



# MAY 2012



**NOTE: Committee meetings and activities are subject to change. Please check fallsrun.org for up-to-date information.**

| Sunday                                               | Monday                                                                                                                                                                                                                                                                                               | Tuesday                                                                                                                                                                                                                                                                | Wednesday                                                                                                                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                     | Friday                                                                                                                                                                                                                                                                          | Saturday                                                                                               |
|------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|
|                                                      |                                                                                                                                                                                                                                                                                                      | 1                                                                                                                                                                                                                                                                      | 2                                                                                                                                                                                                                                                                                            | 3                                                                                                                                                                                                                                                            | 4                                                                                                                                                                                                                                                                               | 5                                                                                                      |
|                                                      |                                                                                                                                                                                                                                                                                                      | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br>10:00 Social Mtg.<br>-----<br>1:00 Mah Jongg<br>2:00 Art Workshop<br>6:00 Canasta<br>- Water Strength<br><b>6:00 Potluck</b><br>7:00 Pool Sharks                                                      | 7:30 Water Aerobics<br>9:00 Water Aerobics<br>- Zumba<br>10:00 Tai Chi/ Qi Gong<br>- Bocce<br>-----<br>12:00 Circuit Training<br>1:00 Communications<br>Committee Mtg<br>- Computer Users<br>2:00 Wii Bowling<br>3:00 Aqua Zumba<br>5:30 Duplicate Bridge<br>7:00 Catholic Group<br>- Tennis | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br>-----<br>12:30 Canasta<br>1:00 FR Singers<br>2:00 Watercolor Class<br>4:00 Line Dancing<br>6:00 Water Strength<br>7:00 Pinochle<br>- Special Session<br>of Ad Hoc Comm                      | 7:30 Water Aerobics<br>8:15 Healthy Nuts<br>9:00 Water Aerobics<br>10:00 Tai Chi/ Qi Gong<br>-----<br>12:00 Circuit Training<br>1:00 Center Comm Mtg<br>4:00 Veranda Social<br>6:30 Water Volleyball                                                                            | 7:30 Water Aerobics<br>8:00 Morning Social<br>9:00 Tennis<br>-----<br><b>6:00 Cinco De Mayo Fiesta</b> |
| 6                                                    | 7                                                                                                                                                                                                                                                                                                    | 8                                                                                                                                                                                                                                                                      | 9                                                                                                                                                                                                                                                                                            | 10                                                                                                                                                                                                                                                           | 11                                                                                                                                                                                                                                                                              | 12                                                                                                     |
