

\$ = additional cost

 = transportation available

 = music event

Fitness Center

Exercise & Aquatic Classes

E - Exercise Studio P - Pool

Monday

- 9:00a - Fit For Life (E)
- 10:00a - Gentle Yoga (E)
- 11:00a - Rejuvenation(E)
- 10:30a - Arthritis Aquatics (P)
- 12:00p - Rock Steady Boxing (E)*
- 1:00p - Rock Steady Boxing (E)*
- 1:00p - Pool Volleyball (P)
- 2:00p - Posture, Balance & Gait (E)

Tuesday

- 8:00a - Tai Chi (E)
- 9:30a - Aqua Mix (P)
- 11:00a - Chair Yoga (E)
- 12:00p - Rock Steady Boxing (E)*
- 1:00p - Rock Steady Boxing (E)*
- 2:00p - Aqua Fit (P)
- 3:00p - Ballroom Dance Class (E)
- 3:00p - Pickle Ball
- 4:00p - Water Walking (P)

Wednesday

- 7:15a - Gentle Yoga (E)
- 9:00a - Fit For Life (E)
- 10:30a - Arthritis Aquatics (P)
- 12:00p - Rock Steady Boxing (E)*
- 1:00p - Rock Steady Boxing (E)*
- 2:00p - Posture, Balance & Gait (E)
- 1:00p - Pool Volleyball (P)
- 4:15p - Ai Chi (P)

Thursday

- 9:30a - Aqua Mix (P)
- 10:30a - Moving with Music (E)
- 11:00a - Chair Yoga (E)
- 12:00p - Rock Steady Boxing (E)*
- 1:00p - Rock Steady Boxing (E)*
- 2:00p - Aqua Fit (P)
- 3:00p - Pickle Ball

Friday

- 9:00a - Fit For Life (E)
- 11:00a - Rejuvenation (E)
- 10:30a - Arthritis Aquatics (P)
- 2:00p - Posture, Balance & Gait (E)

Saturday

- 10:00a - Ai Chi (P)

Last Saturday of each month

- 12:00-2:00p - Family Swim Time

* Advance registration required for this class. Call 443-3474

15,22,29

August

Thursdays, 10:00-11:00 AM

Tall Oaks Hall

Village Center

Headline News - Discussion Group

Every Thursday, discuss top stories and launch into a rich and engaging conversation with attendees. All points of view are welcome and all opinions are respected. Coffee is provided.

15,22,29

August

Thursdays, 2:00-3:00 PM

Karr Activity Center

Belly Dancing for Fun

No matter your size, shape, or age, this class is for you! Get your joints and body moving in a non-judgemental environment full of fun and laughter. Mardy Baker, a former novice belly dancer, will take you through the basics of this traditional dance focusing on fun and movement. Class size is limited to 12, but able to grow with interest. Jingle hip and swirling scarves will be provided. Please wear clothing you can move in. Dance is taught barefoot, but socks or athletic shoes are okay. A DVD and live teacher instruction are used. If you come to watch, you will be asked to participate – no exceptions! Grab a friend and get ready to have a great time!

To sign up for this opportunity, please contact Mardy Baker at mbaker@warmhearth.org or 443-3434.

16

August

Friday, 2:00-3:30 PM

 Elmwood Studio

Showalter Center

In The Kitchen With Steve

Join Steve Watkins, Food Production Manager, for an interactive monthly class on various kitchen topics for optimal health. Get fresh ideas for healthy meal prep for one or two people while making innovative food choices that improve your diet. Be part of the process as Steve leads the group in this once a month cooking class. All materials provided, however attendees are asked to bring an apron. To sign up for this opportunity, please contact Steve Watkins at swatkins@warmhearth.org or 443-3439, no later than the Monday prior to the event.

Transportation available. Call 552-2419.

WHV Fitness Center

443-3474

Regular Fitness Center Hours

Mon-Fri: - 7:00 am - 6:00 pm

Saturday: 10:00 am - 2:00 pm

Sunday: Closed

Remember to enter through the Fitness Center entrance on the side of the Village Center on Saturdays.

Clubs, Groups, & Ongoing Activities

American Legion

4th Tuesday of each month

6:30 PM

Karr Activity Center

Apartment Resident Potluck

Contact Cheryl Pearson for more information at cnspearson1@gmail.com.

