The Log

November 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
(no class 11/23)

TUESDAY
9:00 Fit 4 Life
10:00 Posture, Balance & Gait (I)
11:00 Posture, Balance & Gait (A)
11:00 Aqua Fit (P) (no class 11/24)
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
10:00 Posture, Balance & Gait (I)
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
4:00 Qigong

FRIDAY
10:00 Posture, Balance & Gait (B)
10:30 Arthritis Aquatics (P)
New! 2:00 Box N Burn
More info on pg 7

SATURDAY
Open Swim (P) / Open Gym

10:30 -11:15 Aqua Yoga
1st & 3rd Saturday of the month

Continued to next page.

November Closings: The Village Center & Fitness Center will be CLOSED on **Thursday, November 26 - Saturday, November 28** for Thanksgiving and will reopen on Monday, November 30th.

Café Events

Huckleberry Café
Village Center

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

Full breakfast buffet with sides of eggs, chef's choice protein, fresh fruit & rotating weekly special. **$11.95 (tax included)**

Nov 6th: Omelets Made to Order
Nov 13th: Country Fried Steak w/Sawmill Gravy
Nov 20th: Southwest Omelets
(Ham, Bell Peppers, Onions & Cheddar Jack Cheese)
w/Sour Cream & Fresh Scallions

Veteran's Day Lunch | 10:30 AM - 2:00 PM

Wednesday, November 11th - WHV veterans eat for free!
Open to all WHV residents and employees, Huckleberry Café will provide a complimentary sandwich and soup lunch combo. Just a small token of appreciation for the service our veterans gave our country.

Thanksgiving To-Go! | 11:00 AM - 1:00 PM

Wednesday, November 25th | $21.95 (tax included)
Our Thanksgiving meal serves one and is ready to heat and eat. That means you can enjoy a full Thanksgiving dinner without a minute in the kitchen! Available for pickup or delivery.

RSVP with Huckleberry Cafe at **540-443-3801**
or email VC-Events@warmhearth.org.
Registration deadline: November 20 at 2:00 PM

10:30 Yoga for Wellbeing
2nd & 4th 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 the 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

Continued to next page.

2
November
Monday, 9:30 - 10:30 AM

Tall Oaks Hall
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.

2, 9, 16, 23, 30
November
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 4:00 PM to allow for maximum singing time.

3, 10, 17, 24
November
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!

4
November
Wednesday, 8:45 AM

Offsite

Special Trip: Veterans Benefits & Resource Fair

Location: Christiansburg Recreation Center
This event is for all veterans seeking to learn about a variety of community resources and an opportunity to look into new benefits that are being offered.

Representatives from the Salem VA Medical Center will be present to answer questions about benefits, application process and what is needed to get started.

9:00 - 10:00 AM Free Breakfast
10:00 AM - 2:00 PM Resource Fair

Transportation is available to event. Pick-up starts at 8:45 AM OR drive on own.

Transportation limit: 12 guests + 1 wheelchair spot.
For transportation, CALL Bix at **540-443-3800, press 0.**
Transportation sign-up deadline: November 3 at 12:00 PM.
Sign-ups start November 2 at 9:00 AM.

Groups & Clubs - continued

Green Committee
3rd 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
Woodland Studio
Contact: Catherine Fecteau
540-443-3418
More info on pg 8

Guided Meditation
Guided Meditation on Zoom
Mondays
3:00 - 4:00 PM
Contact: Zed Hrubec
zhrubec@outlook.com
540-250-2154

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
1st Monday of each month
9:30 - 10:30 AM
Woodland Studio
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434
More info on pg 2

Music & Message
2nd & 4th Sundays of the month
11:00 AM - 12:00 PM
Karr Activity Center
Contact: Mardy Baker
mbaker@warmhearth.org
540-443-3434
More info on pg 4

Parkinson's Support Group
1st 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)
10:00 AM
Contact: Kent Koller
kbkoller@gmail.com

5
November — Karr Activity Center
Thursday, 12:30 PM

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 by calling:
Alisha at 540-443-0415 or Alexis at 540-443-3806.

