

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Calendar Codes P – Physical R – Reflective SN – Sensory C – Cognitive PR – Productive S – Social O – Outing Tea Tree Salon 540-443-3817 Transportation 540-552-2419 Village Happenings Hotline 540-443-3473	1 Tea Tree Salon Open 10:00 AM Refresher Bridge (C) (Tree Top Lounge 4 th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1 st Floor) <i>Seated Strength</i> 1:30 PM Bingo (C) (Elmwood Studio 1 st Floor) 2:00 PM Belly Dancing Class (P) (Karr Activity Center) 3:00 PM Village Center (O) <i>Pool/Gym/Games</i> 4:00 PM Book Club (C) (Elmwood Studio 1 st Floor) 6:30 PM Game Night (C) (Elmwood Studio 1 st Floor)	2 Bus to Kroger Tea Tree Salon Open 9:30 AM Women’s Breakfast Club (S) (Woodland Studio VC) 10:00 AM Knitting & Chatting (PR) (Tree Top Lounge 4 th Floor) 2:00 PM Musical Performance (R) (Karr Activity Center) <i>Robbie & Betty Vance</i> 3:00 PM First Friday Social (S) (Karr Activity Center)	3 9:30 AM Morning Social (S) (Elmwood Studio 1 st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1 st Floor) <i>Seated Stretches</i> 12:30 PM Bingo (C) (Karr Activity Center) 2:00 Afternoon Movie (SN) (Elmwood Studio 1 st Floor) <i>Dumbo</i>
			4 10:30 AM Church Service (R) (Karr Activity Center) <i>Hope Chapel</i> 2:00 PM Afternoon Movie (SN) (Elmwood Studio 1 st Floor) <i>Murder on the Orient Express</i> 6:45 PM Evening Worship (R) (Elmwood Studio 1 st Floor) <i>Grace Covenant Presbyterian Church</i>	5 Bus to Walmart 10:00 AM Coffee & Music (S) (Elmwood Studio 1 st Floor) 10:00 AM Knitting Group (PR) (Woodland Studio VC) 11:00 AM DVD Fitness (P) (Elmwood Studio 1 st Floor) <i>Encore Sit Down & Tone Up</i> 1:00 PM Bridge (C) (Karr Activity Center) 1:30 PM TV Series (SN) (Elmwood Studio 1 st Floor) <i>India, Natures Wonderland E1</i> 6:45 PM Evening Movie (SN) (Elmwood Studio 1 st Floor) <i>The Bear</i>	6 10:00 AM Coffee & Trivia (S) (Elmwood Studio 1 st Floor) 11:00 AM Fit For Life With VC Crew (P) (Elmwood Studio 1 st Floor) 1:00 PM Samba (C) (Karr Activity Center) 1:30 PM Bingo (C) (Elmwood Studio 1 st Floor) 3:00 PM Monthly Birthday Social (S) (Elmwood Studio 1 st Floor) 4:00 PM Writers Group (PR) (Elmwood Studio 1 st Floor) 6:00 PM Mini Manicures (SN) (Elderberry Nook 3 rd Floor) 7:00 PM Bible Study (R) (Karr Activity Center) <i>Hope Chapel</i>	7 10:00 AM Catholic Communion (R) (Elmwood Studio 1 st Floor) <i>St. Mary’s Catholic Church</i> 11:00 AM DVD Fitness (P) (Elmwood Studio 1 st Floor) <i>Senior Fitness</i> 11:00 AM Bus Trip (O) <i>Tuggles Gap Restaurant</i> 1:30 PM TV Series (SN) (Elmwood Studio 1 st Floor) <i>India, Natures Wonderland E2</i> 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1 st Floor) 3:00 PM Helping Hands of Showalter (PR) (Elmwood Studio 1 st Floor) 7:00 PM NRV Bird Club Meeting (PR) (Karr Activity Center)

For information regarding programs, please contact Jonathan Tate, ADC at jtate@warmhearth.org or 540-443-0407
 Please check the Log for more information on Village wide programs. Channel 3 is the WHV Information Channel.

