

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Center Telephone:</b> 540-371-4452  <b>Website:</b> www.fallsrun.org  <b>Indoor Pool Hours:</b>            Center Hours*  <i>*closes ½ 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>						<p>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)</p>	<p>7:30 Water Aerobics            8:00 Morning Social (R1)            9:00 Tennis            -----            12:00 Pickleball            6:30 Game Night (CR &amp; BR)</p>
3	4	5	6	7	8	9	
<p>2:00 Mexican Train (BR)            6:30 Bingo (R123)</p>	<p>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 Social Media (R3)            1:30 Falls Run Readers (R2)            2:00 Needlers (R1)            4:00 Line Dancing (R3)            6:30 Canasta (CR &amp; BR)            7:00 Bunco (BR)            7:00 Pickleball  <b>7:00 Villas Board Mtg (R23)</b></p>	<p>7:30 Water Aerobics            8:45 Strength Training (R123)            9:00 FROGS at The Gauntlet            10:00 Pickleball            10:00 Beginner Tai Chi (R3)  <b>10:00 Social Committee Mtg (R1)</b>            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)  <b>1:30 Center Committee Mtg (R2)</b>            2:00 Art Workshop (R1)            2:00 Garden Grunts (R2)            2:00 Potluck            6:00 Canasta (CR &amp; BR)            6:30 Pool Sharks (BR)</p>	<p>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>            10:30 Tai Chi (R23)            -----  <b>12:00 Travel Committee Mtg (R1)</b>            1:00 Scrabble (BR)  <b>1:00 Communications Committee Mtg (R2)</b>            2:00 Wii Bowling (R3)            5:00 Duplicate Bridge (R3)            6:30 Shanghai (CR)            7:00 Tennis</p>	<p>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 Falls Run Singers (R3)            1:00 Canasta (CR &amp; BR)  <b>1:00 Covenants Committee Mtg (R1)</b>            4:00 FitLife w/Denise (R23)            7:00 Pinochle (BR)            7:00 French Club FILM (R3)</p>	<p>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)            11:00 Zumba (R3)            -----            12:00 Circuit Training (FC)            2:00 Ping Pong (R3)            4:00 Veranda Social (R1)            7:00 Movie Night (R3)</p>	<p>7:30 Water Aerobics            8:00 Morning Social (R1)            9:00 Tennis            -----            12:00 Pickleball            6:30 Game Night (CR &amp; BR)</p>	
10	11	12	13	14	15	16	
<p>2:00 Mexican Train (BR)</p>	<p>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 Social Media (R3)            2:00 Needlers (R1)            4:00 Line Dancing (R3)            6:30 Canasta (CR &amp; BR)            7:00 Pickleball</p>	<p>7:30 Water Aerobics            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 &amp; BR)            6:30 Pool Sharks (BR)            6:30 Women's Poker (R1)</p>	<p>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>            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)            3:00 Special Board Mtg (if require (R2))            3:00 Concierge Meeting (R2)            5:00 Duplicate Bridge (R3)            6:30 Shanghai (CR)            7:00 Tennis</p>	<p>7:30 Water Aerobics            10:00 Pickleball            -----  <b>12:00 Spa Experience Valentine's Day Ladies Luncheon</b>            7:00 Pinochle (BR)            7:00 NARFE Mtg (R23)</p>	<p>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)            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)</p>	<p>7:30 Water Aerobics            8:00 Morning Social (R1)            9:00 Tennis            -----            12:00 Pickleball            6:30 Game Night (CR &amp; BR)  <b>7:00 Valentine's Day Dance</b></p>	
17	18	19	20	21	22	23	
<p>2:00 Mexican Train (BR)            6:30 Bingo (R123)</p>	<p>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 (R2)            1:00 Social Media (R3)            2:00 Needlers (R1)            4:00 Line Dancing (R3)            6:30 Canasta (CR &amp; BR)            7:00 Bunco (BR)            7:00 Pickleball            7:30 Book Discussion Grp (R2)</p>	<p>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)  <b>3:00 FRCA Finance Mtg (R2)</b>            6:00 Canasta (CR &amp; BR)            6:30 Pool Sharks (BR)            6:30 Women's Poker (R1)</p>	<p>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)            2:00 Wii Bowling (R3)            6:30 Shanghai (CR)            7:00 Reading Delights (R1)            7:00 Tennis</p>	<p>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 (R2)            -----            12:00 Chair Yoga w/Evelyn (R2)            1:00 Canasta (CR &amp; BR)            1:00 Falls Run Singers (R3)  <b>3:00 Villas Finance Committee Mtg (R1)</b>            4:00 FitLife w/Denise (R23)            7:00 Pinochle (BR)            7:00 French Club (R3)</p>	<p>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)            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)</p>	<p>7:30 Water Aerobics            8:00 Morning Social (R1)            9:00 Tennis            -----            12:00 Pickleball            6:30 Game Night (CR &amp; BR)</p>	
24	25	26	27	28			
<p>2:00 Mexican Train (BR)</p>	<p>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 Social Media (R3)            2:00 Needlers (R1)            4:00 Line Dancing (R3)            6:30 Canasta (CR &amp; BR)            7:00 Pickleball</p>	<p>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 &amp; BR)            6:30 Pool Sharks (BR)            6:30 Women's Poker (R1)</p>	<p>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 &amp; 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  <b>7:00 FRCA BOARD MTG</b></p>	<p>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 Falls Run Singers (R3)            1:00 Canasta (CR &amp; BR)            2:00 Gazette Stuffing (R1)            4:00 FitLife w/Denise (R23)            7:00 Pinochle (BR)</p>	<div style="border: 1px solid black; padding: 5px;"> <p style="text-align: center;">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 &amp; 2</p> <p>R3 = Conference Room 3            R23 = Conference Rooms 2 &amp; 3            R123 = Conference Rooms 1, 2, &amp; 3            CPL = Center Parking Lot</p> </div>		

