


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
2:00 Mexican Train 6:30 Bingo	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Tennis 9:00 Water Aerobics 9:30 Gazette Committee Mtg 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Move It SS 12:00 Circuit Training \$ 1:00 Bridge 1:30 Falls Run Readers 2:00 Needlers 4:00 Line Dancing 6:30 Canasta 7:00 Bunco 7:00 Pickleball 7:00 Villas Board Mtg	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Social Committee Mtg 11:00 Beginner Tai Chi 11:30 Yoga w/Evelyn \$ 12:30 Chair Yoga w/Evelyn \$ 1:00 Mahjong 1:45 Center Committee Mtg 2:00 Art Workshop 2:00 Table Tennis 6:00 Potluck 6:00 Canasta 6:30 Pool Sharks	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:00 Yoga 9:00 Zumba 9:00 Water Aerobics 10:00 Bocce 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Sit & Fit w/Denise \$ 12:00 Circuit Training \$ 12:00 Travel Committee Mtg 1:00 Communications Committee Mtg 1:00 Scrabble 2:00 Wii Bowling 6:30 Shanghai 7:00 Tennis	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 10:00 Pickleball 10:00 Watercolor Class 10:00 Move It Class SS 11:00 Beginner Tai Chi 11:00 Yoga w/Evelyn \$ 12:00 Chair Yoga w/Evelyn \$ 1:00 Covenants Committee Mtg 1:00 Canasta 1:00 Falls Run Singers 7:00 Pinochle 7:00 French Club FILM	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Water Aerobics 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:00 Zumba 12:00 Circuit Training \$ 1:00 Spring Lawn & Garden Talk 2:00 Table Tennis 4:00 Veranda Social	7:30 Water Aerobics 8:00 Saturday Morning Social 9:00 Tennis 12:00 Pickleball 6:30 Game Night
8	9	10	11	12	13	14
2:00 Mexican Train	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Tennis 9:00 Water Aerobics 9:45 Cari's Card Class 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Move It SS 12:00 Circuit Training \$ 1:00 Bridge 2:00 Needlers 4:00 Line Dancing 6:30 Canasta 7:00 Pickleball	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Lion's Club BoD Mtg 11:00 Chronic Illness Caregiver Support Group 11:00 Beginner Tai Chi 11:30 Yoga w/Evelyn \$ 12:30 Chair Yoga w/Evelyn \$ 1:00 Mahjong 2:00 Art Workshop 2:00 Table Tennis 6:00 Canasta 6:30 Women's Poker 6:30 Pool Sharks	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:00 Yoga 9:00 Zumba 9:00 Water Aerobics 10:00 Bocce 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Sit & Fit w/Denise \$ 12:00 Circuit Training \$ 1:00 Scrabble 1:00 IMPROV 2:00 Wii Bowling 6:30 Shanghai 7:00 Tennis	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 10:00 Pickleball 10:00 Watercolor Class 10:00 Move It Class SS 11:00 Beginner Tai Chi 11:00 Yoga w/Evelyn \$ 12:00 Chair Yoga w/Evelyn \$ 1:00 *FRCA Special Board Mtg 1:00 Falls Run Singers 1:00 Canasta 7:00 Pinochle	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Water Aerobics 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:00 Button Art Class 11:00 Zumba 12:00 Circuit Training \$ 2:00 Table Tennis 4:00 Veranda Social 7:00 Movie Night	7:30 Water Aerobics 8:00 Saturday Morning Social 9:00 Tennis 12:00 Pickleball 5:30 St. Patrick's Day Dinner Dance 6:30 Game Night
15	16	17	18	19	20	21