| 2:00 Mexican Train<br>- Square Dancing<br>7:00 Bingo | 7:30 Water Aerobics<br>8:30 Plant Clinic<br>9:00 Water Aerobics<br>- Tennis<br>9:30 Gazette Meeting<br>10:00 Tai Chi/ Qi Gong<br>-----<br>12:00 Circuit Training<br>1:00 Bridge<br>- Bowling<br>2:00 Needlers<br>3:00 Aqua Zumba<br>5:30 Tap Dancing<br>6:30 Bunco<br>7:00 Falls Run Players         | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br><b>10:30 Lecture Series:<br/>The Myths of Aging</b><br>-----<br>1:00 Mah Jongg<br>2:00 Art Workshop<br>5:30 Men's Poker<br>6:00 Canasta<br>- Water Strength<br>6:30 Women's Poker<br>7:00 Pool Sharks | 7:30 Water Aerobics<br>9:00 Water Aerobics<br>- Zumba<br>10:00 Tai Chi/ Qi Gong<br>- Bocce<br>- Modifications<br>-----<br>12:00 Circuit Training<br>1:00 iPad Users Mtg<br>2:00 Wii Bowling<br>3:00 Aqua Zumba<br>5:30 Duplicate Bridge<br>7:00 Tennis                                       | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br>-----<br>12:30 Canasta<br>1:00 FR Singers<br>- Property &<br>Grounds<br>2:00 Watercolor Class<br>4:00 Line Dancing<br>6:00 Water Strength<br>7:00 Pinochle                                  | 7:30 Water Aerobics<br>8:15 Healthy Nuts<br>9:00 Water Aerobics<br>10:00 Tai Chi/ Qi Gong<br>- Genealogy Grp.<br>-----<br>12:00 Circuit Training<br>4:00 Veranda Social<br>6:30 Water Volleyball<br><b>7:00 Movie Night</b><br><br><b>Lil' Pals Pet<br/>Photography All Day</b> | 7:30 Water Aerobics<br>8:00 Morning Social<br>9:00 Tennis<br>-----                                     |
| 13                                                   | 14                                                                                                                                                                                                                                                                                                   | 15                                                                                                                                                                                                                                                                     | 16                                                                                                                                                                                                                                                                                           | 17                                                                                                                                                                                                                                                           | 18                                                                                                                                                                                                                                                                              | 19                                                                                                     |
| 2:00 Mexican Train                                   | 7:30 Water Aerobics<br>8:30 Plant Clinic<br>9:00 Water Aerobics<br>- Tennis<br>10:00 Tai Chi/ Qi Gong<br>11:00 Travel Comm.<br>Mtg<br>-----<br>12:00 Circuit Training<br>2:00 Needlers<br>3:00 Aqua Zumba<br>5:30 Tap Dancing<br>7:00 Falls Run Players                                              | 7:00 Walkers<br>7:30 Water Aerobics<br>8:30 BP Checks<br>9:00 Strength Training<br>-----<br>1:00 Mah Jongg<br>2:00 Art Workshop<br>3:00 Finance Com Mtg<br>5:30 Men's Poker<br>6:00 Canasta<br>- Water Strength<br>6:30 Women's Poker<br>7:00 Pool Sharks              | 7:30 Water Aerobics<br>9:00 Water Aerobics<br>- Zumba<br>10:00 Tai Chi/ Qi Gong<br>- Bocce<br>-----<br>12:00 Circuit Training<br>1:00 Party Bridge<br>2:00 Wii Bowling<br>3:00 Aqua Zumba<br>5:30 Duplicate Bridge<br>7:00 Lite Delights<br>- Tennis                                         | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br>-----<br>12:30 Canasta<br>1:00 FR Singers<br>2:00 Watercolor<br>4:00 Line Dancing<br>6:00 Water Strength<br>7:00 Pinochle                                                                   | 7:30 Water Aerobics<br>8:15 Healthy Nuts<br>9:00 Water Aerobics<br>10:00 Tai Chi/ Qi Gong<br>-----<br>12:00 Circuit Training<br>4:00 Veranda Social<br>6:30 Ballroom Dance<br>Social<br>- Water Volleyball                                                                      | 7:30 Water Aerobics<br>8:00 Morning Social<br>9:00 Tennis<br>-----                                     |
| 20                                                   | 21                                                                                                                                                                                                                                                                                                   | 22                                                                                                                                                                                                                                                                     | 23                                                                                                                                                                                                                                                                                           | 24                                                                                                                                                                                                                                                           | 25                                                                                                                                                                                                                                                                              | 26                                                                                                     |