**General Manager:** Dominic Klepic (540-899-9958)  
[Dominic.Klepic@fsresidential.com](mailto:Dominic.Klepic@fsresidential.com)

**Activities Director:** Lara Lewis (540-371-4563)  
[Lara.Lewis@fsresidential.com](mailto:Lara.Lewis@fsresidential.com)

**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  
[benchpresssteve@aol.com](mailto:benchpresssteve@aol.com)

# Falls Run Activities

Falls Run activities are open to all residents. Contact information is available from the **conciierge (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!

### SAVE THE DATE:

#### Spring Brunch

**Saturday • APR 13 • TBA • \$TBA pp • 50/25/25 Raffle  
Sign-ups Mar 15 – APR 8**

## Other Events

### Catholic Neighborhood Group

**Tuesday • Mar 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](mailto: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 • Feb 15 • 6:30pm • \$2.50**

## Book Clubs

### Reading Delights Book Club

**Wednesday • Feb 20 • 7:00pm • FREE**

*NINE PERFECT STRANGERS* by Liane Moriarty

Could ten days at a health resort really change you forever? Nine people gather together at a remote health resort. They have different reasons to be there but all face health and life issues that they hopefully want resolved at the resort. All nine guests have their own emotional wounds and are unhappy with themselves. However, they did not anticipate a resort regimen so strict and demanding, but their guru wants nothing less from them, She has ways that are bizarre and unexpected. The story is told from these different people's points-of-view along with the perspectives of the resort director and her two wellness coordinators. It's a locked-door mystery, but the mystery itself remains a mystery for much of the book. There's a general sense of foreboding that builds, but what it's building to and which of the nine is and isn't a victim is a perplexing puzzle.

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

### Book Discussion Group

**Monday • Feb 18 • 7:30pm • FREE**

In February we will read and discuss the novel *American War* by Omar El Akkad. Ostensibly taking place from 2074 to 2095, this "war" is dubbed the "Second American Civil War," but the conflict is actually over the continuing use of fossil fuels. Five southern states have seceded from what was the United States over the federal government's outlawing of the use of fossil fuel, a law which threatens to destroy the economy of the secessionist states. Climate change, sickness and abject poverty have devastated life in the "Free Southern States." The story revolves around one southern family, whose young daughter becomes radicalized by southern rebels. Her subsequent actions play a pivotal role in the conflict.

**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.

### Spring Lawn & Garden Talk

**Friday • Mar 8 • 1:00pm • FREE**

**Sign-ups Feb 1 – 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. **Chuck** can be reached at [skibuff38@gmail.com](mailto:skibuff38@gmail.com).

## 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.)

### Broadway Bound at Hanover Tavern

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

**Wednesday • Apr 3 • 11:00am – 5:30pm • \$83 pp • Limited to 44 tickets**

**Activity level: Easy**

**Sign-ups Feb 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](mailto:slgaudet@verizon.net) or 540-373-6999**

### Pittsburgh Express

**Tuesday - Thursday • May 14 - 16 • 7:00am (5/14) – 7:00pm (5/16)**

**\$409 pp / dbl • \$538 pp / sgl**

**\$100 non-refundable deposit to sign-up, final payment due by 3/30/19**

**Activity level is Moderate with much walking, standing and on/off the bus.**

**Sign-ups Feb 1 – Feb 28**

Experience the poignant *Tower of Voices* at the Flight 93 Memorial in Shanksville, PA before your visit to Pittsburgh, the City of Bridges, where the Allegheny and Monongahela Rivers come together to form the Ohio River. Enjoy the Duquesne Incline, providing extraordinary views of the city, take a narrated river cruise aboard the Gateway Clipper, visit the Heinz Memorial Chapel, the Phipps Conservatory & Botanical Gardens reveling in gorgeous spring blossoms, and learn about your heritage in the Nationality Rooms at the UPA Cathedral of Learning. Plus, a guided tour of Frank Lloyd Wright's iconic Falling Water. Cost covers 2 night's accommodations, 2 breakfasts, 2 dinners, entrance fees, transportation, baggage handling, and driver's/step-on-guide tips. Fliers and trip insurance information available at the Center. **Questions? Contact Sandy Gaudet, 540-373-6999, [slgaudet@verizon.net](mailto:slgaudet@verizon.net)**

### 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? Joan Leavitt 540-371-4313**

### Dominion Raceway Stock Car Racing

**Saturday • May 11 • 7pm – 10pm • \$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 court. 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](http://www.dominionraceway.com).

**Questions? Susan Smart, [susansmart45@hotmail.com](mailto:susansmart45@hotmail.com)**

### SAVE THE DATE:

#### Myrtle Beach Spectacular

**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**