

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<p>Center Telephone: 540-371-4452</p> <p>Website: www.fallsrun.org</p> <p>Indoor Pool Hours: Center Hours* *closes ½ hour before the Center</p> <p>Family Swim Time: 1PM - 5PM daily</p> <p>Center Hours Monday – Friday: 6AM - 10PM Saturday: 7AM - 9PM Sunday (1st & 3rd): 8AM - 9PM Sunday (2nd & 4th & 5th): 8AM - 5 PM</p>		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 11:30 Yoga w/Evelyn \$ ----- 12:30 Chair Yoga w/Evelyn \$ 1:00 Mahjong 1:00 Table Tennis 1:00 Cancer Patient Support Group 1:45 Center Committee Mtg 2:00 Art Workshop 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 Property & Grounds Committee Mtg 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Sit'N Fit w/Denise \$ ----- 12:00 Travel Committee Mtg 12:00 Circuit Training \$ 1:00 Scrabble 1:00 Communications Committee Mtg 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 Yoga w/Evelyn \$ ----- 12:00 Chair Yoga w/Evelyn \$ 1:00 Falls Run Singers 1:00 Canasta 1:00 Covenants Committee Mtg 4:30 FitLife w/Denise \$ 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 Lecture: Downsizing Again w/ Smooth Transitions 1:00 2020 Budget Meeting 4:00 Veranda Social	7:30 Water Aerobics 9:00 Tennis 9:00 Classic Car Show At The Center ----- 12:00 Pickleball 2:00 Annual Falls Run Art Show 6:30 Game Night
6	7	8	9	10	11	12
1:00 Table Tennis 2:00 Mexican Train 6:30 Bingo	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:00 Plant Clinic 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 2020 Budget Meeting 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 Lion's Club BoD Mtg 11:00 Chronic Illness Caregiver Support Group 11:30 Yoga w/Evelyn \$ ----- 12:30 Chair Yoga w/Evelyn \$ 1:00 Mahjong 1:00 Table Tennis 2:00 Art Workshop 6:00 Canasta 6:30 Pool Sharks 6:30 Women's Poker 7:00 Catholic Group	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 Modifications Committee Mtg 10:00 Qi Gong 10:30 Tai Chi 10:30 Women's Billiards 11:15 Sit'N Fit w/Denise \$ ----- 12:00 Circuit Training \$ 1:00 Scrabble 1:00 IMPROV 2:00 Wii Bowling 2:30 Concierge Meeting 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 Yoga w/Evelyn \$ ----- 12:00 Chair Yoga w/Evelyn \$ 1:00 Special Board Mtg (if called) 1:00 Falls Run Singers 1:00 Canasta 4:30 FitLife w/Denise \$ 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 Zumba ----- 12:00 Circuit Training \$ 12:00 Fused Glass Class 1:00 2020 Budget Meeting 4:00 Veranda Social 7:00 Movie Night	7:30 Water Aerobics 8:00 WOH Pancake Breakfast 9:00 Tennis ----- 12:00 Pickleball 1:00 Table Tennis 6:30 Game Night
13	14	15	16	17	18	19
1:00 Table Tennis 2:00 Mexican Train	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga 9:00 Tennis 9:00 Water Aerobics 9:30 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 11:30 Yoga w/Evelyn \$ ----- 12:30 Chair Yoga w/Evelyn \$ 1:00 Mahjong 1:00 Table Tennis 2:00 Art Workshop 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 Edward Jones Financial Breakfast Club 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'N Fit w/Denise \$ ----- 12:00 Circuit Training \$ 1:00 Scrabble 2:00 Wii Bowling 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 Pickleball 10:00 Watercolor Class 10:00 Move It Class SS 11:00 Yoga w/Evelyn \$ ----- 12:00 Chair Yoga w/Evelyn \$ 1:00 Falls Run Singers 1:00 Canasta 4:00 San Antonio Pre-Departure Trip Meeting 4:30 FitLife w/Denise \$ 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 Friday Night Dance	7:30 Water Aerobics 8:00 Saturday Morning Social 9:00 AARP Class 9:00 Tennis ----- 12:00 Pickleball 6:30 Game Night
20	21	22	23	24	25	26
1:00 Table Tennis 2:00 Mexican Train 6:30 Bingo	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:00 Plant Clinic 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 Lush Brush Art Class 7:00 Bunco 7:00 Pickleball 7:30 Book Discussion	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 1:00 Table Tennis 2:00 Art Workshop 3:00 FRCA Finance Mtg 6:00 Canasta 6:30 Pool Sharks 6:30 Women's Poker 7:00 Villas Meet the Candidates	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 Group 11:15 Sit'N 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 Yoga w/Evelyn \$ ----- 12:00 Chair Yoga w/Evelyn \$ 1:00 Lecture: Alzheimer's Association 1:00 Falls Run Singers 1:00 Canasta 4:30 FitLife w/Denise \$ 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 Zumba ----- 12:00 Circuit Training \$ 2:00 Table Tennis 4:00 Veranda Social 7:00 Stafford County Transportation Bond Referendum Meeting	7:30 Water Aerobics 8:00 Saturday Morning Social 9:00 Tennis ----- 12:00 Pickleball 1:00 Table Tennis 6:30 Game Night 7:00 Halloween Dance
27	28	29	30	31		
1:00 Table Tennis 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 1:00 VCA Finance Mtg 2:00 Needlers 4:00 Line Dancing 6:30 Canasta 7:00 Bunco 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 1:00 Table Tennis 2:00 Art Workshop 6:00 Canasta 6:30 Pool Sharks 6:30 Women's Poker	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 Sit'N Fit w/Denise \$ ----- 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	7:30 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 Falls Run Singers 1:00 Canasta 2:00 Gazette Stuffing 4:30 FitLife w/Denise \$ 7:00 Pinochle	<div style="border: 1px solid black; padding: 5px;"> <p align="center">EXERCISE CLASS KEY</p> <p>D = DEMO / No Fee \$ = Fee Paid to Instructor (First Class Is Free) SS = Silver Sneakers Approved - Fee if not a Silver Sneakers Member through your health insurance</p> </div>	

