

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>Calendar Room Key</p> <p>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</p> </div>						
<div style="display: flex; justify-content: space-between;"> 3 4 5 6 7 8 9 </div>						
2:00 Mexican Train (BR) 6:30 Bingo (R123)	7:30 Water Aerobics 7:30 Men's Morning Billiards 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) ----- 12:00 Circuit Training (FC) 1:00 Bridge (BR) 1:00 Social Media (R3) 1:30 Falls Run Readers (R2) 2:00 Needlers (R1) 4:00 Line Dancing (R3) 6:30 Canasta (CR & BR) 7:00 Bunco (BR) 7:00 Pickleball 7:00 Villas Board Mtg (R23)	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Beginner Tai Chi (R3) 10:00 Social Committee Mtg (R1) 11:30 Yoga w/Evelyn (R2) ----- 12:30 Chair Yoga w/Evelyn (R2) 1:00 Mahjong (BR) 1:00 Ping Pong (R3) 1:00 Cancer Patient Support Group (R1) 1:30 Center Committee Mtg (R2) 2:00 Art Workshop (R1) 6:00 Potluck 6:00 Canasta (CR & BR) 6:30 Pool Sharks (BR)	7:30 Water Aerobics 7:30 Men's Morning Billiards 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) 10:30 Women's Billiards (BR) ----- 12:00 Travel Committee Mtg (R1) 1:00 Scrabble (BR) 1:00 Communications Committee Mtg (R2) 2:00 Wii Bowling (R3) 5:00 Duplicate Bridge (R3) 6:30 Shanghai (CR) 7:00 Tennis	7:30 Water Aerobics 7:30 Men's Morning Billiards 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 Falls Run Singers (R3) 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 7:30 Men's Morning Billiards 8:30 Yoga (R123) 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) 11:00 Zumba (R3) ----- 12:00 Circuit Training (FC) 1:00 Spring Lawn & Garden Lecture (R123) 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 Game Night (CR & BR)
<div style="display: flex; justify-content: space-between;"> 10 11 12 13 14 15 16 </div>						
2:00 Mexican Train (BR)	7:30 Water Aerobics 7:30 Men's Morning Billiards 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 Social Media (R3) 2:00 Needlers (R1) 4:00 Line Dancing (R3) 6:30 Canasta (CR & BR) 7:00 Pickleball	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:45 Strength Training (R123) 9:00 FROGS at The Gauntlet 10:00 Pickleball 10:00 Lion's BoD Mtg (R2) 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) 6:00 Canasta (CR & BR) 6:30 Pool Sharks (BR) 6:30 Women's Poker (R1) 7:00 Catholic Group (R1)	7:30 Water Aerobics 7:30 Men's Morning Billiards 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) 10:30 Women's Billiards (BR) ----- 12:00 Circuit Training (FC) 1:00 Scrabble (BR) 1:00 WOH Meeting (R1) 1:00 IMPROV (R2) 2:00 Wii Bowling (R3) 2:30 Concierge Meeting (R2) 5:00 Duplicate Bridge (R3) 6:30 Shanghai (CR) 7:00 Tennis	7:30 Water Aerobics 7:30 Men's Morning Billiards 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 Special Board Mtg (if called / R1) 1:00 Falls Run Singers (R3) 1:00 Canasta (CR & BR) 4:30 FitLife w/Denise (R23) 7:00 Pinochle (BR) 7:00 NARFE Mtg (R23)	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga (R123) 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) 11:00 Fused Glass Class (R1) 11:00 Zumba (R3) ----- 12:00 Circuit Training (FC) 2:00 Ping Pong (R3) 4:00 Veranda Social (R1) 6:30 Friday Night Dance (R23)	7:30 Water Aerobics 8:00 New Comer's Breakfast (R12) 9:00 Tennis ----- 12:00 Pickleball Game Night (CR & BR) 5:30 St. Patrick's Day Dinner Dance (R123)
<div style="display: flex; justify-content: space-between;"> 17 18 19 20 21 22 23 </div>						
2:00 Mexican Train (BR) 6:30 Bingo (R123)	7:30 Water Aerobics 7:30 Men's Morning Billiards 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 (R2) 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 7:30 Men's Morning Billiards 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) 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 7:30 Men's Morning Billiards 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) 10:30 Women's Billiards (BR) ----- 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 7:30 Men's Morning Billiards 8:45 Strength Training (R123) 10:00 Pickleball 10:00 Watercolor Class (R1) 10:00 Villas B & G (R2) 11:00 Yoga w/Evelyn (R2) ----- 12:00 Chair Yoga w/Evelyn (R2) 1:00 Canasta (CR & BR) 1:00 Falls Run Singers (R3) 3:00 Villas Finance Committee Mtg (R1) 4:30 FitLife w/Denise (R23) 7:00 Pinochle (BR) 7:00 French Club (R3)	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga (R123) 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) 11:00 Zumba (R3) ----- 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 Game Night (CR & BR)
<div style="display: flex; justify-content: space-between;"> 24 25 26 27 28 29 30 </div>						
2:00 Mexican Train (BR)	7:30 Water Aerobics 7:30 Men's Morning Billiards 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 Social Media (R3) 2:00 Needlers (R1) 4:00 Line Dancing (R3) 6:30 Canasta (CR & BR) 7:00 Pickleball	7:30 Water Aerobics 7:30 Men's Morning Billiards 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 7:30 Men's Morning Billiards 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) 10:30 Women's Billiards (BR) 11:00 Widow & Widowers Support Group (R1) ----- 12:00 Circuit Training (FC) 1:00 Scrabble (BR) 1:00 IMPROV (R2) 2:00 Wii Bowling (R3) 6:30 Shanghai (CR) 7:00 Tennis 7:00 FRCA BOARD MTG	7:30 Water Aerobics 7:30 Men's Morning Billiards 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 Falls Run Singers (R3) 1:00 Canasta (CR & BR) 4:30 FitLife w/Denise (R23) 7:00 Pinochle (BR)	7:30 Water Aerobics 7:30 Men's Morning Billiards 8:30 Yoga (R123) 9:00 Water Aerobics 10:00 Qi Gong (R23) 10:30 Tai Chi (R23) 10:30 Women's Billiards (BR) 11:00 Zumba (R3) ----- 12:00 Circuit Training (FC) 12:30 Falls Run Readers (R2) 2:00 Gazette Stuffing (R1) 2:00 Ping Pong (R3) 4:00 Veranda Social 7:00 Movie Night (R3)	7:30 Water Aerobics 8:00 Wall of Honor Pancake Breakfast 9:00 Tennis ----- 12:00 Pickleball Game Night (CR & BR)
<div style="display: flex; justify-content: space-between;"> 31 </div>						
2:00 Mexican Train (BR)	<div style="display: flex; justify-content: space-between;"> <div style="width: 45%;"> <p>Center Telephone: 540-371-4452</p> <p>Website: www.fallsrun.org</p> <p>Indoor Pool Hours: Center Hours* <i>*closes 1/2 hour before the Center</i></p> </div> <div style="width: 45%;"> <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> </div> </div>					2:00 Mexican Train (BR)

