


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7:30 Water Aerobics 10:00 New Comer's Coffee Social (R123) 9:00 Tennis 12:00 Pickleball 6:30 Game Night (CR & BR)
2	3	4	5	6	7	8
2:00 Mexican Train (BR) 6:30 Bingo (R123)	7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Tennis 9:00 Water Aerobics 9:30 Gazette Committee Mtg (R1) 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) 11:30 Election Committee Mtg (R1) ----- 12:00 Circuit Training (FC) 1:00 Bridge (BR) 1:30 Election Committee Mtg (R2) 1:30 Falls Run Readers (R3) 2:00 Needlers (R1) 6:30 Canasta (CR & BR) 7:00 Bunco (BR) 7:00 Pickleball 7:00 Villas Organizational Mtg	7:30 Water Aerobics 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Social Committee Mtg (R1) 10:00 Pickleball 11:30 Yoga w/Evelyn (R2) ----- 12:30 Chair Yoga w/Evelyn (R2) 1:00 Cancer Patient Support Group (R1) 1:00 Mahjong (BR) 1:00 Ping Pong (R3) 1:30 Center Committee Mtg (R2) 2:00 Art Workshop (R1) 6:00 Canasta (CR) 6:00 Potluck (R123) 6:30 Pool Sharks (BR)	7:30 Water Aerobics 8:00 Yoga (R123) 9:00 Zumba (R3) 9:00 Water Aerobics 10:00 Bocce 10:00 Qi Gong (R23) 10:00 Property & Grounds Committee Mtg (R1) 10:30 Tai Chi (R23) ----- 12:00 Fit-Life w/Denise (R3) 12:00 Travel Committee Mtg (R1) 1:00 Scrabble (BR) 1:00 Communications Committee Mtg (R2) 2:00 IMPROV (R1) 2:00 Wii Bowling (R3) 5:00 Duplicate Bridge (R3) 6:30 Shanghai (CR) 7:00 Tennis 7:00 FRCA ANNUAL BOARD MEETING	7:30 Water Aerobics 8:45 Strength Training (R123) 10:00 Pickleball 10:00 Qi Gong (R23) 10:00 Watercolor Class (R1) 11:00 Yoga w/Evelyn (R2) ----- 12:00 Chair Yoga w/Evelyn (R2) 1:00 Canasta (CR & BR) 1:00 Covenants Committee Mtg (R1) 7:00 Pinochle (BR) 7:00 French Club FILM (R3)	7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) ----- 12:00 Circuit Training (FC) 2:00 Ping Pong (R3) 4:00 Veranda Social (R1)	7:30 Water Aerobics 8:00 Morning Social (R1) 9:00 Tennis ----- 12:00 Pickleball 6:30 Game Night (CR & BR)
9	10	11	12	13	14	15
2:00 Mexican Train (BR)	7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Tennis 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) ----- 12:00 Circuit Training (FC) 1:00 Bridge (BR) 2:00 Needlers (R1) 5:00 Holiday Gala at The Old Silk Mill 6:30 Canasta (CR & BR) 7:00 Bunco (BR) 7:00 Pickleball	7:30 Water Aerobics 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Lion's BoD Mtg (R2) 11:00 Chronic Illness Caregiver Support Group (R1) 11:30 Yoga w/Evelyn (R2) ----- 12:30 Chair Yoga w/Evelyn (R2) 1:00 Mahjong (BR) 1:00 Ping Pong (R3) 2:00 Art Workshop (R1) 2:00 Garden Grunts (R2) 6:00 Canasta (CR & BR) 6:30 Pool Sharks (BR) 6:30 Women's Poker (R1) 7:00 Catholic Group (R3)	7:30 Water Aerobics 8:00 Yoga (R123) 9:00 Zumba (R3) 9:00 Water Aerobics 10:00 Bocce 10:00 Qi Gong (R23) 10:00 Modifications Committee Mtg (R1) 10:30 Tai Chi (R23) 11:00 FRCA Organizational Meeting (R1) ----- 12:00 Fit-Life w/Denise (R3) 12:00 Circuit Training (FC) 1:00 Scrabble (BR) 2:00 Wii Bowling (R3) 5:00 Duplicate Bridge (R3) 6:30 Shanghai (CR) 7:00 Tennis	7:30 Water Aerobics 8:45 Strength Training (R123) 10:00 Pickleball 10:00 Qi Gong (R23) 10:00 Watercolor Class (R1) 11:00 Yoga w/Evelyn (R2) ----- 12:00 Chair Yoga w/Evelyn (R2) 1:00 Canasta (CR & BR) 7:00 Pinochle (BR) 7:00 NARFE Mtg (R23)	7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) ----- 12:00 Circuit Training (FC) 2:00 Ping Pong (R3) 4:00 Veranda Social (R123)	7:30 Water Aerobics 8:00 Morning Social (R1) 9:00 Tennis ----- 12:00 Pickleball 6:30 Game Night (CR & BR)