2:00 Mexican Train 6:30 Bingo	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Tennis 9:00 Water Aerobics 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Move It SS 12:00 Circuit Training \$ 1:00 Bridge 2:00 Needlers 4:00 Line Dancing 6:30 Canasta 7:00 Bunco 7:00 Pickleball 7:30 Book Discussion Group	 7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 9:00 FROGS at The Gauntlet 10:00 Pickleball 11:30 Yoga w/Evelyn \$ 12:30 Chair Yoga w/Evelyn \$ 1:00 Mahjong 2:00 Art Workshop 2:00 Table Tennis 2:00 FRCA Finance Committee Mtg 6:00 Canasta 6:30 Pool Sharks 6:30 Women's Poker	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:00 Yoga 9:00 Zumba 9:00 Water Aerobics 9:00 Edward Jones Breakfast Club 10:00 Bocce 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Sit & Fit w/Denise \$ 12:00 Circuit Training \$ 1:00 Scrabble 2:00 Wii Bowling 2:30 Concierge Meeting 6:30 Shanghai 7:00 Reading Delights 7:00 Tennis	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 10:00 Villas B & G 10:00 Pickleball 10:00 Watercolor Class 10:00 Move It Class SS 11:00 Yoga w/Evelyn \$ 12:00 Chair Yoga w/Evelyn \$ 1:00 VCA Finance Mtg 1:00 Falls Run Singers 1:00 Canasta 7:00 Pinochle 7:00 French Club	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Water Aerobics 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:00 Zumba 12:00 Circuit Training \$ 2:00 Table Tennis 4:00 Veranda Social 6:30 Dance Social	7:30 Water Aerobics 8:00 Saturday Morning Social 9:00 Tennis 12:00 Pickleball 6:30 Game Night
22	23	24	25	26	27	28
2:00 Mexican Train	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Tennis 9:00 Water Aerobics 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Move It SS 12:00 Circuit Training \$ 1:00 Bridge 2:00 Needlers 4:00 Line Dancing 6:30 Canasta 7:00 Pickleball	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 9:00 FROGS at The Gauntlet 10:00 Pickleball 11:30 Yoga w/Evelyn \$ 12:30 Chair Yoga w/Evelyn \$ 1:00 Mahjong 2:00 Art Workshop 2:00 Table Tennis 6:00 Canasta 6:30 Pool Sharks 6:30 Women's Poker	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:00 Yoga 9:00 Zumba 9:00 Water Aerobics 10:00 Bocce 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:00 Widow & Widowers Support Grp 11:15 Sit & Fit w/Denise \$ 12:00 Circuit Training \$ 1:00 Scrabble 1:00 IMPROV 2:00 Wii Bowling 6:30 Shanghai 7:00 Tennis 7:00 FRCA Board Mtg	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 10:00 Pickleball 10:00 Watercolor Class 10:00 Move It Class SS 11:00 Yoga w/Evelyn \$ 12:00 Chair Yoga w/Evelyn \$ 1:00 Canasta 1:00 Falls Run Singers 4:00 Biltmore Pre-Departure Meeting 7:00 Pinochle	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Water Aerobics 10:00 Fused Glass Class 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:00 Zumba 12:00 Circuit Training \$ 12:30 Falls Run Readers 2:00 Table Tennis 4:00 Veranda Social 7:00 Movie Night	7:30 Water Aerobics 8:00 Wall of Honor Pancake Breakfast 9:00 Tennis 12:00 Pickleball 6:30 Game Night
29	30	31				
2:00 Mexican Train	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Tennis 9:00 Water Aerobics 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Move It SS 12:00 Circuit Training \$ 1:00 Bridge 2:00 Needlers 4:00 Line Dancing 6:30 Canasta 7:00 Pickleball	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training \$ 9:00 FROGS at The Gauntlet 10:00 Pickleball 11:30 Yoga w/Evelyn \$ 12:30 Chair Yoga w/Evelyn \$ 1:00 Mahjong 2:00 Gazette Stuffing 2:00 Art Workshop 2:00 Table Tennis 6:00 Canasta 6:30 Pool Sharks 6:30 Women's Poker	<p><b>EXERCISE CLASSES KEY</b></p> <p>D = DEMO / No Fee</p> <p>\$ = Fee Paid to Instructor (First Class is Free)</p> <p>SS = Silver Sneakers Approved - Fee if not a Silver Sneakers Member through your health insurance company</p> <p><b>MEETING KEY</b></p> <p>*If called - for Special Board Meetings</p>			
			<p><b>Center Telephone:</b> 540-371-4452</p> <p><b>Website:</b> www.fallsrun.org</p> <p><b>Indoor Pool Hours:</b> Center Hours* *closes 1/2 hour before the Center</p>		<p><b>Family Swim Time:</b> 1PM - 5PM daily</p> <p><b>Center Hours</b> Monday - Friday: 6AM - 10PM Saturday: 7AM - 9PM Sunday (1st &amp; 3rd): 8AM - 9PM Sunday (2nd &amp; 4th &amp; 5th): 8AM - 5 PM</p>	