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
benchpressteve@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

(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.)

St. Patrick's Day Dinner Dance

Saturday • Mar 16 • 5:30pm – 9pm • \$25 pp • BYOB • 50/25/25 Raffle
Sign-ups Feb 15 – Mar 9

Celebrate St. Patrick's Day with an Irish dinner catered by Darlene and dancing to the music played by Michael Wheelehan. Irish coffee will be served following dinner. BYOB and money for the 50/25/25 raffle. Be sure to sign-up early as this event sells out fast!

Spring is in the air with A Brunch To Remember

Saturday • APR 13 • 11am – 2pm • \$15 pp • 50/25/25 Raffle
Sign-ups Mar 1 – APR 1

Join us for A Brunch to Remember in our own little slice of Paris paradise! Maple French Toast Breakfast Casserole (with diced berries and fresh cream); Bacon, Spinach & Mushroom Breakfast Casserole (with three cheese blend); French Apple Tart (topped with Danish cream, apricot jam & fresh sliced apples); Banana Blueberry Coffee Cake (with brown sugar crumb – served with cinnamon butter). You won't want to miss this treat for your taste buds!

Kentucky Derby Dinner Party

Saturday • MAY 4 • 5:30pm – 8pm • \$15 pp • 50/25/25 Raffle
Sign-ups Mar 15 – APR 27

While some of us can only dream of attending the Kentucky Derby to be a part of the electricity that flows throughout the crowds as they wait in anticipation for the parade of majestic horses that clearly know they are the stars for the day to prance toward the gate that will hopefully bring them the honor of winning the Kentucky Derby, we will settle for having our own celebration at Falls Run! So, mark your calendars and save the date to reserve your front row seat to the race. Ample time for the ladies to search for that perfect derby hat, and of course, for the gentleman, that special hat search includes you as well!!! You won't want to miss this one!!! And remember, the seats go fast for this event, so you will want to sign up as soon as the sign ups begin.

Other Events

Catholic Neighborhood Group

Tuesday • Mar 12 • 7:00pm • FREE

We will begin with the Stations of the Cross. Come to pray, learn and fellowship. All are welcome! 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 • Mar 15 • 6:30pm • \$2.50

Book Clubs

Reading Delights Book Club

Wednesday • Mar 20 • 7:00pm • FREE

SOLD ON A MONDAY by Kristina McMorris

Inspired by an actual newspaper photograph that stunned the nation, *Sold On A Monday* is a powerful novel of love, redemption and the unexpected paths that bring us home. "2 children for sale" - a sign of a last resort. It sits on a farmhouse porch in 1931, but could be found anywhere in an era of breadlines, bank runs, and broken dreams, It could have been written by any mother facing impossible choices. One reporter's seemingly small mistake in judgment leads to utter catastrophe for children caught in the jaws of the Great Depression. A heartfelt and heartbreaking story never to be forgotten.

