating. Following the discussion and Q & A there will be cake and refreshments to round out the event!

20
July
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: July 13 at 1:00 PM

24
July
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 6)
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: July 17 at 1:00 PM

Out and About in the NRV

Local happenings
and opportunities in
Blacksburg & beyond!



Upcoming Event!

Join us for the NRV AARP/TOC
Health Fair!

Bringing free health & wellness
resources to the community and
supporting local charities
at the same time.

Sept 16, 2026
10:00 AM – 2:00 PM

Christiansburg Recreation Center
1600 N Franklin St.

For more information, contact
Jackie Jones at:
NRVAARPhealthfair@gmail.com

Upcoming:

Reserve your tickets now!

See "Oklahoma" at Mill
Mountain Theatre in Roanoke
on **Wednesday, September
23rd at 7:30pm**. Attendees are
responsible for purchasing their
own theater ticket to the play.

Tickets can be purchased at:

<http://millmountain.org>
or by calling the box office
at: 540-342-5740

Tues -Sat 9:45am - 4:45pm or
Sun 1 - 4:45pm.

For transportation, call
540-443-3800 before
purchasing your ticket to check
available bus space!

For more info Contact Mardy
at: mbaker@warmhearth.org
or 540-443-3434.

27

July

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

28

July

Tuesday, 11:00 AM

Woodland Studio

Village Center

Grief 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.**



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 accomodate 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.

Reduced, Reuse, and Recycle (RRR) Column July 2026

This is the third in a bi-monthly column that we hope will be mainly Q&A sessions.
So send your questions to drldmm@comcast.net for use in future columns.

However, changes have occurred in our Single Stream Recycling (SSR) region. Our SSR processor RDS in Roanoke has been sold to Tomorrow Recycling. This new processor has expanded its accepted recycling items. These changes apply to all entities that send their SSR to Montgomery Regional Solid Waste Authority (MRSWA). WHV does; WoodsEdge does not. So these changes do not currently apply WoodsEdge. This column is devoted to these changes.

NEW Items Accepted in Warm Hearth Village
Single Stream Recycle (SSR) Program Effective May 21, 2026



Polypropylene (PP) Containers



Plastic containers are identified with a number within the recycling symbol and sometimes with letters below. Plastic containers are made from many different plastics. In the past and still, we recycle #1 and #2 containers. New to our SSR program is #5 PP plastic. It is typically used for food containers, such as yogurt and cottage cheese cups. Prescription medication bottles most often are made of #5 PP. All containers must be empty, clean, and preferably capped to be recycled.



Clamshell Containers



Clamshells are one-piece containers with two halves connected by a built-in hinge. They are typically used for food, electronics, & toys. Like other containers these must be empty, clean, and snapped closed.

Gable top Cartons



Gable-top cartons are paperboard containers with a pointed roof top. They are typically used for refrigerated liquids such as milk products and juices. These must be clean, dry, and preferably capped.

Aseptic Cartons



Aseptic cartons are shelf-stable paperboard containers for food and beverages. They are typically used for milk, juice, soup, and broth. These must be clean, dry, and capped.

In WHV these items may now be placed in the WHV Blue SSR recycling bins. These New Guidelines do not apply to WoodsEdge presently.

Note: #1 & #2 Plastic Containers and Clamshells have been allowed in SSR and continue to be.

Source: Montgomery Regional Solid Waste revised by your Resident Reduce, Reuse, and Recycle (RRR) Subcommittee.

Keeping Fruits & Veggies Fresh by Andrea Bellamy

Summer is a great time to enjoy your fruits and vegetables. Fruits and vegetables can be pricey, so we definitely want to make sure we are keeping them fresh for as long as possible and avoiding waste. This month, I wanted to share a few tips to help keep that flavorful produce fresh.

Berries – These are very delicate and should not be washed until ready to eat. Keep in the refrigerator and try separating into a larger container on a paper towel to keep them dry to avoid mold.

Apples – Store in the vegetable bin outside of any plastic wrapping.

Avocado – Store them in a cool spot in the kitchen. If at prime ripeness, transfer to the fridge to preserve for a few more days.

