


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
<div style="border: 1px solid black; padding: 5px;"> <p><b>Calendar Room Key</b></p> <p><b>BR</b> = Billiards Room  <b>CB</b> = Club Room  <b>FC</b> = Fitness Center  <b>R1</b> = Conference Room 1  <b>R2</b> = Conference Room 2  <b>R12</b> = Conference Rooms 1 &amp; 2  <b>R3</b> = Conference Room 3  <b>R23</b> = Conference Rooms 2 &amp; 3  <b>R123</b> = Conference Rooms 1, 2, &amp; 3  <b>CPL</b> = Center Parking Lot</p> </div>		  <i>Center Closed</i>	7:30 Water Aerobics 8:00 Yoga (R123) 9:00 Zumba (R3) 9:00 Water Aerobics 10:00 Bocce 10:00 Qi Gong (R23) <b>10:00 Property &amp; Grounds Committee Mtg (R1)</b> Tai Chi (R23) 10:30 <b>12:00 Travel Committee Mtg (R1)</b> 1:00 Scrabble (BR) <b>1:00 Communications Committee Mtg (R2)</b> 2:00 IMPROV (R1) 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) 10:00 Beginner Tai Chi (R3) 11:00 Yoga w/Evelyn (R2) ----- 12:00 Chair Yoga w/Evelyn (R2) 1:00 Canasta (CR & BR) <b>1:00 Covenants Committee Mtg (R1)</b> 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 9:00 Tennis ----- 12:00 Pickleball 6:30 Game Night (CR & BR)
6	7	8	9	10	11	12
2:00 Mexican Train (BR) 6:30 Bingo (R123)	7:30 Water Aerobics 8:30 Yoga (R123) 9:00 Tennis 9:00 Water Aerobics <b>9:30 Gazette Committee Mtg (R1)</b> 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 Falls Run Readers (R3) 2:00 Needlers (R1) 4:00 Line Dancing (R3) 6:30 Canasta (CR & BR) 7:00 Bunco (BR) 7:00 Pickleball <b>7:00 Villas Organizational Mtg</b>	7:30 Water Aerobics 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Beginner Tai Chi (R3) 10:00 Lion's BoD Mtg (R2) 11:30 Yoga w/Evelyn (R2) <b>12:00 Social Committee Mtg (R1)</b> ----- 12:30 Chair Yoga w/Evelyn (R2) 1:00 Mahjong (BR) 1:00 Ping Pong (R3) 1:00 Cancer Patient Support Group (R1) <b>1:30 Center Committee Mtg (R2)</b> 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) <b>10:00 Modifications Committee Mtg (R1)</b> Tai Chi (R23) 10:30 ----- 12:00 Circuit Training (FC) ----- 1:00 Scrabble (BR) 2:00 Wii Bowling (R3) 2:00 IMPROV (R2) 2:30 Concierge Meeting (R1) 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) 10:00 Beginner Tai Chi (R3) 11:00 Yoga w/Evelyn (R2) ----- 12:00 Chair Yoga w/Evelyn (R2) <b>1:00 FRCA Special Meeting</b> 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 (R1) 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)
13	14	15	16	17	18	19
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) 4:00 Line Dancing (R3) 6:30 Canasta (CR & BR) 7:00 Pickleball	7:30 Water Aerobics 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Beginner Tai Chi (R3) 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) <b>3:00 FRCA Finance Mtg (R2)</b> 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) ----- 12:00 Circuit Training (FC) 1:00 Scrabble (BR) 1:00 WOH Meeting (R1) 2:00 IMPROV (R2) 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) <b>10:00 Villas B &amp; G (R2)</b> 10:00 Beginner Tai Chi (R3) 11:00 Yoga w/Evelyn (R3) ----- 12:00 Chair Yoga w/Evelyn (R3) 1:00 Canasta (CR & BR) <b>3:00 Villas Finance Committee Mtg (R2)</b> 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) 2:00 Ping Pong (R3) 4:00 Veranda Social (R1) 6:30 Friday Night Dance (R12)	7:30 Water Aerobics 8:00 Morning Social (R1) 9:00 Tennis ----- 12:00 Pickleball 6:30 Game Night (CR & BR) <b>7:00 Motown Night (R123)</b>
20	21	22	23	24	25	26
2:00 Mexican Train (BR) 6:30 Bingo (R123)	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) 1:00 Genealogy Group (R1) 1:00 Social Media (R3) 2:00 Needlers (R1) 4:00 Line Dancing (R3) 6:30 Canasta (CR & BR) 7:00 Bunco (BR) 7:00 Pickleball 7:30 Book Discussion Grp (R2)	7:30 Water Aerobics 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Beginner Tai Chi (R3) 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 Travel Committee LTP Meeting (R1) 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 Widow & Widowers Support Group (R1) ----- 12:00 Circuit Training (FC) 1:00 Scrabble (BR) 2:00 IMPROV (R2) 2:00 Wii Bowling (R3) 6:30 Shanghai (CR) 7:00 Tennis <b>7:00 FRCA BOARD MTG</b>	7:30 Water Aerobics 8:45 Strength Training (R123) 10:00 Pickleball 10:00 Watercolor Class (R1) 10:00 Beginner Tai Chi (R3) 11:00 Yoga w/Evelyn (R2) ----- 12:00 Chair Yoga w/Evelyn (R2) 1:00 Canasta (CR & BR) <b>1:00 Know The 10 Signs of ALZ (R1)</b> 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 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 <b>6:00 Italian Dinner (R123)</b> 6:30 Game Night (CR & BR)
27	28	29	30	31		
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) 1:00 Genealogy Group (R1) 1:00 Social Media (R3) 2:00 Needlers (R1) 4:00 Line Dancing (R3) 6:30 Canasta (CR & BR) 7:00 Pickleball	7:30 Water Aerobics 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Beginner Tai Chi (R3) 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) 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 Widow & Widowers Support Group (R1) ----- 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) 10:00 Beginner Tai Chi (R3) 11:00 Yoga w/Evelyn (R2) ----- 12:00 Chair Yoga w/Evelyn (R2) 1:00 Canasta (CR & BR) 7:00 Pinochle (BR)	<p><b>Center Telephone:</b> 540-371-4452  <b>Website:</b> <a href="http://www.fallsrun.org">www.fallsrun.org</a>  <b>Indoor Pool Hours:</b>            Center Hours*  <i>*closes 1/2 hour before the Center</i>  <b>Family Swim Time:</b> 1PM - 5PM daily  <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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**Administrative Assistant:** Abby Miller (540-907-4382)  
[Abigail.Miller@fsresidential.com](mailto:Abigail.Miller@fsresidential.com)