**General Manager:** Dominic Klepic (540-899-9958)  
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**Activities Director:** Lara Lewis (540-371-4563)  
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**Administrative Assistant:** Abby Miller (540-907-4382)  
[Abigail.Miller@fsresidential.com](mailto:Abigail.Miller@fsresidential.com)

**Maintenance Technician:** Shawn Phipps  
[Shawn.Phipps@fsresidential.com](mailto:Shawn.Phipps@fsresidential.com)

Calendar submission deadline is the 5th of each month.  
Email calendar items to [lara.lewis@fsresidential.com](mailto: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  
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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](http://fallsrun.org).*

## Social Events

(If you are interested in an event, 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. If you have purchased a ticket and are no longer able to attend an event, please contact the concierge to obtain a name of the next person in line from the waitlist.)

### St. Patrick's Day Dinner Dance

**Saturday • March 14 • 5:30PM – 9:30PM • \$25 • BYOB • 50/25/25 Raffle  
Sign-ups end March 7**

Celebrate St. Patrick's Day at Falls Run with an Irish dinner catered by Darlene and dancing to music played by Michael Wheelehan. Irish coffee will be served following dinner.

### Italian Dinner

**Saturday • April 4 • 5:30PM – 8:30PM • \$16 • BYOB • 50/25/25 Raffle  
Sign-ups end March 28**

Come to our Italian Dinner which includes baked ziti, meatballs, salad, breadsticks & cannoli for dessert. Catering by Olive Garden & Vinny's. Delizioso!

### Comedian – He Talks You Listen and Laugh!

**Saturday • April 18 • 7:00PM – 8:00PM • \$10 • BYOB  
Sign-ups March 15 – April 11**

Enjoy an entertaining evening at the community center filled with laughter and good friends. Mark Klein, aka The Corp Jester, will tickle your funny bone with his clean humor. Don't forget to bring a snack to share with your table.

### Sock Hop

**Saturday • May 9 • 7:00PM – 9:30PM • \$5 • BYOB • 50/25/25 Raffle  
Sign-ups March 15 – April 30**

Are your toes tapping and legs twitching to dance? Here's your chance to put that little boogie in your step and join us for a sock hop with music brought to us by DJ Ice, Clarence Walker and the tunes that Falls Run loves to hear. Have a request? Let Mary Berry know ahead of time so she can ensure that your tune will be on hand on Sock Hop night! You can reach her by email at [maryberry295@gmail.com](mailto:maryberry295@gmail.com) or by phone at (540) 940-2357.

## Book Clubs

### Reading Delights Book Club

**Wednesday • March 18 • 7PM • FREE**

*A Woman of No Importance: The Untold Story of the American Spy Who Helped Win World War II* by Sonia Purnell "Virginia Hall, a Baltimore socialite, became the first Allied woman deployed behind enemy lines and despite a prosthetic leg, helped to light the flame of the French Resistance, revolutionizing secret warfare as we know it. Based on new and extensive research, Sonia Purnell has uncovered the full secret life of Virginia Hall – an astounding and inspiring story of heroism, spy-craft, resistance and personal triumph over shocking adversity" - Penguin Random House **Contact: Suzanne Firrell at [s.firrell@gmail.com](mailto:s.firrell@gmail.com) or Murray Corliss at [murraycorliss@gmail.com](mailto:murraycorliss@gmail.com)**

### Book Discussion Group

**Monday • March 16 • 7:30PM • FREE**

On March 16 we will discuss *Gorky Park* by Martin Cruz Smith. This novel, the first in a series featuring Russian chief homicide investigator Arkady Renko, is considered to be an espionage classic. In it Renko battles the KGB, FBI, and the New York City police.

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

## Other Events

### Catholic Neighborhood Group

**Tuesday • March 10 • 7PM • FREE**

The Catholic Neighborhood Group will resume on Tuesday, March 10th.

### FROGS – Falls Run Old Golfers Society

**Tuesdays • 9AM • 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 • March 20 • 6:30PM • \$2.50**

Get your dancing shoes on and come out and join us! First timers are free.

## Sideline Fun & Lecture Series

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

### Spring Lawn & Garden Talk

**Friday • March 6 • 1 - 3PM • FREE • light refreshments**

Join us at the center for Chuck Heath's annual "Spring & Garden Talk". He'll be talking about current plant, grass, weed, disease and insect issues, new products and our updated "Falls Run Lawn Care Program", the spring weather forecasts, the real costs of lawn care, a little humor and much more. He will also introduce you to the newest "invasive bug", the Spotted Lanternfly and some of the weirdest pictures of nature ever recorded. **Be sure to sign-up and attend - lots of raffle prizes to give out including a hose-end bottle of Bayer Advanced Season-Long Weed Control, and bottles of wine. Contact: Chuck Heath at [skibuff39@gmail.com](mailto:skibuff39@gmail.com) or call me at (540) 368-8113.**

## 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 weekly Activity Updates from our Activities Director that are emailed to residents every Friday.)

### DC Embassies Tour

**Saturday • May 2 • 7:30AM – 4PM • \$102pp**

**Strenuous Activity Level due to the amount of walking**

**Sign-ups end March 5**

Enjoy a day of learning about the many foreign embassies right in our back yard with a wonderful step-on guide. You'll receive a passport which will be stamped by each embassy you visit. Visit your choice of embassies located in International Square. Lunch on your own in the area, then continue touring the embassies. Minimum of 30 participants required to make the trip a "GO". Lunch is on your own.

**Questions: Trip Leader – Marilyn Coughlin (540) 373-5406**