

## GROUPS / ACTIVITIES

**ADOPT A HIGHWAY:** A dedicated group of Falls Run volunteers gather regularly to pick up litter along Plantation Drive. During the winter months they meet every other month. The day is determined by the weather. The group motto is “Many hands make short work”. The group is always looking for residents to participate. To make a difference, add your name to the crew list.  
**CONTACT:** Linda Brown

**ART WORKSHOP:** Workshop is for artists working in all media and with all skill levels. Participants work at their own pace in a positive and supportive environment, sharing ideas and expertise in open and constructive ways. Artists choose their unique projects and provide their own supplies. Regular critiques of accomplished works provide an opportunity for constructive responses. An artist with a fine arts degree leads the group, offering guidance and encouragement toward skill development. Many members are active artists, displaying their works in local shows and galleries, especially the annual Falls Run Community Art Show. We meet Tuesday afternoons from 2:00 – 4:00 pm at the Center in Room #1.  
**CONTACT:** Ann Holt

**BEREAVEMENT:** Our group name is The Falls Run Widow and Widowers Support Group. Anyone who lost a spouse or significant other is invited to attend. The loss could be current or a while ago, depending on the individual's needs. Children, family members and friends who are not widowed are not included in this group because often widows/widowers have rather private things to share. The purpose of this group is to provide support to others who have had a loss, while providing them a safe place to share their feelings and experiences; it is often very difficult to have friends and family understand the deeper emotions that one might be having. The group is not one of judgement and all information shared is kept in the strictest confidence within the group. Our mission is to assist helping our widows and widowers to have some understanding as to what they are going thru with their grief process. We often cover various useful topics and having a core group of people, who have stayed on to help new comers, provides wonderful resources of information with needed. The group is very accepting of each other and the ambiance is kind and friendly. The group meets the fourth Wednesday of each month from 11:00am – 12:00pm at the Center in room 1.  
**CONTACT:** Loretta Selgelid

**BINGO:** We've had BINGO twice a month for over ten years here at Falls Run. It's a great way to meet people and, if you're lucky, win a bit of money. There are 12 games in a variety of formats with a cover-all jackpot at the end. When the jackpot reaches \$1000, it is awarded regardless of the number of calls, otherwise it must be won within a certain number of calls starting at 55 and increasing by 1 each meeting. Fear not. If we don't have a winner within the designated number of calls, the first to cover all numbers gets a consolation prize of \$135. We hope you join us on the first and third Sunday of each month at the center. You can purchase 3 cards for \$5 or 4 for \$6. Ten percent of the proceeds go to Alzheimer's Research.  
**CONTACT:** Helen Harlow

**BOOK DISCUSSION GROUP:** This was the first group dedicated to the reading and discussion of literature here in Falls Run. It was formed in March 2004 and meets on the third Monday of the month, eight or nine times a year. The initial purpose of the group was to become familiar with some of the so-called “classics” of literature, focusing on the selections of the Great Books Foundation. The choices of reading selections eventually widened to include Pulitzer Prize-winning novels, and currently we are reading well-regarded books which are of general interest to the more than twenty participants in the group. There is no membership in the group as such. The current month’s reading selection is described briefly on the back of the calendar which every resident received with the month Falls Run Gazette. All residents are welcome to participate in the discussions, and there is no obligation to attend every month or to inform the group leader of your inability to attend that month’s discussion session. The only requirement for participation is to have read the book to be discussed. A volunteer from among the participants is selected each month to lead the discussion the following month.

**CONTACT:** Bill Arnst

**BRIDGE (Chicago Scoring):** Friendly bridge game on Mondays from 1pm to 4pm. Chicago Scoring is a form of Rubber Bridge. Four (4) deals are played and scored then players change partners. The player with the highest score at the end of the game is the winner.

**CONTACT:** Judie Ploger

**BUNCO:** Meets on the first and third month in the Billiards Room at 6:30 and start playing at 7:00. We use a \$5.00 gift card to play this game. Usually WaWa, McDonalds, Starbucks, Target or any place you choose. Easy game of dice and we will teach as we play if you aren’t familiar with it. It is an easy game to learn. It is fun, and we even have a snack at half-time. The concierge always makes sure we have coffee available. Come join us for a fun, relaxing evening. We are usually finished playing by 9:00pm.

