



# 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

(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.)

### Beatlemania & Dancing

Saturday • SEP 14 • 7:00pm – 10:00pm • \$7pp

BYOB and a snack to share

Sign-ups end SEP 9

Join us for the sounds of Maggie Worsdale as she shares little known stories behind the making of the music of the Beatles, one of the most influential acts of the rock era. Following her performance, you'll be ready to get up and dance the night away to all of Falls Run's favorite songs brought to you by DJ Rockin' Ralph Warren.

### Classic Car Show

Saturday • OCT 5 • 10:00am – 2:00pm • FREE but you MUST register!

Sign-ups SEP 15 – OCT 1

Enjoy everything a classic car show has to offer including great music provided by Rockin' Ralph and a chili cook-off where you get to be the judge. No cost to you or your family, just be sure to register!

### Halloween Dance

Saturday • OCT 26 • 7:00pm – 10:00pm • \$10

BYOB & dessert/appetizer to share

Sign-ups SEP 15 – 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 Ned & His Oldies. Great prizes!

## Book Clubs

### Reading Delights Book Club

Wednesday • SEP 18 • 7:00pm • FREE

*JUMPING OFF THE DEVIL'S SHOVEL* by Renate Ruzich (a nonfiction novel) is an extraordinary true story of a girl and her horse surviving the horrors of WWII written by the survivor, a retired USDF "S" Dressage judge. In Germany, there is a saying that one who cheats death, either through luck or resourcefulness, has jumped off the devil's shovel. Renate Ruzich is such a woman. Today Renate lives a quiet life near her beloved Blue Ridge Mountains in Orange, Virginia. She just celebrated her ninetieth birthday. She decided to tell her story that those who have been spared the horrors of war will understand its consequences. **Contact: Nancy Behrmann at [nnbehrmann@aol.com](mailto:nnbehrmann@aol.com) or (540) 899-8952**

### Book Discussion Group

Monday • SEP 16 • 7:30pm • FREE

We will discuss *Undaunted Courage* by Stephen E. Ambrose, a non-fiction account of the historic expedition of Meriwether Lewis and William Clark from St. Louis to the Pacific Ocean to explore the vast territory acquired by the United States in the Louisiana Purchase of 1803. It details the close relationship between Lewis and President Thomas Jefferson which led to Lewis being chosen by the President to lead the expedition. The book covers the physical perils of the journey and the meetings with the various Indian tribes encountered along the way. It deals with the entire life of Lewis, from his birth to his suicidal death, with his many physical and mental attributes making him ideal to lead the expedition being the primary focus.

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

## 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 • 8:00am • FREE

No sign-up required

### Lush Brush "No Talent Needed" Painting Class

Friday • SEP 6 • 9:00 - 11AM • \$25 • "Gather Pumpkins" Painting

Sign-ups Aug 15 – SEP 4

Monday • SEP 16 • 7:00 – 9:00 PM • \$25 • "Sunflower" Painting

Sign-ups Aug 15 – SEP 12

### Fall Lawn & Garden Talk

Friday • SEP 6 • 1:00pm • FREE • Light Refreshments

Sign-Ups end SEP 2

Chuck Heath, *Certified Tree Steward and Retired Advanced Master Gardener* presents annual "Fall Lawn and Garden Talk." He will be talking about: How Our Environment Affects the Things We Grow; This Year's Growing Issues; Fall Lawn Care Program; The 2019-2020 Winter Forecast; Questions & Prize Drawings, all with a little humor, and much more. We will **raffle** off lots of prizes including: A hose-end bottle of Bayer Advanced Season-Long Weed Control, **Bottles of wine** and, who knows what else? Please sign up with the concierge at the Center. If you have any questions contact me at [skibuff39@gmail.com](mailto:skibuff39@gmail.com) or by phone at 540-368-8113.

### Fused Glass Class

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

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

### September

Friday • SEP 13 • Session 1 – 9am

Friday • SEP 13 • Session 2 – 12pm

Sign-ups AUG 1 – SEP 11

Friday • OCT 11 • Session 1 – 9am

Friday • OCT 11 • Session 2 – 12pm

Sign-ups SEP 11 – OCT 9

### Walgreen's Flu Shot Clinic

Friday • SEP 13 • 11:30am – 4:00pm

Sign-Ups end SEP 9

### Downsizing Again Lecture with Smooth Transitions

Friday • OCT 4 • 1:00pm – 3:00pm

Sign-Ups SEP 15 – OCT 3

### Edward Jones Financial Breakfast Club

Brought to you by: Jacob Burke

Wednesday • SEP 18 • 9:00 AM • FREE • Breakfast provided

Sign-ups SEP 1 – SEP 17

## Other Events

### Catholic Neighborhood Group

Tuesday • SEP 10 • 7:00pm • FREE

Since many in our community volunteer and generously donate items to the St. Vincent De Paul Thrift Store, Bill Smith will give us a brief history of this charitable organization. Also, you will learn how the funds from the store are distributed to the needy. All are welcome.

### 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 • SEP 20 • 6:30pm • \$2.50

### Falls Run's 14th Annual Art Show

Saturday • OCT 5 • 2:00pm – 4:00pm • 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. All artists in the community are encouraged to participate. See the center for a copy of the Art Show Guidelines.

**Questions? Contact Ann Holt at (540) 361-1966 or [annpholt@aol.com](mailto:annpholt@aol.com)**

### AARP Smart Driver Course

**Class #2: Saturday • SEP 21 • 9:00am – 5:00pm**

\$15 for AARP Members / \$20 for Non-Members

Sign-Ups end SEP 15

**Class #3: Saturday • OCT 19 • 9:00am – 5:00pm**

\$15 for AARP Members / \$20 for Non-Members

Sign-Ups SEP 16 – 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 bi-weekly Activity Updates from our Activities Director that are typically.)

### Jamestown Settlement

Thursday • OCT 24 • 8:30am – 5:30pm • \$60 pp • Moderate Activity Level

Sign-ups SEP 1 – OCT 1

Near the site of the original colony, Jamestown Settlement tells the story of 17th century Virginia with film, gallery exhibits and outside living history, from the arrival of English colonists in Jamestown through events that created a new nation. Climb aboard the Susan Constant and Godspeed that sailed from England to Virginia in 1607. Lunch on your own at Jamestown Settlement Café. Questions: Trip Leader – Carolyn Crosen - 540-845-9302

**Questions: Trip Leader – Carolyn Crosen - 540-845-9302**

### National Cathedral Tea & Tour

Wednesday • Dec 11 • 12:00pm – 6:00pm • \$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**