



The Log September 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)
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
(No class 9/3)
4:00 Qigong
(No class 9/3)

FRIDAY

10:00 Posture, Balance & Gait (B)
(No class 9/4)
10:30 Arthritis Aquatics (P)
New! 2:00 Partner Dancing Class
More info on pg 7

SATURDAY

Open Swim (P) / Open Gym

10:30 -11:15 Aqua Yoga
first & third Saturday of the month

Continued to next page.

September Closings: The Village Center will be CLOSED on **Monday, September 7th** and the Fitness Center will be CLOSED on **Saturday, September 5th** and **Monday, September 7th** for Labor Day.



Huckleberry Café
Village Center

Café 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)**

Sept 4th: Eggs Benedict

Sept 11th: Fried Chicken Biscuits
w/Cinnamon Honey Butter

Sept 18th: Monte Cristo Sandwiches
(Grilled French Toast, Ham, Cheddar & Swiss)

Sept 25th: Country Fried Steak w/Sawmill Gravy & Biscuits

Magic Monday | 4 – 6:00 PM

Monday, September 21 | \$14.95 (tax included)

Live Music: Kirsten "Haze" Hazler is a singer/songwriter from Richmond, Virginia. With a voice sometimes silken and sometimes sassy, Haze sings stories of good intentions, messy entanglements, and ditched resolutions.

***Menu:** BBQ Ribs, Mac & Cheese, Collard Greens & Cornbread + chef's choice dessert

***Vegetarian & Gluten-Free options available!**

1

September

Tuesday, 1:00 PM

Karr Activity Center

Riley & the Rootabagas

Well-seasoned musicians, Riley & The Rootabagas feature deep rich vocals, luscious smooth harmonies, and the succulent sounds of guitar, fiddle, upright bass, mandolin, and banjo.

The quartet has cooked up a kettle of acoustic roots music to serve to their listening audiences, simmering with folk, blues, country, swing, gospel, jazz, Celtic, and old-time, infused with their own fresh Rootabaga flavor.

Their menu includes acapella songs, instrumental tunes, and a side dish of originals. From soulful bowed ballads to reckless rollicking rhythms, their concert will leave you smiling and craving another hearty helping!

10:30 Yoga for Wellbeing
second & fourth Saturday of the
month

12:00 -1:45 Family Swim (P)
Last Saturday of the month.
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

New River Fellowship Faith Study
1st & 3rd Wednesday of each
month
6:30 PM
Karr Activity Center

Bible Study (Resident Lead)
Saturdays
10:00 AM - 12:00 PM
Karr Activity Center
Contact: Gi Conger

Bocce Ball
Tuesdays
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 2

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

1, 8, 15, 22, 29
September **Karr Activity Center**
Tuesdays, 10:15 AM

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!

4  **September** **Tall Oaks Hall**
Friday, 2:00 PM **Village Center**

Village English Tea

It’s time for 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, 11, 18, 25
September **Karr Activity Center**
Friday, 10:30 AM - 12:00 PM

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.

We use student volunteers for this. If no one signs up for a
particular day, we will put a note on the door of Karr Activity
Center that morning letting you know we do not have
volunteers for that Friday.

7, 14, 21, 28
September **Karr Activity Center**
Mondays, 4:00 PM

HearthSong Singers

The HearthSong Singers is being directed by retired musical
director, Joe Borden. He is a lifelong musical director with a
heart for choral groups. This group will focus on a variety of
songs from many different generations. Practice starts promptly
at 4pm to allow for maximum singing time.

Monday, October 5  **Karr Activity Center**
4:00 PM
Special first anniversary concert! Watch for more information in
the October Log.

Groups & Clubs - continued

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

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 10

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 Monday of each month
9:30 - 10:30 AM
Woodland Studio
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434
More info on pg 6

Music & Message
11-Noon, 2nd & 4th Sundays
Karr Activity Center
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434
More info on pg 5

Parkinson’s Support Group
First Thursday of each month
2:00* - 3:00 PM
Tall Oaks Hall
Contact: Marcus Burks
MBurks@warmhearth.org
*Meeting at 2:00 PM instead of 2:30 PM in September

Pickleball Club
Monday thru Saturday
(based on demand)
10:00 AM
Contact: Kent Koller
kbkoller@gmail.com

Featured Artist

Woodland Studio
Village Center

Woodland Studio Monthly Spotlight

**September 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.

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

7

September
Monday, 2:00 - 4:00 PM

Carson Library
New River House

Library Libations Raffle

Have you picked up your raffle ticket yet? Join us for another Library Libations and raffle drawing event!