6, 13, 20
November — Karr Activity Center
Friday, 10:30 AM - 12:00 PM

Technology Assistance

Need a little hands-on help?
Technology Assistance is available at the Karr Activity Center on Fridays from **10:30 AM – 12:00 PM**. Student volunteers can help with simple questions about phones and mobile devices, including texting, photos, messaging, settings, Zoom and more! in rare cases, we don't have volunteers. If there are no volunteers signed up, we will put a note on the Karr Activity Center door a few hours prior to the start time.

TECHNOLOGY TIPS: UNDERSTANDING AI – PART 2
What Can AI Do for You?
Artificial intelligence (AI) is more than just new technology—it can be a helpful tool in everyday life!

Watch Part 2 of our easy-to-follow video series, created by student volunteers, to discover practical ways AI can make every day tasks a little easier.

Scan the QR code to watch!

6
November
Friday, 2:00 PM

Tall Oaks Hall
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.

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.

Tea Tree Salan
Monday: 9:00 AM - 4:00 PM
Wednesday: 9:00 AM - 4:00 PM
Thursday: 8:30 AM - 11:30 AM
Friday: 8:30 AM - 4:00 PM
To schedule, please call:
540-443-3425

8, 22 November
Sunday, 11 AM - 12 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.

6
November
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.

9
November
Monday, 2:00 - 3:00 PM
Tall Oaks Hall
Village Center
Gather & Sing!

We are pulling out the Karaoke for a village gathering of songs and merriment! Hospitality will open the bar and serve soft pretzels with cheese dip to you get grooving. You can choose to sing a favorite song, or just watch while chatting with friends. You are welcome to bring friends and family for an enjoyable time to unwind before we move into the height of the holidays. Bring those song lists to get the party started!

11
November
Wednesday

Veteran's Day

Warm Hearth is proud to honor our Veterans with several opportunities in November.

On Wednesday, November 4th Warm Hearth will provide transportation to The Veteran's Resource Fair at the Christiansburg Recreational Center where attendees will be provided a breakfast from 9:00 - 10:00 AM and ability to attend the fair. **More info on pg 2.**

On Wednesday, November 11th, The Huckleberry Café will provide a free lunch for WHV resident and employee veterans! **More info on pg 1.**

11
November
Wednesday, 1:00 - 2:30 PM
Woodland Studio
Village Center
Create & Sip: Nut Crackers

Get your holiday nutcracker ready for December! Each attendee will receive a full sized nutcracker to paint and decorate for the December season. Paint, trims, beads and bobbles will be available, however you may wish to bring this or that to add to your own nutcracker. Wear appropriate clothes and bring a large tote bag to carry your project to finish at home.

Participation limit: 12 people
CALL Bix at **540-443-3800, press 0.**
Registration deadline: November 10th at 12:00 PM.
Sign ups start November 2 at 9:00 AM.

November
Featured Artist

Woodland Studio
Village Center
Monthly Spotlight

November Exhibit:
Graphic Novels & Cartoons
by Bill Hughes

Our Artist Spotlight is highlighting one of our own!

Warm Hearth Village IT expert, Bill Hughes, is an accomplished illustrator of graphic novels and cartoons. His use of markers and pens will take you out of this world into your very own fantasy.

Need a fun Christmas gift? Bill can turn your loved one into a famous super hero, or he can custom create a special comic book character after someone you know for a charming and one-of-a-kind gift! Some existing work will be available for sale in addition to commissioned work.

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

huckleberry café

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

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

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.

11
November
Wednesday, 3:30 PM

Tall Oaks Hall
Village Center

Communicating Science

Ever asked a researcher what they're working on and walked away more confused than before?
You're not alone, and a group of Virginia Tech graduate students wants to fix that. They're taking a class called "Communicating Science: The Art of Connecting Across Difference," where they're learning to answer the dreaded question "So, what are you working on?" in a way that's actually interesting and easy to follow. And they need your help!

Hear 17 graduate students from around the world give short, jargon-free talks in just 75 minutes. Topics include how bacteria build up in wounds, ocean currents, safer bridges, nutrition and health, and new technologies tackling some of humanity's biggest challenges.