16	17	18	19	20	21	22
2:00 Holiday Open House	7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Tennis 9:00 Water Aerobics 10:00 Villas Covenants Committee Mtg (R1) 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) ----- 12:00 Circuit Training (FC) 1:00 Bridge (BR) 1:00 Genealogy Group (R1) 2:00 Needlers (R1) 6:30 Canasta (CR & BR) 7:00 Bunco (BR) 7:00 Pickleball	7:30 Water Aerobics 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Pickleball 11:30 Yoga w/Evelyn (R2) ----- 12:30 Chair Yoga w/Evelyn (R2) 1:00 Mahjong (BR) 1:00 Ping Pong (R3) 2:00 Art Workshop (R1) 3:00 FRCA Finance Mtg (R2) 6:00 Canasta (CR & BR) 6:30 Pool Sharks (BR) 6:30 Women's Poker (R1)	7:30 Water Aerobics 8:00 Yoga (R123) 9:00 Zumba (R3) 9:00 Water Aerobics 10:00 Bocce 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 11:00 Concierge Meeting ----- 12:00 Fit-Life w/Denise (R3) 12:00 Circuit Training (FC) 1:00 Scrabble (BR) 2:00 Wii Bowling (R3) 5:00 Duplicate Bridge (R3) 6:30 Shanghai (CR) 7:00 Reading Delights (R1) 7:00 Tennis	7:30 Water Aerobics 8:45 Strength Training (R123) 10:00 Pickleball 10:00 Watercolor Class (R1) 10:00 Villas B & G (R2) 11:00 Yoga w/Evelyn (R3) ----- 12:00 Chair Yoga w/Evelyn (R3) 1:00 Canasta (CR & BR) 3:00 Villas Finance Committee Mtg (R2) 7:00 Pinochle (BR) 7:00 French Club (R3)	7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) ----- 12:00 Circuit Training (FC) 12:30 Falls Run Readers (R2) 2:00 Ping Pong (R3) 4:00 Veranda Social	7:30 Water Aerobics 8:00 Morning Social (R1) 9:00 Tennis ----- 12:00 Pickleball 6:30 Game Night (CR & BR)
23	24	25	26	27	28	29
2:00 Mexican Train (BR)	CHRISTMAS EVE CENTER CLOSSES AT NOON 7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Tennis 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR)		7:30 Water Aerobics 8:00 Yoga (R123) 9:00 Zumba (R3) 9:00 Water Aerobics 10:00 Bocce 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 11:00 Widow & Widowers Support Group (R1) ----- 12:00 Fit-Life w/Denise (R3) 12:00 Circuit Training (FC) 1:00 Scrabble (BR) 2:00 IMPROV (R2) 2:00 Wii Bowling (R3) 5:00 Duplicate Bridge (R3) 6:30 Shanghai (CR) 7:00 Tennis	7:30 Water Aerobics 8:45 Strength Training (R123) 10:00 Pickleball 10:00 Watercolor Class (R1) 11:00 Yoga w/Evelyn (R2) ----- 12:00 Chair Yoga w/Evelyn (R2) 1:00 Canasta (CR & BR) 7:00 Pinochle (BR)	7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) ----- 12:00 Circuit Training (FC) 12:30 Falls Run Readers (R2) 2:00 Gazette Stuffing 2:00 Ping Pong (R3) 4:00 Veranda Social 7:00 Movie Night (R3)	7:30 Water Aerobics 8:00 Morning Social (R1) 9:00 Tennis ----- 12:00 Pickleball 6:30 Game Night (CR & BR)
30	31					
2:00 Mexican Train (BR)	NEW YEAR'S EVE CENTER CLOSSES AT NOON 7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Tennis 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) ----- 8:00 New Year's Eve Party Center Open for Party Only	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 ½ 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
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 CUSTOMIZED TRAINING FOR YOUR PERSONAL GOALS
 2001 Virginia State Powerlifting Champion
 2002 Marchine Corps Marchathon Finisher
 CPR & AED Certified (540) 834-8647
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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.)