Enjoy some refreshments. Browse the bookshelves. Mingle with neighbors. Celebrate Labor Day. And be sure to bring your ticket stub: You might win a prize!

Open to all Warm Hearth residents. See you there!



9

September
Wednesday, 1:00 - 2:30 PM

Woodland Studio
Village Center

Create & Sip: Fall Floral Bouquets

We will be arranging lovely fall floral bouquets with fresh flowers. These smaller size bouquets are a lovely gift for an ill neighbor, or just as a personal pick-me-up. You will be following simple instructions for the arrangement, adding your own personal touches with greenery, ribbon and vase décor. Class limit is 20 people, one bouquet per person. Please sign up by calling 540-443-3800 to be placed on the list.

Participation limit: 20 people
CALL Bix at **540-443-3800**
Registration deadline: September 8 at 12:00 PM.
Sign ups start September 2 at 9:00 AM.

**Reduce, Reuse, and Recycle (RRR)
Subcommittee**

Second Thursday of each month
10:00 - 11:00 AM
Living Room / Huckleberry Café

Huckleberry Café
540- 443-3801

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

Fireside Café
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**

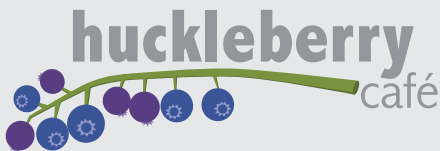
Open 7 days a week, all day.

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.



The Huckleberry Café 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 café at:
540-443-3801.**

10
September
Thursday, 4:00 PM

**Tall Oaks Hall
Village Center**

Story Hour Happy Hour

We have a special presentation for our Story Hour on Thursday, September 10. Sam Bauer, a resident of Oakland Square, will speak about his years of involvement with the ocean liner SS United States. That ship was in service from 1952-1969, and set the transatlantic speed record on her maiden voyage. After she was removed from service, she was berthed in Newport News, and Sam had access to the ship and its documents and artifacts for several years, and co-authored a book about that magnificent vessel. He will tell us about the ship’s design, her accommodations and fine dining, and her current status.

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.

11
September
Friday, 10:00 AM

**Tall Oaks Hall
Village Center**

WHV Spelling Bee & Breakfast

Join your neighbors for a friendly, no-pressure spelling challenge at the WHV Spelling Bee. Full of comedy, heckling, and a little bit of knowledge, you will spell a variety of words, from easy to challenging, from the comfort of your seat. If you come to play or watch, you will definitely have fun!

Make a morning of it and come early for the Fabulous Friday breakfast at the Huckleberry Café. Everyone invited to attend, no sign-ups required.

Questions? Contact mbaker@warmhearth.org



11
September
Friday, 3 - 4:00 PM

Karr Activity Center

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!



Employee Milestone Anniversaries

Shakirah Kendall, CNA
KHCC Cove, **5 years**

Kathryn Rubas, Housekeeper
KHCC, **2 years**

Aidan Davy, Dining Server
SC, **2 years**

Becca Wagner
Catering & Café Director
VC, **2 years**

Theresa Macomber, Companion
WH@Home, **2 years**

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.

13, 27

September

Sunday, 11 AM - 12:00 PM

Karr Activity Center

Music & Message

Jennifer Miller, ordained pastor and local businesswoman 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.

Cheeseburger in Parrot-Dise Success!

The Warm Hearth Foundation's 13th annual Cheeseburger in Parrot-Dise sold out and raised an incredible \$86,000! The competition for the Cheeseburger Throwdown was fierce this year with four competitors. Please be sure to congratulate the team at The Huckleberry Café for taking home the trophy and title of "Best Burger in the Burgs"!



The success of this event is made possible by the generous and enthusiastic support of everyone who purchased tickets, volunteered their time, donated items or offered sponsorship. And most of all, thank you to our amazing community for allowing us to have fun with you while we come together to continue to support Warm Hearth Village.