Your job? Listen, enjoy, and tell the students what caught your interest. Stay afterward for some friendly conversation.
[Free and open to all residents!!!]

12
November
Thursday, 4:00 PM

Tall Oaks Hall
Village Center

Story Hour Happy Hour

Join us for a special Story Hour titled, "Playing Piano in Exotic Places." Warm Hearth residents Marion Ehrich and Mary Louise Hallaeur are accomplished pianists who have performed in the Ukraine, and the Lake Como region of Italy, respectively. They, with the photographic assistance of their husbands Roger and Bill, will take us on a tour of those countries and perform music that the ladies themselves have played in those countries.

Marion is a professor in the Vet School, and plays regularly in the Moss Center for Vet School ceremonies. Mary Louise was a professor of piano at Virginia Tech for many years.

Cash bar opens at 3:30 PM and your trip across Europe begins at 4:00 PM. See you there!

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.

Plants at the Treasure Trove

The Trove is now selling live plants and cuttings! If you have unique plants that you'd like to start and share or some that you'd like to thin out, please consider donating them to the store, and-- if you just don't have enough plants, stop by and see what's new!

New Store Hours: Wed - Sat 10:00 AM to 5:00 PM
3045 North Franklin Street, Christiansburg
(across from Corning)
Phone: 540-200-7012

16 November
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 (Min 4)
Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.
Register before: Nov 9 at 1PM
Please call if you need to cancel.

20 November
Friday 1:00 PM

Karr Activity Center

Advanced Paper Craft

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.

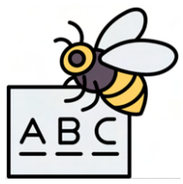
Participation limit: 15 (Min 6)
Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.
A $20 material fee will be collected at the time of the class. Checks and cash are accepted.
Register before: Nov 13 at 1 PM

Looking to reserve the Karr Activity Center for a private holiday gathering with friends or family?

Contact Mardy Baker: mbaker@warmhearth.org or call 540-443-3434 to reserve a time.

Bookings at Karr Center are free to Warm Hearth residents and booked on a first come, first served basis.

13 November
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

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13 November
Friday, 1:00 - 2:00 PM

Woodland Studio
Village Center

Women's Club

All women are invited to attend this newly forming group (previously Single Sisters) to build a connection with other women across Warm Hearth Village.

This group is primarily a support system for each other (giving help during emergencies and providing meals or calls during health crises). We will share social time through games and activities as well. WHV will offer light afternoon pick-me-up refreshments and an environment where you can be yourself.

For more information on this newly forming group, contact Beverly Flynn at bflynn@mcn.org or call 707-357-1310.

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13 November
Friday, 1:00 - 2:00 PM

Karr Activity Center

Special Holiday Cards with Melissa

Make ten holiday cards with enough supplies to create more at home. Includes 10 cards with envelopes. Other supplies, like embellishments, will be available for use. Tools and adhesives will be included.

Participation limit: 12 (Min 4)
Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.
A $20 material fee will be collected at the time of the class. Checks and cash are accepted.
Register before: Nov 6 at 1PM
Please call if you need to cancel.

The Fall and Christmas Craft Show was a huge success!
Thank you to all the residents and their friends who attended the event and supported the artisans. The winner of the raffle was Louanna Epley. She was presented with a $100 Kroger gift card. Congratulations Louanna!

Box N Burn Boxing Class
Want to learn the art of boxing, burn calories, and have fun?

Join us for a new, 6-week class taught by certified Box N Burn and Rocksteady Boxing instructor, Marcus Burks!

Fridays 2:00 PM
Questions, call Marcus Burks: 540-443-3474

VT Counselor Education Program

We are pleased to continue 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 email whvcounselor@gmail.com.

19 November
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.**

13 November
Friday, 5:30 - 8:30 PM
Tall Oaks Hall
Village Center

Harvest Music Hangout

Take an opportunity to share a thankful spirit with your neighbors, friends and family at our Harvest Music Hangout. The Huckleberry Café will host a cozy dinner and music from the group Vox Harmonia.