BINGO Games

Every Tuesday & Thursday

1:30 PM

Showalter Center, Elmwood Studio

Contact: Jonathan Tate

443-0407

Every Mon / Wed / Fri / Sat

3:00 PM

Kroontje Health Care Center

Contact: Jordan Benedict

443-3411

1st & 3rd Saturdays of each month

12:30-2:30 PM

Karr Activity Center

Contact: Cheryl Pearson

cnspearson1@gmail.com

Bird Club - cancelled in summer, will resume September 4th

1st Wednesday of each month

7:00 PM

Karr Activity Center

Contact: Jana Ruble at

nrvbirdclub@yahoo.com

Book Club

3rd Wednesday of each month

2:00-4:00 PM

Village Center, Woodland Studio

Contact: Nancy Thomas at

(804)514-0057 or

nantom200@gmail.com.

16 August

Friday, 6:00-10:00 PM



Tall Oaks Hall
Village Center

Cheeseburger in Parrot-Dise

Pirates and Parrots and Palm Trees. Oh My!

Come out and enjoy our Cheeseburger Throwdown, live music, silent auction, cash bar, and DJ. Be sure to wear your best pirate garb for our "Walk the Plank" Pirate Costume Contest! The event benefits seniors in need of housing and health care at Warm Hearth Village. Tickets can be purchased at the Village Center for \$35.

Transportation available. Call 552-2419.

20 August

Tuesday, 11:00 AM



Off Campus

Take Me Out To The Ball Game: Pulaski Yankees vs Johnson City Cardinals

C'mon out to the ball game with your fellow neighbors and friends! **\$5 General Admission Tickets.** Please let us know if you need wheelchair or handicapped accessible seating (limited availability). Contact Mardy Baker at mbaker@warmhearth.org or 540-443-3434 if you would like to attend. Sitting with a group? Please notify Mardy with the number of tickets in your group. Please make checks out to Warm Hearth Village and submit to the front desk of the Village Center or the Enrichment Office at the Karr Activity Center.

Transportation available. Call 552-2419.

20 August

Tuesday, 3:00 PM



Woodland Studio
Village Center

Senior Wellness University - Understanding Diabetes: BP, Diet Recommendations, Type I vs. Type II (by Chris Green, RN, Diabetic Counselor)

LewisGale Hospital Montgomery and Warm Hearth Village are partnering to provide a series of relevant educational programs for seniors from throughout the New River Valley. Stay tuned for the remaining talks on August 20, and September 17. **The cost is FREE.**

Transportation available. Call 552-2419.

Breakfast Clubs

WOMEN - 1st Friday of each month
 MEN - 4th Friday of each month
 9:30 AM
 Village Center, Woodland Studio
 Contact: Mardy Baker
 443-3434

Bridge Game

Every Monday
 1:00 PM
 Karr Activity Center
 Contact: Ted Ake
 951-0472

Bridge Lessons

Every Thursday
 10:00 AM
 Showalter Center, 4th floor lobby
 Contact: Jonathan Tate
 443-0407

Coffee Socials

Third Floor Day Rooms of

N. Trolinger

Tuesdays, 10:00-10:45 AM

New River House

Tuesdays, 3:30-4:15 PM

S. Trolinger

Saturdays, 12:45-1:30 PM

Genealogy Research Group

2nd Friday of each month
 1:00 PM
 Village Center, Woodland Studio
 Contact: Steve Leist
 443-3810

Knitting and Chatting

Every Friday
 10:00 AM
 Showalter Center, 4th floor lobby
 Contact: Jonathan Tate
 443-0407

Resident Green Committee

3rd Tuesday of each month
 10:00 AM
 Carson Library
 Contact: Lyn Day
 dayweave@gmail.com

“Samba” Card Game

First & Third Tuesdays
 1:00-3:30 PM
 Karr Activity Center

Trail Walks

2nd & 4th Tuesdays of each month
 Walks start at 9:30 AM
 Meet at Oakland Square mailboxes
 Contact: Janet Steger
 jbsteger@vt.edu, 540-552-6011

20,27

August

Tuesdays, 5:00-8:00 PM

Dinner at the Cafe

Enjoy a delightful dinner with Lynn and her staff at the Huckleberry Cafe. You can see a menu at the cashier area of the cafe. The deadline for reservations is 2:00 PM Monday to allow for proper staffing and food for everyone. Walk-ins are always welcome, but we could be out of some items.