14

September

Monday, 9:30 - 10:30 AM

Woodland Studio

Village Center

Men's Breakfast Club

PLEASE NOTE: Men's Club will be meeting on the 2nd Monday of the month in September due to Labor Day!

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.

**Local happenings
and opportunities in
Blacksburg & beyond!**



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

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

See Below
For times & locations

The volunteers will have written voter handouts including sample ballots and information on the 3 proposed constitutional amendments. They will answer questions about voting locations, voting options, registration, change of address, the 3 proposed constitutional amendments and more!! This November 3 in Virginia we will be voting for the US Senate, US House of Representatives 9th district, the 3 proposed constitutional amendments and some local offices.

*If you would like to participate in early voting between September 18 and October 31 and would like transportation to the Montgomery County Office of Elections, please call Warm Hearth residents **Connie Foster at 614-560-3761** or **Phil Dalton at 276-692-8137** and leave a message so we can arrange a date.

Village Center

It might seem like important works by great artists were all as well-received and appreciated in the past as they are today — not true! This talk examines some of art history's biggest artistic flops by great artists, including the French Impressionists, Rembrandt, Michelangelo, Bernini, and more! We will see how art disasters, technical mistakes, and career-derailing controversies can end up as examples of genius, and how big risk-taking in art (and life!) sometimes pays off.

Presenter: Michelle Moseley is a professor of art history & co-director of the Material Culture & Public Humanities MA Program

Karr Activity Center

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.**

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.

Partner Dance Class

This 6-week class is designed to help you build connection, boost confidence, and enjoy the timeless joy of partner dancing. No experience needed!

Featuring ballroom, Latin, and Swing. No experience or partner required. Just bring comfortable shoes and be ready to move!

**Starting Friday, Sept 11th
2:00PM**

Questions, call Marcus Burks:
540-443-3474



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!

21
September
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.

Participation limit: 12 (Minimum 4)
Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.
Registration deadline: September 14 at 1:00 PM
Please call if you need to cancel.

22
September
Tuesday, 2:00 PM
**Tall Oaks Hall
Village Center**

Documentary: Monster in the Mind

Shocked to discover she is at high risk of Alzheimer's, 85-year-old CNN veteran Jean Carper embarks on a journey to face her fears and find out everything she can to avoid Alzheimer's. She uncovers the astonishing story of a disease shrouded in mystery and branded with an outsized sense of doom and fear reminiscent of the world's most sensational science fiction, horror, and disaster movies.

23
September
Wednesday, 10:00 AM
Off Campus

**Free Matinee, Center for the Arts,
Isidore String Quartet**

Sign up for this free matinee performance hosted by Center for The Arts as part of their community outreach.

The New York City-based Isidore String Quartet approaches the repertory with a spirit of rediscovery — “the established as if it were brand new,” from Frank Bridge to Mendelssohn, Britten, and Beethoven. Across centuries, this music continues to feel immediate, intimate, and alive.

Warm Hearth has 10 tickets available for independent living residents. Pickups for transportation start at 9:15 AM. Return around 11:30 AM. Let us know if you need bus transportation upon signup.

Participation limit: 10
CALL Bix at **540-443-3800**
Registration deadline: September 16 at 1:00 PM.
Sign ups start September 2 at 9:00 AM.
If you drive yourself, please meet the group in the lobby of Center for the Arts by 9:40 AM. Must sign up for free ticket.



**15th Annual Virginia Tech
Industrial Design Collaboration**

Each Fall semester, Warm Hearth participates with SFCS Architecture Firm and the Virginia Tech School of Design to bring an Industrial Design studio to our campus to complete a multi-week project. This is our 15th year working with the Virginia Tech Industrial Design class. Teams of students and their professors come to Warm Hearth for three meetings to do resident interviews and get feedback on product designs aimed to make aging easier, more enjoyable and safer.

This year, we will host around 30 students in 6 teams. Participation involves attending meetings on the following dates:

- October 21st**
1:30-3:30pm Introduction and resident interviews.
- November 4th**
1:30-3:30pm Students will present some ideas for products and get feedback.
- December 7th**
1:30-3:30pm Final project presentations.