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

(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.)

Halloween Dance

Saturday • Oct 26 • 7PM – 10PM • \$10

BYOB & dessert/appetizer to share

Sign-ups end Oct 19

Interested in a Spooktacular good time? You won't want to miss this dance! Costumes are optional; however, if you're wearing one, be sure to enter the costume contest! You'll also be dancing the night away to the tunes of Rockin' Ralph. Great prizes!

International Dinner

Saturday • Nov 9 • 5:30PM – 8:30PM • FREE • BYOB & dish to share

Sign-ups Oct 15 – Nov 2

Everyone looks forward to this event each year. Bring a dish from your native country to share with your neighbors. Be prepared when signing up to provide the country and dish to the concierge. You won't want to miss this!!

2019 Holiday Gala at The Old Silk Mill

Monday • Dec 9 • 5:30PM – 10PM • \$60

Transportation Provided if desired.

Sign-ups Oct 15 – Nov 30

Join us for our annual holiday gala at the historic Old Silk Mill in downtown Fredericksburg. Fully catered meal, dessert and cash bar. Dance the night away to the music provided by Michael Wheelahan. No need to uber or drive, let the shuttle take care of the transportation between The Center and The Old Silk Mill for you – just remember to tip your shuttle driver.

Other Events

Catholic Neighborhood Group

Tuesday • Oct 8 • 7PM • FREE

Beginning with the rosary, we will dedicate the evening to our Blessed Mother. We will discuss how the rosary was originated, and its place at Lourdes and Fatima, as well as "private" revelations. All are welcome.