<p>11 10:30 AM Church Service (R) (Karr Activity Center) <i>Hope Chapel</i> 2:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>The Prince and the Showgirl</i> 6:45 PM Evening Worship (R) (Elmwood Studio 1st Floor)</p>	<p>12 Bus to Walmart 10:00 AM Coffee & Music (S) (Elmwood Studio 1st Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Encore Sit Down & Tone Up</i> 1:00 PM Bridge (C) (Karr Activity Center) 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>Animals with Cameras E1</i> 6:45 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Charley Pride</i></p>	<p>13 10:00 AM Coffee & Trivia (S) (Elmwood Studio 1st Floor) 11:00 AM Fit For Life With VC Crew (P) (Elmwood Studio 1st Floor) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 PM Musical Performance (R) (Karr Activity Center) <i>Wilderness Road</i> 3:00 PM Bible Study (R) (Elderberry Nook 3rd Floor) <i>Grace Covenant Presbyterian Church</i> 4:00 PM Mobile Library (C) (Main Lobby 1st Floor) 4:00 PM Writers Group (PR) (Elmwood Studio 1st Floor) 6:00 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor)</p>	<p>14 10:00 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Senior Fitness</i> 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>Animals with Camera E2</i> 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 PM Resident Meeting (PR) (Dining Room 1st Floor) 6:00 PM Games (C) (Elmwood Studio 1st Floor)</p>	<p>15 Tea Tree Salon Open 10:00 AM Refresher Bridge (C) (Tree Top Lounge 4th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Seated Strength</i> 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:00 PM Belly Dancing Class (P) (Karr Activity Center) 3:00 PM Village Center (O) <i>Pool/Gym</i> 4:00 PM Book Club (C) (Elmwood Studio 1st Floor) 6:30 PM Game Night (C) (Elmwood Studio 1st Floor)</p>	<p>16 Bus to Kroger Tea Tree Salon Open 10:00 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Senior Fitness II</i> 2:00 PM In The Kitchen With Steve Cooking Class (PR) (Elmwood Studio 1st Floor)</p>	<p>17 9:30 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Seated Stretches</i> 12:30 PM Bingo (C) (Karr Activity Center) 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Front of the Class</i></p>
<p>18 10:30 AM Church Service (R) (Karr Activity Center) <i>Hope Chapel</i> 2:00 PM Afternoon Movie (SN) (Elmwood Studio 1st Floor) 6:45 PM Evening Worship (R) (Elmwood Studio 1st Floor) <i>Barefoot in the Park</i></p>	<p>19 Bus to Walmart 10:00 AM Coffee & Music (S) (Elmwood Studio 1st Floor) 10:00 AM Knitting Group (PR) (Woodland Studio VC) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Encore Sit Down & Tone Up</i> 1:00 PM Bridge (C) (Karr Activity Center) 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>Animals with Camera E3</i> 2:00 PM Village Quilters (PR) (Woodland Studio VC) 6:45 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Secrets of Britain's Great Cathedrals Part I</i></p>	<p>20 10:00 AM Church Service (R) (Elmwood Studio 1st Floor) <i>Blacksburg United Methodist Church</i> 10:00 AM Resident Green Committee (PR) (Carson Library New River House 1st Floor) 10:00 AM Bus Trip <i>Johnson City Cardinals VS Pulaski Yankees</i> (O) 11:00 AM Fit For Life With VC Crew (P) (Elmwood Studio 1st Floor) 1:00 PM Samba (C) (Karr Activity Center) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 4:00 PM Writers Group (PR) (Elmwood Studio 1st Floor) 6:00 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 7:00 PM Bible Study (R) (Karr Activity Center) <i>Hope Chapel</i></p>	<p>21 10:00 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Senior Fitness</i> 11:00 AM Lunch Trip (O) <i>Outback Steakhouse</i> 