Bar opens at 5:30 PM with dinner served at 6:00 PM. Show begins at 7:00 PM. You can choose to attend the dinner and performance, or just the performance at no charge.

$15.95 Dinner Menu: Homemade Beef Chili with all the fixings served in a bread bowl + Fresh Salad & Chef's Choice Dessert
Vegetarian & Gluten-Free options available-- please note at time of sign-up!

RSVP with Huckleberry Cafe at **540-443-3801** or email VC-Events@warmhearth.org.
Registration deadline: November 11 at 12:00 PM.

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17 November
Tuesday, 10:00 AM
Tall Oaks Hall
Village Center

Sharing the Vision: Our Masterplan

Warm Hearth Village is looking ahead while honoring the vision that has guided us for more than 50 years. Join us as we share our master plan, explore concepts for the future of our campus, and reflect on how we can continue building on our founders' vision while meeting the needs of future generations. Together, we're shaping the next chapter of Warm Hearth Village.

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20 November
Friday, 10:00 AM
Tall Oaks Hall
Village Center

LLI: The Healing Power of Therapy Animals

Curious about therapy animals and how they differ from service and emotional support animals? Join Trent Davis for an engaging introduction to the human–animal bond and Virginia Tech's Animal-Assisted Therapy program. Learn how therapy animals are selected, trained, and cared for, and the important role they play in supporting well-being. You'll also meet Derek and Epcot, two of VT's therapy dogs, and enjoy a chance to interact with these special canine ambassadors.

Presenter: Trent Davis is a licensed professional counselor and the coordinator for animal-assisted therapy at Virginia Tech's Cook Counseling Center.

Employee Milestone Anniversaries

Jordan Lawson, RN
WH@Home Home Health, **2 years**

Leslie Langfitt, Housekeeper
New River House, **2 years**

Ashleigh Oliver, RN
Clinical Manager
WH@Home Home Health, **2 years**

Michelle Harvey RN
Willows Nursing
KHCC, **2 years**

Harper Woods, Dining Server
SC, **2 years**

30 November

Monday 10:00 AM - 9:00 PM

Offsite

WHV Spirit Night

Join Warm Hearth Village for Jersey Mike's Spirit Night on November 30th! Our partner, Jersey Mike's will provide proceeds of 10% from every purchase to the Warm Hearth Foundation for programs and services at the Village.

Support the event by visiting the Christiansburg store at: 2745 Market Street and mention Spirit Night when ordering.

Every order makes a difference, so feel free to share with friends and family!

whv
Warm Hearth Foundation

22 November

Sunday, 3:00 - 4:30 PM

Karr Activity Center

Mitchell Studios: Piano Recital

Please come out to support the pupils of Mitchell Studios for an afternoon piano recital. Children from grades 1-12 will be sharing what they have learned this fall.

We hope to see you there to enjoy the music!

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23 November

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.

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24 November

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 grief 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.**

Inclement Weather Closings

In the event of inclement weather, closing announcements for the Warm Hearth Village Center will be communicated through our email distribution lists. **To ensure you receive these important updates, please contact Robbie Hickerson at rhickerson@warmhearth.org to be added to the distribution list if you haven't already.**

Closing information will also be available through recorded voicemail messages at **The Café, the Village Center Front Desk,** and **Fitness Services.**

If you do not receive a notification, you can assume the Village Center is open and operating normally.

Thank you for helping us keep everyone safe during winter weather.

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 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 lopsideseast@gmail.com.**

Some Recent Arrivals: Nikki Giovanni, The New Book (Poetry); Nico Slate, Lord Cornwallis is Dead (History); Emily Giffin, Something Blue (Romance); Elisabeth Rosenthal, An American Sickness (Health/DIY); Robert James Waller, Border Music (Large Print); Tom Clancy, Executive Orders (Fiction); David Colbert, ed., Eyewitness to the American West (History); Dan Brown, The Secret of Secrets (Fiction).