**Maintenance Technician:** Shawn Phipps  
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Calendar submission deadline is the 5th of each month.  
 Email calendar items to [lara.lewis@fsresidential.com](mailto:lara.lewis@fsresidential.com)

**Steve Beasley**  
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 CUSTOMIZED TRAINING FOR YOUR PERSONAL GOALS

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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.)

### Motown Night

**Saturday • January 19 • 7 – 9pm • \$5 pp • BYOB**  
**Snacks to share • 50/25/25 Raffle**  
**Sign-ups end January 15**

Join us for an evening of dancing the night away to Motown and Falls Run favorites.

### Italian Dinner

**Saturday • January 26 • 6 – 9pm • \$17.50 pp • BYOB**  
**50/25/25 Raffle**  
**Sign-ups end January 15**

Come to our Italian dinner catered by Olive Garden which includes salad, breadsticks, Lasagna and Tiramisu for dessert. Delizioso!! BYOB and money for the 50/25/25 raffle. Be sure to sign-up early as this event sells out fast!

### The Spa Experience – Pamper Yourself!

**Thursday • February 14 • 12 – 4:00pm • \$15pp • LADIES ONLY!!**  
**Sign-ups January 8 – February 7**

Join us for day of pampering at the Falls Run Spa! The billiards area of The Center will be turned into a spa for the day. Dress comfortably (no gussying up needed!) in your casual attire, workout or yoga gear to enjoy a chair massage, hand massage. Learn about essential oils, clean eating (that's tasty) and more. Ladies, you won't want to miss out on this event!

### Valentine's Day Dance

**Saturday • February 16 • 7 – 9:30pm • \$12pp • BYOB**  
**Snacks to share • 50/25/25 Raffle**  
**Sign-ups January 15 – February 11**

Enjoy a delectable dessert compliments of your social committee while you dance the night and the calories away listening to your Falls Run favorites.

## Sideline Fun & Lecture Series

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

### Know the 10 Signs Lecture

**Thursday • January 24 • 1:00pm • FREE**  
**Sign-ups end January 15**

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

## Other Events

### Catholic Neighborhood Group

**Tuesday • March 12 • 7:00pm • FREE**

Because many of our residents are away during the Winter months, we will not meet during January and February. 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.

### Beginner Tai Chi Class

**Tuesdays & Thursdays • Beginning January 8 • 10:00am**  
**Beginner's class will last for approximately 10 weeks**  
**Sign-ups end January 7**

If you are looking for a gentle way to improve your balance, flexibility, feelings of well-being, and reduce stress in your life – Tai Chi might be the answer. The price is right – FREE – Loose clothing and exercise footwear is recommended. Please check with your doctor if you have physical concerns about participating. For more information please call: **Bob Brown** at (540) 373-6366, **Pad Rao** (540) 479-3208 or **Lee Owens** (443) 867-0854.

## Book Clubs

### Reading Delights Book Club

**Wednesday • January 16 • 7:00pm • FREE**

*The Ragged Edge of Night* by Olivia Hawker

An emotionally gripping, beautifully written historical novel about extraordinary hope, redemption, and one man's search for light during the darkest times of World War II.

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

### Book Discussion Group

**Monday • January 21 • 7:30pm • FREE**

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

## 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.)

### Maryland Live Casino

**Tuesday • February 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 • April 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

### Broadway Bound at Hanover Tavern

**Sunday • March 31 • 11:00am – 5:30pm**  
**\$83 pp • Limited to 44 tickets**

**Wednesday • March 31 • 11:00am – 5:30pm**  
**\$83 pp • Limited to 44 tickets**

**Activity level Easy**

**Sign-ups February 1 – 28**

This third installment of Neil Simon's autobiographical trilogy, Broadway Bound, follows the blockbuster success of Brighton Beach Memoirs & Biloxi Blues. The play finds Eugene, and his older brother Stanley, trying to break into the world of show business as professional comedy writers. When their material is broadcast on the radio for the first time, the Jerome family is pushed to the brink as a thinly-veiled comedic portrait of themselves is broadcast across their community. Cost covers play, lunch, bus and gratuities.

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