Holiday Gala

**Monday • December 10 • 5 – 10pm • \$55 pp • The Old Silk Mill
Cash Bar
Sign-ups end December 1**

Join us for the holiday event everyone looks forward to – this year, at a brand-new venue for Falls Run! A scrumptious catered meal from A Taste of Elegance. Two bottles of wine per table plus a cash bar. Dance the night away to the music of Michael Wheelehan. Be sure to get your keepsake photo of you and your date and/or your entire group. Round-trip transportation is in the works and will be announced once we're able to get the details together. Stop by the center or look at the bi-weekly updates to see the menu.

Holiday Open House

**Sunday • December 16 • 2 – 4pm • FREE • MUST REGISTER TO ATTEND
Sign-ups end December 10**

Join us for heavy hors d'oeuvres provided by Catering by Darlene and fellowship with your neighbors at Falls Run. This event is open to RESIDENTS ONLY and you must register to attend.

New Year's Eve Party

**Monday • December 31 • 8 – 12:15am • \$12pp • BYOB
Champagne Toast!
Sign-ups end December 24**

Ring in 2019 with your friends. Dance to music played by the Made in the USA Band. See yourself in pictures from the years' Social Committee events. Get lucky and win a door prize. Sip some champagne. BYOB and an appetizer or dessert to share. 50/25/25 Raffle.

Sideline Fun & Lecture Series

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

Book Clubs

Reading Delights Book Club

Wednesday • December 19 • 7:00pm • FREE

Audrey Anonymous by Kimberly Conn

Once a corporate powerhouse, Audrey Anderson finds herself in the throes of motherhood raising a highly emotional teenage daughter and autistic son without much help from her husband. Her goal each day is to survive with minimal drama from her children, but as she relies more and more on alcohol to help her cope, is a growing addiction blinding her to her responsibilities? *Audrey Anonymous* is a powerful portrayal of one woman's struggle to confront her own selfishness and rediscover the gift of motherhood. A poignant novel about the necessity of human connection.

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

Book Discussion Group

Monday • January 21 • 7:30pm • FREE

We will not meet in December because of the holidays.

In January we will read and discuss *The Elephant Whisperer* by Lawrence Anthony. This is the author's true account of his long relationship with a herd of wild elephants on his game reserve in Zululand, South Africa. Anthony, a South African conservationist, accepted control of the elephants to save them from being killed. The sub-title of the book explains its theme: "Learning About Life, Loyalty and Freedom from a Remarkable Herd of Elephants."

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

Other Events

Catholic Neighborhood Group

Tuesday • December 11 • 7:00pm • FREE

All Residents and guests of any faith or none are always welcome to attend. We will have a 55-minute film on Pope John 23 (Vatican II), after which there will be time for discussion. Come to pray, learn and fellowship. 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 • January 18 • 6:30pm • \$2.50

No Dance in December due to holiday season.

Tours and Trips

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.)

Museum of The Bible

Monday • January 28 • 8:30am – 4:00pm • \$46 pp

Easy Activity Level (walking & standing)

Sign-ups December 1 – 31

Washington, DC's Museum of the Bible is state-of-the-art favoring experiential and immersive exhibits that feature cultural encounters rich in history, art, architecture, theater and music, all under one roof. Follow the evolution of the Bible from ancient times to the modern era. While you won't have time to see everything, ample time to explore this striking museum on your own is provided. Lunch will be on your own in the on-site Milk & Honey Café or in the Manna restaurant. Cost covers bus, entrance fee and gratuities.

Questions?

Contact Shelley Painter 540-479-1962 shelleypainter@yahoo.com

Maryland Live Casino

Tuesday • Feb 26 • 9:00am – 6:30pm • \$39 • Activity level Easy

Sign-ups January 2 – 31

Enjoy a day of slots, cards, or your favorite table games. Casino incentive includes \$15 in free slot play; cost covers bus & driver's tip. Minimum of 30 participants required. Take a break in the action with a little retail therapy at any of the numerous stores in Arundel Mills Mall within easy walking distance. Lunch is on your own. Cheese Cake Factory and Bobby Flay's Burgers are adjacent to casino. The bus will depart the Center at 9:00 am and return around 6:30 pm. Give the concierge your DOB and indicate if you use a walker or scooter. Bring valid photo ID on trip. The IRS requires this should you win BIG!!

Questions? Sandy Gaudet at **slgaudet@verizon.net** or **540-373-6999**

Mountain Moonshine Train

Saturday • Apr 27 • 12:00 – 6:30pm • \$278 pp dbl / \$372 single

Limited to 45 tickets / 30 minimum

Activity level Easy/Moderate, depending on mobility.

No Scooters allowed on train.

Sign-ups January 2 – 31

ALL ABOARD!! What could be more fun than spending time in beautiful Cumberland, MD enjoying the Mountain Moonshine Dinner Train excursion, exploring the Allegany County Museum and testing your luck with \$25 in free slot play at the Rocky Gap Resort Casino? This weekend trip is packed with pleasure for the senses & taste buds. Cost includes a three-hour train ride with entertainment, a 3-course dinner (give the concierge your dinner choice) accompanied by 10 samples of moonshine from the Tall Pines Distillery, one night's lodging, a visit to the unique memorabilia at the museum, bus & driver's tip. Breakfast & lunch are on your own at your choice of the Casino eateries. Bring a photo ID and credit card to cover incidentals at the hotel. Baggage handling is not included in cost.

Questions? Sandy Gaudet at **slgaudet@verizon.net** or **540-373-6999**