To make reservations, call the Huckleberry Cafe at 443-3801 or email Lynn at lepperly@warmhearth.org.

\$

Tall Oaks Hall
 Village Center

22

August

Thursday, 4:00 PM

Virginia Tech Transportation Institute (VTTI) - Center for Vulnerable Road User Safety

This talk will provide an overview of VTTI and the Smart Road Complex. It will provide insight into the research being done to enhance mobility and safe driving for seniors.

Jon Antin, Ph.D, CHFP, will be presenting. He is the Director for the Center for Vulnerable Road User Safety at VTTI and focuses on issues related to older-driver safety and mobility. He has served in leadership roles for several large-scale efforts including the largest video-based naturalistic driving study ever undertaken.

Transportation available. Call 552-2419.



Tall Oaks Hall
 Village Center

22

August

Thursday, 7:00 PM

Concert - Ash Devine

Ash Devine is a multi-talented singer-songwriter, traditional folk musician, gerontology professional, and humanitarian. Originally from Blacksburg, Virginia, Devine is now based in Asheville, North Carolina. Devine’s concert at Warm Hearth will include an audience participation-rich selection of classic American folk tunes, traditional Appalachian favorites, and heartfelt originals.

Transportation available. Call 552-2419.



Karr Activity Center

Village Quilters

3rd Monday of each month

2:00 - 4:00 PM

Village Center, Woodland Studio

Contact: Lynn Martin at 320-7258 or
lhmartin721@me.com.

Warm Hearth Singers

****On Hold Until September**

Writer's Group

Every Tuesday

4:00 PM

Showalter Center, Elmwood Studio

Contact: Joyce Ackermann

961-1202

Support Groups

Alzheimer's Support Group

1st & 3rd Fridays of each month

3:00 PM

Village Center, Woodland Studio

Contact: Nicole Long

443-3450

Memory Cafe

Last Thursday of each month

1:30-2:30 PM

Village Center, Living Room

Contact: Laura Peery

lpeery@warmhearth.org

Parent Bereavement Support Group

A community-wide support group for bereaved parents and grandparents who have lost an adult or adolescent child.

2nd Monday of each month

6:00-7:00 PM

Unitarian Universalist Congregation

1301 Gladewood Dr., Blacksburg

For more information:

Call Katherine 230-8154

or Lisa 257-3612

Religious Opportunities

Bible Study with Pat Oliver

Every Wednesday

Carson Library, 9:30 AM

Contact: Maggie Jones, 961-2277

Hope Chapel Worship Service

Every Sunday

Karr Activity Center, 10:30 AM

Biblical Journeys - Joe Volpi

First & Third Tuesdays of each month

Karr Activity Center, 7:00 PM

23 August

Friday, 9:30-10:30 AM

Men's Breakfast Club

Enjoy provided coffee and pastries with your neighborhood men for morning social time at the Village Center. It is a great time to meet new neighbors, or connect with others from across the way.

*Note - The Women's Breakfast Club occurs on the 1st Friday of the month.

Transportation available. Call 552-2419.



Woodland Studio
Village Center

23 August

Friday, 4:00-5:00 PM

Story Hour / Happy Hour

Les Myers grew up on a small farm in Pennsylvania. He has a BS from Penn State, an MS from the University of Connecticut, and a PhD from Purdue, in Agricultural Economics. He served for many years in the Department of Agricultural and Applied Economics at Virginia Tech, including as Head of the Department. For over ten years, Mish Mish has sold note cards using his photographs. He will show pictures taken over a 140 mile trip down two rivers in the wilderness of eastern Canada. He and his wife Winnie moved to Woodside Terrace in 2018.

Transportation available. Call 552-2419.



Tall Oaks Hall
Village Center

27 August

Tuesday, 9:00 AM-12:00 PM

Beltone Audiology & Hearing Aid Clinic

The Beltone Hearing Specialists will provide these services:

All types and styles of hearing aids available:

* Hearing screening - **no charge**

* Hearing aid batteries - all sizes

* 10-point hearing aid cleaning and checkup - all makes and models - **no charge**

If you need an appointment outside of this clinic time, please call our office at: 800-553-5993 or 540-343-5567.