**CONTACT:** Gloria Nicholson

**CANASTA:** Meets every Monday at 6:00pm, every Tuesday at 6:00pm and every Thursday at 12:30pm.

**CONTACT:** Jean Lynch

**CATHOLIC GROUP:** Meets the first Wednesday of every month at 7:00pm.

**CONTACT:** Ann Graf or Mike Woods

**DANCE SOCIAL:** We are a group of Falls Run residents who enjoy dancing to good music. Come join us as we swing, fox trot, cha cha, waltz, rock’n roll, line dance, sway to Latin tunes or simply two step to live music by our own Ron Ripper. We gather every 3<sup>rd</sup> Friday of the month in multipurpose rooms 2 and 3 at 6:30pm. We do not dance in July, August and December. It is \$2.50 at the door. **FIRST TIME GUESTS ARE FREE.** Come hear the music play and have some fun dancing the night away. Enjoy an extra benefit as dancing is good exercise.

**CONTACT:** Astrid Dick

**FALLS RUN PLAYER'S / READER'S THEATER GROUP:** Meets every Monday at 6:30pm

**CONTACT:** Anne Wohlhueter

**FALLS RUN SINGERS:** A group of men and women who love to sing songs from the 1930's, 40's and 50's. We meet on Thursdays at the Club House from 1:00pm to 3:00pm to practice. You do not have to read music to join us, since we use only the lyrics to the old standards we sing. After practicing for several weeks, we carpool during our rehearsal time to several assisted living facilities and nursing homes in the area. We don't know who gets more pleasure out of this, the singers or the audiences we entertain. There are only two requirements to join the Singers; first you must be able to carry a tune and second, you must be willing to purchase a shirt which is our attire when we perform. In addition to performing outside of the community, we do two shows annually for our own Falls Run residents. One show is in June and the other is in December. Our goal is to bring happiness, fond memories and beautiful music to those who listen to us, while we have a great deal of fun doing it!

**CONTACT:** Anne Wohlhueter

**FALLS RUN OLD GOLFERS SOCIETY (FROGS):** FROGS is a man's golf association; currently numbering about 40 members and open to all residents of Falls Run. Weekly golf tournaments are held every Tuesday morning at The Gauntlet Golf Club from April to October. Tee time (shotgun start) is 9:00am and all golfers are expected to check-in at The Gauntlet by no later than 8:15am.

**CONTACT:** Ralph Misener

**FRENCH CLUB:** Meets the first and third Thursday of every month at 7:00pm.

**CONTACT:** Bob Bugno

**GARDEN GRUNTS:** If you like to garden, enjoy butterflies and birds or would like to help host an annual community-wide Garden Party, consider joining our team of "Grunts" whose primary mission is to maintain the community garden behind the Center. Named "Nature's Oasis", it is dedicated to growing flowers, herbs and shrubs that help butterflies and birds thrive. We have a monthly planning/business meeting that gathers at the Center on the second Tuesday at 2:00pm. Each Wednesday morning from (8:30 – 9:30 when it's cool and 7:30 - 9:00 when it's hot) we take care of the needed gardening chores – planting, weeding, pruning and deadheading. Five or six of us usually do this work. The watering team operates independently as needed and on a schedule that works for them. We also need planners/educators who know or like to research the care of our flowers, diets of butterflies and birds, help with identification of our visitors, etc. We can also use folks who enjoy planning or cooking for an annual Garden Party we give to our community. We could use a photographer who would take regular pictures of our flowers and our honored guests – butterflies and birds. No one does it all, so if you see a task you might like or can imagine a related contribution you would like to make, come join the Garden Grunts. And, yes, some of our participants are Master Gardeners, but most are not.

**CONTACT:** Nancy Bevilacqua

**MEXICAN TRAIN:** Meets every Sunday at 2:00pm

**CONTACT:** Jean Lynch

**NEEDLERS:** Members of our group quilt, knit, crochet, cross-stitch and anything else they can think of that requires a needle. We bring our own projects and offer help and advice to those who may ask for it. We meet Monday afternoons from 2:00pm – 4:00pm and will be delighted to welcome new friends.

