

The Week at Fuller Village

August 20th – August 26th



Monday, August 20th:

The Pool is open for Open Swim from 8:00am – 12:30pm.

The Fitness Center is open from 8:00am to 5:00pm today.

Join Jen for Walking Club this morning! Walkers will begin in Dorchester along the bike path, walk past Milton Landing, finishing at Coffee Break Café in Milton. Bring a few extra dollars if you would like to reward yourself with a sweet treat or cool off with an iced tea. Wear clothing and shoes appropriate for the weather and temperature, hats & sunscreen are strongly encouraged. Please remember that you should be able to walk unassisted for this excursion for about an hour. You will depart Brush Hill at 8:35am and Blue Hill at 8:45am. Call 617-361-7778 to sign up.

Meet Guiliana for Aqua Zumba at 9:15am in the Pool at Brush Hill.

Blue Hill Wii Players meet at 9:30am in the Activity Room at Blue Hill.

Massage Therapy with Jen Borges is available from 10am – 2pm in the Mind Body Studio at Blue Hill. Call her at 781-664-3761 to schedule an appointment.

News Currents meets at 10:30am in the Coffee/Card Room at Blue Hill this morning.

Join Carol for Floor Yoga at 11:00am in the Fitness Studio at Brush Hill.

Join Jen for Chair Yoga Balance at 11:15am in the Activity Room at Blue Hill.

If you signed up for the Lunch at the Venezia Restaurant, please meet the van at 11:15am from Brush Hill and at 11:25am from Blue Hill.

Join Carol for Chair Yoga at 12:00pm in the Fitness Studio at Brush Hill.

The Pool is open for Family Swim from 12:30pm – 3:30pm.

Bridge players meet from 1:00pm to 3:00pm in the Card Room at Brush Hill.

Blue Hill Knitters meet in the Library at Blue Hill at 2:00pm.

Bocce Players meet at 3:00pm at the Bocce Court at Brush Hill for organized games. Everyone is welcome!

The Pool is open for Resident and Guest Swim from 3:30pm - 5:30pm.

Join Joel Krensky for Team Trivia at 7:00pm in the Card Room at Brush Hill.

Tuesday, August 21st:

The Pool is open for Open Swim from 8:00am to 12:00pm.

The Fitness Center is open from 8:00am to 7:00pm.



Tuesday, August 21st:

The Bank of Canton will hold banking hours in the Dining Room at Blue Hill from 9:00 am to 10:00am and in the Function Room at Brush Hill from 11:00am to 12:00 pm.

If you signed up for the Chestnut Hill Mall trip, please meet the van at 10:00am from Brush Hill and at 10:10am from Blue Hill.

Chair Massage with Jen Borges is now available from 10am – 1pm in the Yoga Studio at Brush Hill. Call her at 781-664-3761 to schedule an appointment or just drop in.

Meet Jen at 10:00am in the Function Room at Brush Hill for Functional Fitness.

Meet Jen at 11:15am in the Activity Room at Blue Hill for Chair Aerobics.

Rich Travers presents *Music from the Academy Awards (1934 to present)* at 1:30pm in the Activity Room at Blue Hill. The Academy Award for Best Original Song is one of the awards given annually to people working in the motion picture industry by the Academy of Motion Pictures and Sciences (AMPAS). It is presented to the songwriters who have composed the best original song written specifically for a film. The songs that are nominated for this award are performed during the ceremony and before this award is presented. In this lecture, we will learn and listen to a variety of the award winning-songs from all ages.

Reverend Martha Swanson will hold Bible Study in the Mind Body Studio at Blue Hill at **2:30pm for this Tuesday only.**

The Bereavement Group with Jennifer Morris of Best of Care will meet at 2:00pm in the Library at Brush Hill.

Cribbage Players meet at 2:00pm in the Parlor at Brush Hill for organized games.

The Pool is open for Resident & Guest Swim from 3:00 – 5:00pm

Cribbage Players meet at 3:00pm in the Activity Room at Blue Hill for organized games.

Pickleball Players meet your coach Lori, at 4:00pm at the Tennis Court at Brush Hill for organized games.

Bingo Players meet at 7:00pm in the Activity Room at Blue Hill this evening.

Wii Sports meets at 7:30pm in the Café at Brush Hill.