Carson Library

27 August

Tuesday, 4:00 PM

Karaoke Sing-A-Long

Join Mardy as we sing along to a variety of songs. Please come with songs you would like to sing as a group, or solo if you wish! All friends and family are welcome.



Karr Activity Center

**Protestant Communion by
Blacksburg Christian Fellowship**
1st & 3rd Thursdays of each month
Kroontje Health Care Center
4:00 PM
Contact: Jordan Benedict, 443-3411

Catholic Communion
Every Tuesday
Kroontje Health Care Center
10:00 AM
Contact: Jordan Benedict, 443-3411

Union Valley Pentecostal Singing
3rd Thursday of each month
Kroontje Health Care Center
6:00 PM
Contact: Jordan Benedict, 443-3411

Catholic Scripture Study
Every Thursday
New River House, 10:45 AM
Contact: Catherine Merola, 961-1246

Blacksburg United Methodist
3rd Tuesday of each month
Showalter Center, Elmwood Studio
10:00 AM
Contact: Pastor J. Fletcher, 552-5424

Episcopal Communion
2nd Thursday of each month
Showalter Center, Elmwood Studio
10:00 AM
Contact: Rev. Scott West, 552-2411

Catholic Communion
Every Wednesday
Showalter Center, Elmwood Studio
10:00 AM
Contact: Jonathan Tate, 443-0407

Investigate the Bible
1st & 3rd Tuesdays of each month
Showalter Center, 3rd floor lobby
3:00 PM
Contact: Chris Hutchinson, 552-3364

Bible Study
Every Thursday
Showalter Center, Elmwood Studio
2:30 PM
Contact: Jonathan Tate, 443-0407

**Communion Service -
Presbyterian Church**
4th Tuesday of each month
Showalter Center, Conference Room
10:00 AM
Contact: Jonathan Tate, 443-0407

**28
August** **Karr Activity Center**
Wednesday, 1:00-2:30 PM
Paper Crafting Class

No artistic talent required. New skills taught in each class. The instructor uses only archival quality materials. A range of skills and abilities are easily accommodated.

* **FREE for residents. \$10 for guests.**

* Individuals **MUST** sign up in advance by contacting Melissa at 70gator@vt.edu or call 540-553-5653.

*Limited to the first 10 residents who sign up.

**29
August** **Tall Oaks Hall
Village Center**
Thursday, 3:00 PM

Threat Assessment Team - Safety and Security

Please join members of the Threat Assessment Team at Warm Hearth Village as we discuss ways to keep you and your neighbors safe in the event of an act of violence on our campus. This discussion will cover what the team does, who is on the team, how to contact a member of the team if you have any concerns, and the best practices for keeping yourself safe. All residents of Warm Hearth Village are encouraged to attend. Light refreshments will be served. Please contact Jonathan Tate at jtate@warmhearth.org or Kevin Sands at ksands@warmhearth.org if you have any questions.

Transportation PENDING.

**29
August** **Tall Oaks Hall
Village Center**
Thursday, 7:00 PM

Open Mic Night

This is an audience participation "variety show". Volunteers get their 'time on stage' to do their thing: recite poems, sing songs, play an instrument -- almost anything legal. This is a chance for residents to display their talent. If you are interested, contact Hugh van Landingham at 552-4328 to get a time slot. There is no fixed time limit, although with a sufficient number of presenters, the time limit would be 10-12 minutes. Even those not presenting would find the show of interest; come on out to see your neighbors having fun!

Transportation PENDING.

**30
August** **Kroontje Center**
Friday, 3:00-4:00 PM

Village Wine & Cheese

Join your neighbors from across the Village for a free wine and cheese social. Friends and family are welcome to attend.

Transportation available. Call 552-2419.





Come visit our stylists at the Tea Tree Salon.

Debbie

Thursday 8:30 AM - 4:00 PM

Linda

Friday 8:30 AM - 4:00 PM

Call 443-3817 for appointments. Walk-ins are also welcome.



EV Car Charging

Don't forget! We have an electric car charging station in the upper parking lot at the Village Center.

It is easy to use and costs only \$1.00 / hour. You can pay at The Village Center front desk.

Are you thinking of buying an electric car?