**CONTACT:** Paul Dick

**NEIGHBORHOOD WATCH:** Neighborhood Watch (NW) has been in existence in Falls Run since 2005, shortly after the community was formed. Its purpose is to help protect the safety and security of our residences and residents. Falls Run is divided into sixteen zones, each of which is headed by a zone captain, who makes up the duty roster for those members of his/her zone who have volunteered to take part in NW's mission. Most zones have regular weekly patrols of one or preferably two persons who are charged with patrolling their zone either on foot or in a vehicle for a total of three hours during their week of duty. The duty patrol is supplied with a black Falls Run cloth bag containing a reflective vest, yellow NW cap, community directory, flashlight and cell phone programmed to dial 911. Each patrol is asked to wear either the vest or the cap to identify them as a member of NW. In addition to these local patrols, there are two community-wide driving patrols, each of which covers half of Falls Run for a total of three hours during their week of patrol duty. The patrol cars bear red and white magnetic signs identifying them as Falls Run Neighborhood Watch. Currently we have over 300 residents participating in NW and its patrols, but our numbers are decreasing due to the age and infirmity of many of our long-time volunteers. Our patrols have been very successful in deterring potential criminals in our community and we have a very close working relationship with the Stafford County Sheriff's Office. Former Sheriff Charles Jett has commented that if all communities were as safe as Falls Run, he would be out of a job.

**CONTACT:** Bill Arnst

**PICKLEBALL:** The purpose of our group is to promote physical activity and group fellowship. A paddle sport created for all ages and skill levels. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. Pickleball is a fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. We meet Monday nights at 7:00pm, Tuesdays and Thursdays at 10:00am and Saturdays at 12:00pm. We play on the combination court at the Falls Run Community Center. We will train interested players, just show up at our scheduled times.

**CONTACT:** Gary Garber

**PINOCHLE:** Everyone is welcome, and everyone plays because tables of 3 or 4 players are formed as needed. We meet on Thursdays at 7:00pm.

**CONTACT:** John Kemerer

**POOL SHARKS:** The Sharks is the name of the men's Falls Run pool players and we have officially been in existence for nine years. We play every Tuesday evening from 5:30pm to 8:30pm. We also play with our sister neighborhood, Celebrate, the second Wednesday of every month beginning at 7:00pm and finishing at 9:00pm. We alternate play between our Rec Center and theirs. All play is for the fun of it and of course the comradery. We also hold a double elimination tournament every spring and fall. The winner and runner up of the two tournaments are recognized by purchasing an inscribed plate which is then mounted on the plaque located in the billiards room. The game we typically play is 8-ball and an occasional cut throat. We all have a great time playing so if interested in joining the Sharks, you need only attend any Tuesday evening.

**CONTACT:** Gary Lupton

**POTLUCK:** Held on the first Tuesday of each month (September-June) at 6:00pm in the meeting rooms. Just bring a dish to share that will serve 6-8 people. All paper products, soda and ice are provided. You are welcome to bring your own beverage if you wish. You can stay after to visit or join us in a game of Mexican Train.

**CONTACT:** Kathy Catalano

**QI GONG:** Qi Gong (pronounced "chee gong"), is a gentle, rhythmic exercise, combined with simple breathing techniques. It is suited to relieving stress, boosting the immune, respiratory and cardiovascular systems and can be performed standing or sitting. Exercise starts at 10:00am on Mondays, Wednesdays and Fridays and runs approximately 30 minutes.

**CONTACT:** Bob Brown or Pad Rao

**READING DELIGHTS BOOK CLUB:** We meet the third Wednesday of each month in room 1 at the Center at 7:30pm. All are welcome to join the discussion of that month's selection which is posted in the Gazette. Participants offer selections to be included on list of books and we have a leader for each month's discussion. The Group has been getting together for at least ten years, so if you like to read, please come and join.

