

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	7	8	9	10	11	12
	13	14	15	16	17	18
	19	20	21	22	23	24
	25	26	27	28	29	30
	31					

Calendar Room Key

- BR = Billiards Room
- CB = Club Room
- FC = Fitness Center
- R1 = Conference Room 1
- R2 = Conference Room 2
- R12 = Conference Rooms 1 & 2
- R3 = Conference Room 3
- R23 = Conference Rooms 2 & 3
- R123 = Conference Rooms 1, 2, & 3
- CPL = Center Parking Lot

Center Telephone:
540-371-4452

Website: www.fallsrun.org

Indoor Pool Hours:
Center Hours*
*closes 1/2 hour before the Center

Family Swim Time:
1PM - 5PM daily

Center Hours
Monday – Friday: 6AM - 10PM
Saturday: 7AM - 9PM
Sunday (1st & 3rd): 8AM - 9PM
Sunday (2nd & 4th & 5th): 8AM - 5 PM

General Manager: Dominic Klepic (540-899-9958)
Dominic.Klepic@fsresidential.com

Activities Director: Lara Lewis (540-371-4563)
Lara.Lewis@fsresidential.com

Administrative Assistant: Abby Miller (540-907-4382)
Abigail.Miller@fsresidential.com

Maintenance Technician: Shawn Phipps
Shawn.Phipps@fsresidential.com

Calendar submission deadline is the 5th of each month.
Email calendar items to lara.lewis@fsresidential.com

Steve Beasley
Certified Personal Trainer

CUSTOMIZED TRAINING FOR YOUR PERSONAL GOALS

2001 Virginia State Powerlifting Champion
2002 Marine Corps Marathon Finisher

CPR & AED Certified (540) 834-8647
benchpresssteve@aol.com

Falls Run Activities

Falls Run activities are open to all residents. Contact information is available from the concierge (540-371-4452) and at fallsrun.org.

Social Events

(All Social Events that sell out will have a waitlist. If you are interested, but find that it is currently sold out, please sign up on the waitlist so that you can be contacted should a resident be unable to attend and need to resell their ticket.)

Kentucky Derby Dinner Party

Saturday • MAY 4 • 5:30pm – 8pm • \$15 pp • 50/25/25 Raffle
Sign-ups Mar 15 – APR 27

While some of us can only dream of attending the Kentucky Derby to be a part of the electricity that flows throughout the crowds as they wait in anticipation for the parade of majestic horses that clearly know they are the stars for the day to prance toward the gate that will hopefully bring them the honor of winning the Kentucky Derby, we will settle for having our own celebration at Falls Run! So, mark your calendars and save the date to reserve your front row seat to the race. Ample time for the ladies to search for that perfect derby hat, and of course, for the gentleman, that special hat search includes you as well!!! You won't want to miss this one!!! And remember, the seats go fast for this event, so you will want to sign up as soon as the sign ups begin.

Other Events

Catholic Neighborhood Group

Tuesday • Apr 9 • 7:00pm • FREE

We will begin with a movie, after which there will be time for discussion. Come to pray, learn and fellowship. All are welcome! For more information, call **Mike Woods** at (540) 373-8590 or email at teddymikw@verizon.net or contact **Ann Graf** at (540) 899-0970.

FROGS – Falls Run Old Golfers Society

Tuesdays • 9:00am • The Gauntlet Golf Club located off Route 17N.

For information on joining the FROGS, please contact **Ralph Misener** at (540) 370-1786.

Falls Run Dance Social

Friday • Apr 19 • 6:30pm • \$2.50

Book Clubs

Reading Delights Book Club

Wednesday • Apr 17 • 7:00pm • FREE

WINTER GARDEN by Kristin Hannah

Can a woman ever really know herself if she doesn't know her mother? Two sisters are as different as sisters can be. One stayed home and the other traveled the world. But when their father falls ill they find themselves together again alongside their cold, disapproving mother. On his death bed, their father extracts a promise that the fairy tale that the mother had sometimes told her daughters would be told one last time-and all the way to the end! Thus begins an unexpected journey into the truth of their mother's life in war-torn Leningrad, more than five decades ago. A harrowing story telling of a secret so terrible and terrifying that it will shake the very foundation of their family and change who they believe they are.

Contact: **Nancy Behrmann** at nbehrmann@aol.com or (540) 899-8952

Book Discussion Group

Monday • Apr 15 • 7:30pm • FREE

In April we will read and discuss the novel *The Road Beyond Ruin* by Gemma Liviero. This is the tale of five young individuals whose lives become entwined in the devastating years of the immediate post-World War II period. Stefano is an Italian POW seeking to walk back home to war-ravaged Italy with a small boy he rescued from beside the dead body of his mother. Erich is a former German soldier who owns the seemingly abandoned house in a secluded area of southern Germany where Stefano seeks refuge. The reclusive Rosalind and her traumatized husband Georg live in the only other house in the immediate area. Monique, who was very friendly with the other three Germans in their younger years, disappeared during the war, but her memory remains very much alive. The emerging secrets of their past lives may result in Stefano never getting home.

Contact: **Bill Arnst** at wfajda@aol.com or (540)374-5566

Sideline Fun & Lecture Series

Lots of good stuff in the works, so stay tuned to the Activities Director's updates.

Monday Morning Plant Clinics

Mondays (1st & 3rd) • Thru Nov • 8:00am • FREE

No sign-up required

Healthy Living for Your Brain and Body

Thursday • Apr 25 • 1:00pm • FREE

Sign-ups Apr 1 - Apr 24

What's the Difference? Home Health vs Home Care

Friday • Apr 26 • 11:00am • FREE

Sign-ups Apr 1 - Apr 25

Germanna 101 – The History of Germanna

Tuesday • May 14 • 11:00am • FREE

Sign-ups Apr 1 - May 3

Travel

Please note all return times are approximate

(All Tours and Trips that sell out will have a waitlist. If you are interested, but find that it is currently sold out, please sign up on the waitlist so that you can be contacted should a resident be unable to attend and need to resell their ticket. For additional details regarding trips, please see the bulletin board in the Community Center or the bi-weekly Activity Updates from our Activities Director that are typically emailed to residents every other Friday.)

Myrtle Beach Spectacular – An Entertainment Extravaganza!!

Monday • SEP 16 - 19 • Times TBA • \$545 pp / dbl • \$724 pp / sgl

Moderate Activity Level

\$100 non-refundable deposit to sign-up, final payment due by 5/31/19

Sign-ups APR 1 – APR 30

Experience fine entertainment - 3 spectacular shows Alabama Theatre, Legends in Concert and including the "House of Blues Jazz Brunch and Show" — jazz music and an amazing buffet. Browse the shops at Broadway at the Beach and the Village of Barefoot Landing, and peek behind the scenes at the Alabama Theatre. Costs covers transportation, bus drivers tip and some meals.

Questions? Trip Leader, **Marilyn Coughlin** 540-373-5406 or carnicmatryn@aol.com

MGM Casino at National Harbor

Wednesday • JUL 10 • 9:30am – 5:30pm • \$34 pp • Easy Activity Level

Sign-ups MAY 1 – MAY 31

What could be more FUN than an afternoon of slots and table games at the area's newest casino? Join your friends and neighbors to test your LUCK. Cost covers the bus & driver's tip. Lunch is on your own at one of the many eateries adjoining the casino. Slot Free play ranges from \$10 to \$10,000 for new MLife members. Current MLife members bring your card: free play offer is pending. Tell Concierge if you will be using a motorized scooter or walker. Give the concierge your date of birth & bring a photo ID to the casino.

Contact **Sandy Gaudet** 540-373-6999.