A sub-committee of the Resident Green Committee is studying the need for charging stations. Contact Tom Loveday for more information: h8nite@gmail.com.

Free Computer Assistance

For assistance with hardware problems, connectivity issues, printer and wireless connections, contact Bill Baker at 552-1727.

Cookies for Containers

Help us cut down on waste at the Huckleberry Cafe. Bring your black plastic to-go container back to the Cafe and you'll receive a free cookie each time you do. Thank you for helping us waste less at Warm Hearth!

SAVE THE DATE

Lifelong Learning - First Fridays Lunches

Here's a new way to connect with Virginia Tech's Lifelong Learning Institute members. Join us for soup/salad/sandwich lunches at Warm Hearth Village on the following Fridays: **September 6, October 4, and November 1**. There is no agenda other than visiting and making new friends. Non-members are also welcome and can sign up with the Village Center cafe by the Thursday prior to the Friday lunch. The cost is \$10.50 per person.

Walk to End Alzheimer's

The NRV's Walk to End Alzheimer's will take place on **October 5th** at 8:30 AM at Virginia Tech's Henderson Lawn. Warm Hearth Village will participate again this year. Won't you join us in the fight to end Alzheimer's?

SPECIAL ANNOUNCEMENTS

Warm Hearth Village

Cable TV Update as of August 1, 2019

Following the implementation to all digital programming last month, some cable TV users have continued to experience ongoing service issues. We have been posting updates about these issues on Channel 3 and on the Channel 2 ticker at the bottom of the screen. We understand that some residents are not getting sound on certain channels and that closed captioning is not working on some channels. Most of these problems are caused by the new technology not being backward compatible with older televisions, even those that are only a few years old. Therefore, an engineering team will be onsite the week of August 12th to fine-tune our systems so that you experience improved reliability. It is possible that brief, intermittent service interruptions may occur during this time.

We sincerely apologize for any inconvenience that our users are still experiencing, and we are continuing to respond to requests for assistance on a daily basis. As always, please contact our network services support line at 443-0408 if you need assistance. Thank you for your continued support.

-Miller Williams, Network Services Administrator

Summer Knitting Group

A knitting group will be meeting in Woodland Studio from 10:00 AM -12:00 PM Monday, **August 19**. Knitters from around the Village are welcome.

Fitness Center Members - Making a Difference!

Our new Vision statement reflects ideas that we have aspired to and that have happened naturally on our campus throughout our 45-year history: "To nurture a transformative culture where people live and work in community, knowing their contributions are essential to our success". The story below is a great example of our Vision Statement at work!

A resident who was moving in to Warm Hearth Village a few years ago made us aware of the Rock Steady Boxing Program (RSB). Warm Hearth studied the program and decided it would be a great addition to our fitness offerings and would benefit our residents and seniors battling Parkinson's Disease in the community. Fundraising for training and equipment, including resident contributions, made it possible to implement the program in our fitness center. The RSB program at the fitness center is wildly successful, classes have been expanded and participants are showing their continued support by sending program director Kenny Harrah to a RSB conference in Phoenix, Arizona. Eager to increase knowledge on techniques, new training protocols, and updated education, participants worked through the Warm Hearth Foundation to donate funds to send Harrah to Phoenix. The RSB Program's second annual Coaches Conference will be held September 4-6, 2019. This is an advanced "Level 2" training for active, certified RSB coaches, and a chance to meet up with hundreds of fellow RSB coaches from around the world, to share in their expertise and experience and to gain further training.

We are so thankful to these participants and for Kenny Harrah's leadership and dedication to this program. It is inspiring to see our residents, fitness members, and staff living and learning together for our continued growth and success.

Gym Makeover – Complete!

In response to feedback from gym members and fitness staff observations, some equipment has been removed from the fitness center and replaced with new equipment that better meets the needs of our members. The new equipment was put in place the weekend of August 10. New pieces include a smaller and more versatile cable cross-over machine, a vertical knee-raise station, a new commercial-grade treadmill with television, an additional recumbent step machine and a new rowing machine. Purchase of the equipment was made possible by a generous donation to the Foundation specifically for the cardio/weights room. Our Fitness Director, Kenny Harrah, would like to thank all of those who made the purchase and installation of this new equipment possible!

What's Happening with Walnut Pointe?