**CONTACT:** Nancy Behrmann

**RED HATS SOCIETY GROUPS:** Some of you may have heard of the Red Hat Society or have seen ladies sport their RED and PURPLE out and about. It is for ladies who want to join with friends and neighbors to get together monthly to have some fun activities, outings or simply go out to lunch together. We are always open to new members. Falls Run has several active groups who will welcome you.

**CONTACT:** Carol Storms or Kathy Catalano

**SATURDAY MORNING SOCIAL:** Each Saturday at 8:00am, we come to the Center carrying our coffee or tea cups and bringing different homemade or purchased “breakfast stuff” to share. Smiles and hugs abound. We review the past week, caring how one another are doing and what’s going on in our lives. It’s a relaxed atmosphere without a specific agenda after taking turns “setting up” on the previous night. When the tables fill and more folks arrive, everyone just moves over a little and welcomes the newcomer. It is sort of like “Falls Run family” around the table. Come join us next Saturday. We always have room for more!  
**CONTACT:** Peggy Verdine

**SCRABBLE:** Since May 2013, we have met on Wednesdays at 1:00pm to play. No sign-ups are required. We have had as few as two and as many as 12 players on a given day. Using “Falls Run rules” we don’t penalize a player for a challenge and we allow using the dictionary to verify spelling. (Games and dictionaries are provided). We always welcome new players to join us.  
**CONTACT:** Linda Amato

**SOUND SYSTEM OPERATORS:** Resident volunteers provide set-up of Community Center sound systems, including mixers, speakers and microphones for Center events/meetings schedule by the General Manager and/or Activities Director. A perfect community volunteer activity for those with or without prior experience, and who are willing to give some time supporting our Center events.  
**CONTACT:** Bob Brown or Tom Eddy

**TAI CHI:** Tai Chi, sometimes described as “meditation in motion”, is a slow-moving style of exercise which helps reduce stress, improve range of motion, balance, concentration, energy, muscle tone and blood pressure. Exercise starts at 10:30am on Mondays, Wednesdays and Fridays and runs approximately 30 minutes.  
**CONTACT:** Bob Brown or Pad Rao

**TENNIS:** We play Mondays, Wednesdays and Fridays. Times vary and depend on weather. New players very welcome!  
**CONTACT:** Joan Bitely

**VERANDA SOCIAL:** We gather every Friday at 4:00pm inside during winter months and on the Veranda and all summer. We play corn hole all year and it has become a competitive game for many of us. In addition, we play water volleyball occasionally in the winter and every week during the summer. This is a BYOB, bring a snack to share event. There are alcohol drinkers and many who are not, so if you enjoy meeting new people, just visiting with your neighbors and having fun, join us on Fridays.  
**CONTACT:** Bobby Reeves or Fred Wellman

**WALL OF HONOR:** The “Wall” in the billiards room of the Center is a dedication to our resident military veterans and consists of a display of plaques with over 300 engraved names of residents who served in the military. There is no distinction made between active-duty, reserves, National Guard or war-time service and includes those who served in the Merchant Marines and with US allied military forces. Apply at the Concierge Desk.

**CONTACT:** Haward Boyette

**WATER AEROBICS:** Meets Monday through Saturday at 7:30am and Monday/Wednesday/Friday at 9:00am.

**CONTACT:** Bonnie Hughes or Roe Vellines

**WATERCOLOR CLASS:** We teach people to understand the process of putting watercolor to the paper using one of their own photos. The classes are on Thursday mornings at 10:00am in room 1. If you have never painted you are free to use my paints, brushes and watercolor paper during class until you decide whether you want to go forward. Supplies cost approximately \$25 at Michaels or A.C. Moore. This class is both for the novice and experienced artist.

**CONTACT:** Barbara Chadwick

**WOMEN’S BILLIARDS:** Meets every Monday and Friday at 10:30am

**CONTACT:** Helen Sobolak

**Wii BOWLING:** Meets every Wednesday at 2:00pm

**CONTACT:** Betty Marini

**WOMEN’S POKER:** Meets every Tuesday at 6:30pm

**CONTACT:** Mary Quinn

**YOGA:** Meets every Monday and Friday at 8:30am and every Wednesday at 8:00am

**CONTACT:** Joan Chamberlain