| 2:00 Mexican Train<br>7:00 Bingo                     | 7:30 Water Aerobic<br>8:30 Plant Clinic<br>9:00 Water Aerobics<br>- Tennis<br>10:00 Tai Chi/ Qi Gong<br>-----<br>12:00 Circuit Training<br>1:00 Bridge<br>- Bowling<br>2:00 Needlers<br>3:00 Aqua Zumba<br>5:30 Tap Dancing<br>6:30 Bunco<br>7:00 Falls Run Players<br>7:30 Book Discussion<br>Group | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br>10:30 FR Poetry Group<br>- Villa BOD<br>-----<br>1:00 Mah Jongg<br>2:00 Art Workshop<br>5:30 Men's Poker<br>6:00 Canasta<br>- Water Strength<br>6:30 Women's Poker<br>7:00 Pool Sharks                | 7:30 Water Aerobics<br>9:00 Water Aerobics<br>- Zumba<br>10:00 Tai Chi/ Qi Gong<br>- Bocce<br>11:00 Bereavement<br>-----<br>12:00 Circuit Training<br>2:00 Wii Bowling<br>3:00 Aqua Zumba<br>7:00 Tennis<br>- <b>FRCA BOD<br/>Meeting</b>                                                    | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br>-----<br>12:30 Canasta<br>1:00 FR Singers<br>2:00 Watercolor Class<br>4:00 Line Dancing<br>6:00 Water Strength<br>7:00 Pinochle<br>7:00 Women's<br>Discussion Grp<br><br><b>DC Drop Off</b> | 7:30 Water Aerobics<br>8:15 Healthy Nuts<br>9:00 Water Aerobics<br>10:00 Tai Chi/ Qi Gong<br>- Genealogy Grp.<br>-----<br>12:00 Circuit Training<br>4:00 Veranda Social<br>6:30 Water Volleyball<br><b>7:00 Movie Night</b>                                                     | 7:30 Water Aerobics<br>8:00 Morning Social<br>9:00 Tennis<br>-----                                     |
| 27                                                   | 28                                                                                                                                                                                                                                                                                                   | 29                                                                                                                                                                                                                                                                     | 30                                                                                                                                                                                                                                                                                           | 31                                                                                                                                                                                                                                                           | June 1                                                                                                                                                                                                                                                                          | 2                                                                                                      |
| 2:00 Mexican Train                                   | 7:30 Water Aerobic<br>8:30 Plant Clinic<br>9:00 Water Aerobics<br>- Tennis<br>10:00 Tai Chi/ Qi Gong<br>-----<br>12:00 Circuit Training<br>1:00 Bridge<br>- Bowling<br>2:00 Needlers<br>3:00 Aqua Zumba<br>5:30 Tap Dancing<br>7:00 Falls Run Players                                                | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br>-----<br>1:00 Mah Jongg<br>2:00 Art Workshop<br>6:00 Canasta<br>- Water Strength<br>6:30 Women's Poker<br>7:00 Pool Sharks                                                                            | 7:30 Water Aerobics<br>9:00 Water Aerobics<br>- Zumba<br>10:00 Tai Chi/ Qi Gong<br>- Bocce<br>-----<br>12:00 Circuit Training<br>2:00 Wii Bowling<br>3:00 Aqua Zumba<br>5:30 Duplicate Bridge<br>7:00 Tennis                                                                                 | 7:00 Walkers<br>7:30 Water Aerobics<br>9:00 Strength Training<br>-----<br>12:30 Canasta<br>1:00 FR Singers<br>2:00 Watercolor Class<br>4:00 Line Dancing<br>6:00 Water Strength<br>7:00 Pinochle                                                             | 7:30 Water Aerobics<br>8:15 Healthy Nuts<br>9:00 Water Aerobics<br>10:00 Tai Chi/ Qi Gong<br>- Genealogy Grp.<br>-----<br>12:00 Circuit Training<br>4:00 Veranda Social<br>6:30 Water Volleyball                                                                                | 7:30 Water Aerobics<br>8:00 Morning Social<br>9:00 Tennis<br>-----                                     |

**Center Telephone** 371-4452

**Center Hours**

Monday – Friday 6am - 10pm  
Saturday 7am - 9pm  
Sunday 8am - 7pm

**New Hours for Summer!**

**Indoor Pool Hours**

Center hours

**Outdoor Pool Hours**

Monday-Friday 10am – 9:45pm  
Saturday 10am – 8:45pm  
Sunday 10am – 6:45pm

**Family Swim Hours**

1pm – 6pm daily

**Community Information**

- **Website:** [www.fallsrun.org](http://www.fallsrun.org)
  - **E-mail Group:** [fallsrun@yahoo.com](mailto:fallsrun@yahoo.com)
- General Manager,** Ted Wessel 899-9958  
[twessel@armstrong.net](mailto:twessel@armstrong.net)  
**Activities Director,** Doreen Barnes 371-4563  
[activitiesdirector@fallsrun.org](mailto:activitiesdirector@fallsrun.org)  
Administrative Assistant, Brianna Lebel  
[blebel@armstrong.net](mailto:blebel@armstrong.net)

June calendar submission deadline is May 5. Email calendar items to [activitiesdirector@fallsrun.org](mailto:activitiesdirector@fallsrun.org)

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