The Walnut Pointe project is picking up traction! On Thursday, August 8, we held an event to share information with prospects interested in our new apartment home project. The event was very well attended with more than 130 people in the crowd. At the event, prospects saw current floor plans, a site plan, tentative pricing, and life-lease terms. Attendees will have a few weeks to express interest and schedule appointments with our marketing department to begin the process of pre-leasing. We will use the next three to four months to secure our target 70% reservations for the project. Once this goal is met, our architect will continue fine-tuning the design and completing construction documents. We hope to break ground on the project around May of 2020.

Stay tuned as we move forward with this exciting project!



New River Valley - Virginia Tech Alumni

Looking for Hokie enthusiasts that are interested in joining the newly formed WHV Virginia Tech Alumni Chapter. This group is open to anyone at Warm Hearth Village interested in attending a variety of social events and educational programs both on the VT campus and at Warm Hearth Village. Events may include "Behind the Scenes" tours on the VT campus, presentations on new research or topics of interest, and exclusive access to all things Hokie!

Contact Ellen Rorrer at erorrer@warmhearth.org and provide class year/major/retiree if applicable, email address and phone number.

WHV Shuttle Service - Additional Hours!

Intra-village shuttle service is now available from 9:00 AM to 5:00 PM on Mondays, Wednesdays, and Fridays. Please call 320-9368 or 552-2419 to arrange your ride throughout the Village. Destinations include the Village Center, the Carilion Clinic, Showalter Center, and Kroontje Health Care Center.

CORRECTIONS

Ferne's next Brown Bag Lunch will be held on Tuesday, September 17th at Noon in Tall Oaks Hall. A note in the last Log indicated Tuesday, August 17th.

Recycling Items at Karr Activity Center

Recycle batteries, CFL bulbs, and eyeglasses in the tower of wicker baskets just inside Karr Activity Center. There's also a basket for Box Tops for Education.

So far this calendar year, \$100.10 in Box Tops has been given to Prices Fork Elementary School. Keep saving those Box Tops so we can reach our goal of \$200.00! Thanks for your help!



Store Hours:

Karr Activity Center

Monday: 9:30AM-11:00AM
2:00PM-4:00PM

Tuesday: Closed

Wed thru Fri: 12:00PM-4:00PM

NEW HOURS!!

Christiansburg Location

Wednesday 10AM-5PM

Thursday 10AM-4PM

Friday 9AM-4PM

Saturday 8AM-3PM



OUT AND ABOUT

In Balance Yoga - Special Yoga Class

Free Community Gentle and Restorative Yoga for Cancer Patients, Survivors, and Caretakers is being offered at In Balance Yoga in both of their Blacksburg locations. There is no charge to attend. Register online or call to sign up: 540-961-1030.

Every Tuesday
June 4 - August 27,
7:15-8:15 PM
1512 N Main Street

Every Saturday
June 15 - August 31
11:00 AM - 12:00 PM
1900 Kraft Drive, Suite 109

Contacts / Phone Numbers

The Village Center

Front Desk / Concierge: 443-3800

Huckleberry Cafe: 443-3801

The Village Gourmet Catering: 443-3457

Fitness Center: 443-3474

Healthcare Information - Linda Kirkner: 443-3415

Life Enrichment

Mardy Baker: 443-3434 (Karr Activity Center)

Steve Leist: 443-3810 (Village Center)

Susan Bixler: 443-3800 (Village Center)

Jonathan Tate: 443-0407 (Showalter)

Jordan Benedict: 443-3411 (KHCC)

Village Happenings Hotline: 443-3473

Carilion Family Medical Clinic (on campus)
540-558-2400

Hours of Operation:

Mon, Wed, Fri from 8:00 am to 5:00 pm
(Closed 12:00-1:00 PM for lunch)

Warm Hearth at Home

Information & Assessments

443-3428 or www.whvathome.org

Tea Tree Salon: 443-3817

Fireside Cafe, Showalter Dining: 443-3429

WHV Main Switchboard: 552-9176

Blacksburg Transit: 961-1803

Transportation & Housing: 552-2419

LOG Comments / Questions: Sara McCarter, smccarter@warmhearth.org

Our Mission

Fostering a person-centered approach to aging in an inclusive environment that redefines retirement.

Our Vision

To nurture a transformative culture where people live and work in a community, knowing their contributions are essential to our success.