New Improved CD Collection: Check out the updated CD section (located on your right in two racks beside the lamp table), which now includes a variety of musical styles and performers, such as Frank Sinatra, George Gershwin, Pablo Casals, Billy Joel, the Carpenters, the Rolling Stones, the Paul Winter Consort, and many more! Feel free to take them home to listen to. We're also looking for a portable CD player, to which earphones can be attached, so that library users can listen to their favorites while relaxing in Carson's quiet ambience. **If you have one that you no longer have need for, contact Ella Rutledge.**

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

Reduced, Reuse, and Recycle (RRR) Column

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 was under the impression that tin cans needed to have the top on in order to be recycled. Is this correct?
Answer #1: No. Tin Cans with the tops cut off and with the lids themselves thrown in the trash, are recyclable. If the lid is firmly attached and bent down inside the can, then it may be recycled.

And last, the lid when separate from the can, can't be thrown into the can and the can stomped to hopefully trap the lid inside, this also is trash. The lids come out 1/2 of the time and get into the paper recycle stream. BAD.

Question #2: Recently I have been finding plastic bottles with shrink-wrap labels that have a confusing Recycle labeling on them. The label shows the bottle as a recycle plastic bottle, but the shrink wrap as not recyclable. What do I do?
Answer #2: First let's look at the Recycle label, left below.

Note that the label says that the bottle is recyclable. In most regions that is not necessarily true, as most regions only recycle #1 and #2 plastics.
Shrink wrap labeling can be on #5 plastic bottles which are not recyclable in many regions, but are now recyclable in our region.

So we don't have to worry whether the bottle/tub is recyclable, we recycle #1, 2, and 5 plastics.
However, now look at the right side of the label. Note "Bottle Not Recyclable Unless Label Removed." That means that one must get the label off to recycle! That can be difficult and dangerous. Our best advice is to inspect the label for a manufacturer's "zipper" to pull to remove the label. See the example below:

Unzip the label and toss the label in the trash. Next, recycle the empty, dry bottle/tub. If there is no zipper, then for safety sake trash the bottle with its shrink wrap label in place.

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

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

Carillion Family Medical Clinic on Campus at Warm Hearth

Did you know that Warm Hearth has a health care practice on campus? The clinic is located at:
981 Litton Lane across from the Kroontje Center.
Give them a call for convinient access to onsite acute care, follow-up visits, and lab services.

Phone: 540-558-2400
Clinic Hours: Monday - Friday
8:00 AM to 12:00 PM & 1:00 PM - 5:00 PM
Nurse Practictioner Onsite: Monday - Wednesday

Upcoming in December:

December's Village Tea Social will be held on:
Tuesday, December 1st from 2-3pm

SAVE THE DATE: The Great Gingerbread Bash held on Friday, December 4th at the Village Center. Vote for your favorite Gingerbread structure, decorate a gingerbread man, have your gifts wrapped at our wrapping station (for free), get holiday photos, enjoy games and prizes!

We welcome you starting at 9:00 AM for breakfast, with festivities starting at 9:30 AM. Breakfast will be of seasonal offerings and traditional favorites. You do not have to purchase breakfast to attend and enjoy the festivities.

Are you wanting to submit a gingerbread structure for judging as part of our Hospitality Competition Series? Pick up a competition form at the Front Desk of the Village Center or at the Karr Center Housing office starting the second week of November. Details on criteria and parameters will be on the form. Final judging will take place at The Great Gingerbread Bash on Friday, December 4th.

For more information, contact Mardy Baker at mbaker@warmhearth.org or call 540-443-3434.

Useful Phone Numbers

The Village Center
Front Desk/Concierge: 540-443-3800, press 0
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 - Tambra Dixon: 540-443-3414

Life Enrichment
Mardy Baker: 540-443-3434 (Village Center)
Susan Bixler: 540-443-3800, press 0 (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)
Nurse Practictioner Onsite: Mon - Wed

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): 540-200-7012

Montgomery County Sheriff's Office
Non-Emergency number 540-382-6915

The email used at Warm Hearth for MOST staff is "first inital and last name @ warmhearth.org". For example, Amanda Sebastian's email is asebastian@warmhearth.org.

Please recycle old issues of The Log. LOG Questions: Amanda Sebastian, asebastian@warmhearth.org