Stone fruit – Keep your peaches, plums, and nectarines in a paper bag on the counter until ripe. Once ripe, move to the refrigerator.

Melons – Store cantaloupe and honeydew loose in the refrigerator, even before cut. Watermelon can be kept in a dark, dry place away from other produce. Keep your cut melon in the fridge.

Tomatoes – Store at room temperature away from sun or heat (like the stove).

Leafy green vegetables – try placing a paper towel on the top of your lettuce in the container after using. Store with the paper towel facing down – the container will be upside down. This will absorb any extra moisture and prevent molding.

Celery – Store wrapped tightly in aluminum foil or wrap in a damp cloth towel.

Asparagus – Store with the stems in water (like a flower) in the refrigerator.

References:

<https://food52.com/blog/25952-best-way-to-store-fruit-vegetables>

<https://www.greenbookmark.com/health/list-most-popular-summer-fruits>

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/keep-fruits--vegetables-fresher-longer>



Resources To Help You Fight Fraud

The Fraud Watch Network Website offers tip sheets on the common scams and a map showing fraud activity in your area.

Visit www.AARP.org/fraudwatch network for more information.

Free National Helpline (877-908- 3360)

Connects you with trained specialists who provide free confidential guidance.

The Perfect Scam Podcast

This podcast explores fraud, with voices of victim's and law enforcement.

Visit www.aarp.org/theperfectscam for episodes.

AARP Members

Visit www.aarp.org/Norton-Benefits to save on identity-theft, and theft and device-protection plans from Norton.

Save the Date: Cheeseburger in Parrot-Dise Returns August 15

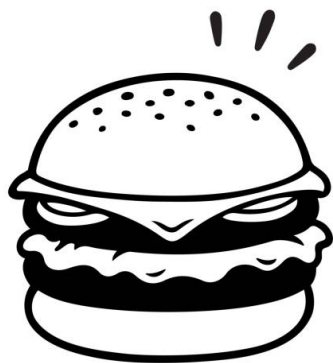
Mark your calendars for the 13th Annual Cheeseburger in Parrot-Dise: Living on Island Time, presented by Kingsview Partners.

Join us on Saturday, August 15, at Warm Hearth Village for an unforgettable evening of island-inspired fun, all while supporting seniors in need through the Warm Hearth Foundation.

- This year's event will feature:
- The beloved Cheeseburger Throwdown
 - Live music on our outdoor festival stage featuring The PanJammers
 - Tropical cocktails and island-inspired refreshments
 - Wybe's Island Shop featuring exclusive merchandise and tropical treasures
 - Local favorites, including Big Lick Ice Cream
 - An exciting silent auction benefiting local seniors

Whether you're coming for the food, music, shopping, or simply to support a great cause, there's something for everyone at this signature summer event.

Tickets Go on Sale July 1
Saturday, August 15, 6 - 10:00 PM
Regular \$50 | VIP \$100
For event details and ticket information, visit:
retire.org/cheeseburger-in-parrot-dise



Useful Phone Numbers

The Village Center
Front Desk/Concierge: 540-443-3800
Huckleberry Cafe: 540-443-3801
The Village Gourmet Catering: 540-443-3447
Fitness Center: 540-443-3474
Health Care Information - Linda Kirkner: 540-443-3415
V.P. Philanthropy & Strategic Growth - Tandra Dixon:
540-443-3414

Life Enrichment
Mardy Baker: 540-443-3434 (Village Center)
Susan Bixler: 540-443-3800 (Village Center)
Corynne Emmerson: 540-443-0409 (Showalter Center)
Danielle Snuffer: 540-443-0407 (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
540-443-3428 or www.whvathome.org

Miscellaneous
Tea Tree Salon: 540-443-3817
Fireside Cafe, Showalter Dining:
540-443-3429
WHV Main Switchboard: 552-9176
Housing & Resident Services: 552-2419
(located in Karr Activity Center)
* Maintenance
* Lock-Outs
* Security / Emergencies
* Transportation

Network Services (IT): 540-443-0408
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.