If you will be available on these dates and times and would like to participate, please email **Sara McCarter** at smccarter@warmhearth.org.

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

23
September
Wednesday, 4:00 PM

Off Campus

Special Trip: Oklahoma!

There is still room on the bus! Get your tickets for a special trip to see the musical “Oklahoma” at Mill Mountain Theatre in Roanoke on Wednesday, September 23rd at 7:30pm.

Pick-ups will begin at 4pm to arrive downtown Roanoke at 5:30pm. Attendees can choose to have dinner at any of the local restaurants or do some window shopping before the 7:30pm show. Reservations are recommended if you plan on having dinner at one of the downtown restaurants. Attendees are responsible for purchasing their own theater ticket to “Oklahoma”.

Tickets can be purchased at <http://millmountain.org> or by calling the box office at 540-342-5740 from Tuesday-Saturday 9:45am-4:45pm or Sunday 1-4:45pm.

For transportation, sign up by calling Bix at 540-443-3800 before buying tickets to see if seats are available.

For questions, contact Mardy at mbaker@warmhearth.org or 540-443-3434.

24
September
Thursday, 1:00 PM

Karr Activity Center

Flu & COVID-19 Vaccine Clinic

We’re pleased to share that Blacksburg Pharmacy will be on campus to provide Flu and COVID-19 vaccines, along with other vaccines upon request. Please remember to bring your insurance card(s) to your appointment.

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

This clinic is by appointment only. Appointments can be made starting Monday, September 1st by calling: Alisha at 540-443-0415 or Alexis at 540-443-3806.

24
September
Thursday, 3:00 PM



Tall Oaks Hall
Village Center

Thirsty Thursday Movie Time

The popcorn is hot and the bar is ready! This limited series of happy hour and a movie will occur the fourth Thursday of the month.

September’s movie will be: All The President’s Men

Come out, grab a drink from the café and a complimentary bag of popcorn before heading in for the feature film. Doors and concessions open at 2:45pm. All friends and family invited!



Looking for something to read?

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

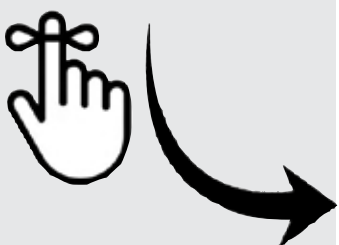
Call for Poetry: And while you're at the library, take a glance at the bulletin board on your right as you come in the door. Every month we post there a "Poem of the Month." Preference is given to poems composed by a Warm Hearth resident. If you are a poet, and would like to have one of your works posted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

Some Recent Arrivals: Agatha Christie, *The Inevitable Miss Marple* (Fiction); James Allen, *As a Man Thinketh* (Spirituality); Anne Tyler, *Breathing Lessons* (Fiction); Susan Wittig Albert, *The Darling Dahlias/The Naked Ladies* (Large Print); John and Cathleen Polgreen, *The Stars Tonight* (Nature and the Environment); George Pelecanos, *The Cut* (Fiction).

Raffle Drawing: Be sure to pick up your raffle ticket by Monday, September 7 at 2pm when we will hold the drawing for prizes and celebrate Labor Day with refreshments and camaraderie. (See post on pg 3 for more info.)

FALL & CHRISTMAS CRAFT SHOW

Save the Date!



25

September
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: September 18 at 1:00 PM

28

September
Monday, 10:00 AM - 3:00 PM

Tall Oaks Hall
Village Center

WHV Mini Golf Challenge

The Village Center will transform into a 9-hole mini golf course on Monday, September 28th!

Head into National Bank Tall Oaks Hall where you can play a round by yourself, or challenge a group of neighbors for bragging rights. Prizes for lowest score, 1st and 2nd place!

Our course is updated this year with side bumpers and new obstacle challenges. Play is open from 10am-3pm with "first come-first served" turns. Complimentary popcorn available.

Questions? Contact mbaker@warmhearth.org

Upcoming!
WHV Hospitality Fall/Winter
Competition Series

Be on the lookout for games and challenges beginning in September. See more info about pickleball on next pg!



Celebrate the season with a special shopping day featuring handmade crafts from our Warm Hearth Village community. Find fall favorites, festive gifts, and one-of-kind creations!