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>Monkey Planet E1</i> 2:00 PM Book Club (C) (Woodland Studio VC) 2:30 – 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 PM Tea Time with Nate (S) (Elmwood Studio 1st Floor) 6:00 PM Games (C) (Elmwood Studio 1st Floor)</p>	<p>22 Tea Tree Salon Open 10:00 AM Refresher Bridge (C) (Tree Top Lounge 4th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Seated Strength</i> 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:00 PM Belly Dancing Class (P) (Karr Activity Center) 3:00 PM Village Center (O) <i>Pool/Gym</i> 4:00 PM Book Club (C) (Elmwood Studio 1st Floor) 6:30 PM Game Night (C) (Elmwood Studio 1st Floor)</p>	<p>23 Bus to Kroger Tea Tree Salon Open 9:30 AM Men's Breakfast Club (S) (Woodland Studio VC) 10:00 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Senior Fitness II</i> 1:00 Cart Rides (O) 3:00 PM Happy Hour (S) (Elmwood Studio 1st Floor) <i>Pina Colodas</i></p>	<p>24 9:30 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 – 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Seated Stretches</i> 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Isn't It Romantic</i></p>

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<p>25 10:30 AM Church Service (R) (Karr Activity Center) <i>Hope Chapel</i> 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) 6:45 PM Evening Worship (R) (Elmwood Studio 1st Floor) <i>The Way We Were</i></p>	<p>26 Bus to Walmart 10:00 AM Coffee & Music (S) (Elmwood Studio 1st Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) Encore Sit Down & Tone Up 1:00 PM Bridge (C) (Karr Activity Center) 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>Monkey Planet E2</i> 6:45 PM Evening Movie (SN) (Elmwood Studio 1st Floor) <i>Secrets of Britain's Great Cathedrals Part II</i></p>	<p>27 10:00 AM Communion Service (R) (Elmwood Studio 1st Floor) <i>Presbyterian Church</i> 11:00 AM Fit For Life With VC Crew (P) (Elmwood Studio 1st Floor) 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 3:00 PM Bible Study (R) (Elderberry Nook 3rd Floor) <i>Grace Covenant Presbyterian Church</i> 4:00 PM Writers Group (PR) (Elmwood Studio 1st Floor) 6:00 PM Mini Manicures (SN) (Elderberry Nook 3rd Floor) 6:30 PM American Legion (PR) (Karr Activity Center)</p>	<p>28 10:00 AM Catholic Communion (R) (Elmwood Studio 1st Floor) <i>St. Mary's Catholic Church</i> 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Senior Fitness</i> 1:30 PM TV Series (SN) (Elmwood Studio 1st Floor) <i>Monkey Planet E3</i> 2:30 - 3:00 PM Seated Aerobics (P) (Dining Room 1st Floor) 3:00 PM Your Health with Amanda (PR) (Elmwood Studio 1st Floor) <i>Cardiovascular Health</i> 6:00 PM Games (C) (Elmwood Studio 1st Floor)</p>	<p>29 Tea Tree Salon Open 10:00 AM Refresher Bridge (C) (Tree Top Lounge 4th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Seated Strength</i> 1:30 PM Bingo (C) (Elmwood Studio 1st Floor) 2:00 PM Belly Dancing Class (P) (Karr Activity Center) 3:00 PM Village Center (O) <i>Pool/Gym</i> 4:00 PM Book Club (C) (Elmwood Studio 1st Floor) 6:30 PM Game Night (C) (Elmwood Studio 1st Floor)</p>	<p>30 Bus to Kroger Tea Tree Salon Open 10:00 AM Knitting & Chatting (PR) (Tree Top Lounge 4th Floor) 11:00 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Senior Fitness II</i> 1:00 Cart Rides (O) 3:00 PM Happy Hour (S) (Elmwood Studio 1st Floor) <i>Wine & Cheese</i></p>	<p>31 9:30 AM Morning Social (S) (Elmwood Studio 1st Floor) 11:00 - 11:30 AM DVD Fitness (P) (Elmwood Studio 1st Floor) <i>Seated Stretches</i> 12:30 PM Bingo (C) (Karr Activity Center) 2:00 Afternoon Movie (SN) (Elmwood Studio 1st Floor) <i>Gloria Bell</i></p>
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