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 • Oct 18 • 6:30PM • \$2.50

Falls Run's 14th Annual Art Show

Saturday • Oct 5 • 2PM – 4PM • FREE

An abundance of talent exists in our community, and this event is a great showcase. Residents and their guests will enjoy an afternoon of fun and great refreshments. **Questions? Contact Ann Holt at (540) 361-1966 or annpholt@aol.com**

AARP Smart Driver Course Class #3 Oct 19 • 9AM – 5PM

\$15 for AARP Members

\$20 for Non-Members

Sign-Ups end Oct 12

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 other Friday.)

National Cathedral Tea & Tour

Wednesday • Dec 11 • 12PM – 6PM • \$70 pp • Moderate Activity Level

Limited Spaces Available

Sign-ups Oct 1 – Oct 30

Behind-The-Scenes Tour as you marvel at the Cathedral's artistry and engineering. You'll also marvel at the Annual Creche Exhibit featuring 80 nativity scenes depicting the birth of Christ through international cultures. Enjoy a traditional English Tea. Dress for the weather. Please note, this tour is not for those residents who may need to use scooters or walkers for assistance.

Questions: Trip Leader – Marilyn Coughlin - 540-373-5406

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 • 8AM • FREE

No sign-up required

Lush Brush "No Talent Needed" Painting Classes

Friday • Oct 4 • 10AM – 12PM • \$25

Sign-ups Sept 15 – Oct 2

Monday • Oct 21 • 7PM – 9PM • \$25

Sign-ups Oct 1 – Oct 17

Join us for the no talent needed art class! Each class, you'll have a new picture to paint with tons of instruction. The canvas won't be blank as the outline will be sketched on for you. See the bulletin board for the pictures being painted at each class. Morning class will enjoy Scout & Cellar mimosas and evening class will enjoy Scout & Cellar wines.

Lecture: Downsizing Again Lecture with Smooth Transitions

Friday • Oct 4 • 1PM – 3PM

Sign-Ups end Oct 3

Thought you were done downsizing but now realize there's more? Thought your children would take more than they actually did? Still waiting to open moving boxes that are stored in your basement? Join Kim Moulds with Smooth Transitions for a frank discussion on the second phase of downsizing.

Lecture: Alzheimer's Association – Understanding and Responding to Dementia Related Behaviors

Thursday • Oct 24 • 1PM – 3PM

Sign-Ups Oct 1 - 23

Join us to learn to decode behavioral messages, identify common triggers and learn more strategies to help manage some of the most common behavioral challenges of Alzheimer's disease

Fused Glass Classes –

Join in on the fun and learn how to make beautiful pendants.

\$45 for 2 pendants / \$15 for each additional

October

Sign-Ups end – Oct 9

Friday • Oct 11 • One Session – 12PM

November

Sign-Ups Oct 1 - Nov 6

Friday • Nov 8 • One Session – 12PM

Stafford County Transportation Bond Referendum Presentation

Friday • Oct 25 • 7PM – 9PM

Sign-Ups Oct 1 – Oct 24

Come learn more about the Transportation Bond Referendum that will appear on the ballots this coming November. Jeff Stover, Manager of the Stafford County Citizens Association and Volunteer Program will be providing much needed information to ensure that voters have all the necessary information to make their decisions.

Book Clubs

Reading Delights Book Club

Wednesday • Oct 16 • 7:00pm • FREE

Tara Westover was 17 the first time she set foot in a classroom. Born to survivalists in the mountains of Idaho, her worldview was entirely shaped by her dad. Tara's process of self-discovery is beautifully captured in *Educated*. Difficult to read - impossible to put down! **Contact: Nancy Behrmann at nmbehrmann@aol.com or (540) 899-8952**

Book Discussion Group

Monday • Oct 21 • 7:30PM • FREE

We will discuss *It Can't Happen Here* by Sinclair Lewis. This 1935 novel relates the rise to totalitarian power by a right-wing politician who defeats Franklin Delano Roosevelt in the 1936 election, fomenting fear and promising drastic reforms while promoting a return to patriotism and "traditional" values. Reminiscent of the current national political scene, it was described by one reviewer as "the novel that foreshadowed Donald Trump's authoritarian appeal." **Contact: Bill Arnst at wfajda@aol.com or (540) 374-5566.**