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

Book Discussion Group

Monday • Mar 18 • 7:30pm • FREE

In March we will read and discuss *The Elegance of the Hedgehog* by Muriel Barbery. It explores the hidden qualities of two individuals at an elegant hotel in the center of Paris. Renee, the concierge, is ugly and cantankerous, but is a self-taught lover of art, philosophy, music and Japanese culture. Paloma, a young daughter of residents of the hotel, is amazingly intelligent, but has found life to be seemingly futile. As a result, she has decided to end her life on her next birthday. What happens when a wealthy Japanese man becomes a tenant at the hotel and befriends them both leads to an unexpected outcome.

Contact: **Bill Arnst** at 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) • Mar - Nov • 8:00am • FREE

No sign-up required

Spring Lawn & Garden Talk

Friday • Mar 8 • 1:00pm • FREE

Sign-ups end Mar 6

Chuck Heath (Certified Advanced Master Gardener and Tree Steward) will present the annual "Spring Lawn and Garden Talk" on Friday, March 8th from 1:00 to 3:00 in the Center. This year will feature a hands-on, tree pruning demonstration by Mike Blashford, a Certified Arborist, who works for Arbor Care (Compete Tree Service) weather permitting. Numerous door prizes will be given away including a few bottles of wine. Hope to see you on March 8th.

Contact: **Chuck Heath** at skibuff38@gmail.com.

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 emailed to residents every other Friday.)

Grand Hotel, the Musical at Signature Theatre

Sunday • May 5 • 11:00am – 5:30pm • \$103 pp • Limited # of orchestra seats • Activity Level: **Easy** • 2:00pm Matinee

Sign-ups Feb 15 – Mar 15

In a little corner of Shirlington, VA sits *Signature Theatre* – called by the *Washington Post* "the gold standard for producing musicals". In that context we present Tony-award winning "*Grand Hotel*", a scintillating musical with a lively score that embodies the style, joy and decadence of the 1920's. Set in 1928 razzle-dazzle Berlin at the bustling Grand Hotel, a series of eclectic guests including a destitute baron, a fading ballerina, a wannabe starlet, and an ailing bookkeeper collide in a non-stop musical toast to the high-life. All are portrayed by award-winning actors. Don't miss this highlight of Signature Theatre's 2019 season. Lunch will be on your own at one of the variety of restaurants in the *Village at Shirlington*.

Questions? Trip Leader, **Joan Leavitt** at 540-371-4313

Dominion Raceway Stock Car Racing

Saturday • May 11 • 4pm – 10:30pm • \$55 • Activity Level: **Easy**

(Rain date is May 18)

Sign-ups Mar 1 – Apr 1

Ladies and gentlemen, start your engines! In this case, board the bus at the Center and travel just a short distance to Dominion Raceway to watch stock car racing. Dominion Stock Cars are 2 and 4 door American stock production cars with 8-cylinder engines. These cars are required to have certain modifications to prepare them for racing including special safety equipment and performance enhancing modifications. Admission includes indoor seating in the VIP section, indoor and outdoor viewing (there is an elevator), food tickets, transportation and driver tip. Food tickets are for the food venues and 118 Bar & Grill. Dominion Raceway offers all kinds of entertainment including car shows, movies, bingo nights, concerts, motorcycle racing and more. If you're bored with the race on 5/11, you can go to the 118 Bar and Grill and watch the corn hole tournament! Check it out on their website, www.dominionraceway.com.

Questions? Trip Leader, **Susan Smart** at susansmart45@hotmail.com

Martina McBride at American Music Theater

Sunday • June 23 • 1:00pm (6/23) – 12:30am (6/24) • \$162 pp

ONLY 40 tickets • Activity level is Easy

This multiple Grammy nominated country music icon, whose incomparable vocals have kept her at the top of the charts garnering six No. 1 hits and 20 top 10 singles, in concert, at the American Music Theater in Lancaster, PA. This Grand Ole Opry member has had a string of major hit singles including "A Broken Wing," "Wild Angels," "My Baby Loves Me," "Independence Day," "Blessed," "This One's For The Girls," "Wrong Again," and "Happy Girl." Cost covers the 7:00pm performance, a family-style Amish dinner, transportation & driver's tip. Sign up March 1-31.

Questions? Trip Leader, **Sandy Gaudet**, 540-373-6999.

Myrtle Beach Spectacular – An Entertainment Extravaganza!!

Monday • SEP 16 - 19 • Times TBA • \$545 pp / dbl • \$724 pp / sgl

Moderate Activity Level

\$100 non-refundable deposit to sign-up, final payment due by 5/31/19

Sign-ups Apr 1 – Apr 30

Experience fine entertainment - 3 spectacular shows Alabama Theatre, Legends in Concert and including the "House of Blues Jazz Brunch and Show" — jazz music and an amazing buffet. Browse the shops at Broadway at the Beach and the Village of Barefoot Landing, and peek behind the scenes at the Alabama Theatre. Costs covers transportation, bus drivers tip and some meals. Questions? Trip Leader, **Marilyn Coughlin** 540-373-5406 or carnicmatryn@aol.com