Cash preferred-- please bring small bills for easy purchases. Spend \$10 or more at the show and be entered in a raffle to win a \$100 Kroger gift card!

Open to residents, staff, and families!

Friday, October 16
9:00 AM - 4:00 PM
Woodland Studio
The Village Center



Sign up now for the WHV
Staff vs. Resident
Pickleball Competition

Come join us for some friendly
competition, fun, and pickleball!

Please reserve your spot in the
game by Friday, September 18th
2:00 PM

Game day is Wednesday, October
14th at 3:00 PM.

Please include \$21 cash payment
for the event T-shirt when you turn
in your application.

Questions, call Marcus Burks:
540-443-3474



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!



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.

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.

28
September
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

29
September
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.**

30
September
Wednesday, 3:00 PM
Tall Oaks Hall
Village Center

LLI: Stitched Together
Pulaski's Fight for Equal Rights

Join us for a screening of Stitched Together, followed by
a panel discussion with participants in the 23/54 Project, a
community research initiative of the Calfee Community &
Cultural Center. Through quilts, oral histories, and interactive
exhibits, the project preserves the stories of 23 Pulaski County
families who challenged school segregation in a landmark 1947
lawsuit. Discover how descendants, historians, and artists are
keeping this important chapter of local civil rights history alive.

The Calfee Community & Cultural Center preserves local
African American history while serving the community through
education, cultural programs, childcare, and gathering spaces.
Housed in the historic Calfee Training School building, the
Center honors the school's legacy while creating opportunities
for future generations.

Reduce, Reuse, and Recycle (RRR) Column-September 2026

This is the fourth of an every other month Recycle Column that we hope will be mainly Q&A sessions. So send your questions to drldmm@comcast.net for use in future columns.

Question #1: I have been recycling the fiber takeout clamshells from food establishments. Is that OK?

Answer #1: First, let's look at an industrially/commercially compostable clamshell container used by food establishments so we are all on the same page. See:



Note that this looks like pressed paper with a rigidizer and is easily misidentified as recyclable.

The simple answer is **NO**. The truth is that these have never been recyclable in our region. These are made from sugarcane bagasse, corn-based polylactic acid (PLA), and wheat straw fiber. These are clearly **NOT** wood fibers which make up paper. These clamshells will contaminate the paper recycling stream. **These are trash.**

However, this is sad because when buried in the landfill they decompose anaerobically (without air) and generate Methane. Methane is ~80 times more atmospheric warming than if it had been composted **INDUSTRIALLY** via aerobic (with air) composting where only CO2 is generated. Obviously these containers should be replaced in our region with #5 clamshell containers as #5's are now recyclable here.

Question #2: Here is an egg carton and it looks like some kind of paper product. Can I place it in recycle?

Answer #2: Simply, **YES**. But let's make sure we all know what we are talking about. See:



Now there are generally 2 types of egg cartons: Paper based and Styrofoam based. The paper-based can be recycled and the foam based must be trashed.

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 follow this column: Resident RRR Subcommittee



The 2026 Trick or Treat Trail is close at hand!

We will be hosting a live petting zoo, Dr. Seuss themed gazebo stop, crafts for sale at the start, and all sorts of other family fun activities and spooky themes along the trail. We are looking for resident and staff volunteers to hand out candy and host stops along our pathway from the Village Center to WWII Park on **Friday, Oct. 30th from 3:30 - 6pm.**

If you are interested in participating as a volunteer, or if you would like to have a small spot to sell crafts at the start of the trail, please reach out to **Mardy Baker** at mbaker@warmhearth.org

Note: If rain, the event will be cancelled with some activities rescheduled for a later date.



VT STRING PROJECT ADULT CLASSES

VIOLIN ♦ VIOLA ♦ CELLO ♦ BASS

FOR THOSE WITH PRIOR EXPERIENCE	WEDNESDAYS MIDDAY AT VIRGINIA TECH
FOR BEGINNERS	MONDAYS MIDDAY AT VIRGINIA TECH EVENING AT WARM HEARTH VILLAGE



REGISTER NOW!

STRINGPROJECT@VT.EDU



Useful Phone Numbers

The Village Center

Front Desk/Concierge: 540-443-3800
 Huckleberry Café: 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 - Tambrá 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 Café, 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.