Wednesday, August 22nd:

The Pool is open for Open Swim from 8:00am – 12:30pm.

The Fitness Center is open from 8:00am to 5:00pm.

Weights on Wednesdays will be held in the Fitness Center today at 8:50am or 9:50am for the “10 Workout”.

The South Shore Internal Medicine Wellness Clinic at Blue Hill is open today from 9:30am to 12:00 noon on the second floor of the Gordon House.

Water Aerobics with Jen will be held at 10:00am in the Pool.

Floor Yoga with Carol will be held at 11:00am in the Fitness Studio at Brush Hill.



Wednesday, August 22nd:

Billiard Players meet around the Pool Table at Blue Hill at 11:30am for organized games.

Free Blood Pressure Screening by Best of Care will be held in the Blue Hill Library from 11:30 am – 12:30 pm, and in the Brush Hill Library from 1:00 pm – 2:00pm.

For the summer months The Café at Brush Hill will be offering a limited outdoor grill menu every Wednesday and Thursday from 12 noon to 2:00pm rain or shine. Enjoy seasonal favorites: choose from Grilled Hotdogs, a Barbecued Chicken Sandwich, The Fuller Burger or Grilled Italian sausage with Onions and Peppers. Have your lunch outdoors on the patio under our beautiful umbrellas or in the café – both will be open! Call 617-361-7778 to arrange transportation.

Chair Yoga Balance with Carol will be held at 12:00pm in the Fitness Studio at Brush Hill.

The Pool is open for Family Swim from 12:30pm – 3:30pm.

Podiatrist Dr. Joel Chariton D.P.M will be seeing patients in the Wellness Clinic at Blue Hill starting at 1:00pm. Dr. Chariton has been practicing Podiatry in Milton and Randolph for 27 years. After graduating from Brandeis University he attended the New York School of Podiatry in New York and did his residency in New York as well. Upon completion he moved to Boston to open his practice. He is board certified in surgery and has an excellent relationship with the medical community. To book an appointment, please call his office directly at 781-986-3668.

Join Guiliana for Zumba Gold in the Fitness Studio at 3:00pm.

The Pool will be open for Resident and Guest Swim from 3:30pm - 5:30pm.

Rosary is held in the Mind Body Studio on the second floor of the Gordon House at 4:00pm.

Cheap Eats Night at 5:30pm in the Lounge at the Gordon House. This event is sold out. Do not come unless you have already made a reservation.

The Knitters and Sewers will meet in the Card Room at Brush Hill at 7:00pm.

Poker Players meet in the Café at Brush Hill at 7:00pm.

Thursday, August 23rd:

The Pool is open for Open Swim from 8:00am – 12:00pm.

The Fitness Center is open from 8:00am to 7:00pm.

Tennis at 8am at the courts at Brush Hill. Come out to the tennis court for great instruction and fun tennis play. All levels welcome, no sign up necessary.

The Fuller Village Camera Club is going to the Massachusetts Horticultural Society this morning. Carpoolers meet at 9:30am in the Lobby at Brush Hill.

Join Jen for Chair Yoga Balance at 10:00am in the Fitness Studio at Brush Hill.

Tai Chi Class with Arthur Soohoo will be held at 10:00am in the Activity Room at Blue Hill.

Chair Aerobics with Jen will be held in the Activity Room at Blue Hill at 11:15am.



Thursday, August 23rd:

Come to the Café BBQ at the café at Brush Hill from 12:00 to 2:00pm. Call 617-361-7778 to arrange transportation.

The Pool is open for Senior Swim from 1:00pm to 3:00pm.

Crafts with Cindy will be held at 1:30pm in the Activity Room at Blue Hill. Put your personal touch on a Sock Accessory Holder. We will make a protective pouch for your cell phone, eyeglasses or camera. All your materials will be provided. Though this is a free event, it is limited to 8 people. Call 617-361-7778 to sign up.

The Pool will be open for Resident and Guest Swim from 3:00pm to 5:00pm.

A Resident Meeting with Marvin Gordon will be held at 4:00pm in the Function Room at Brush Hill. Marvin Gordon, President of Milton Fuller Housing Corporation, and Chris Heavey, Treasurer, will meet with residents this afternoon at 4:00pm to answer any questions you may have regarding this year's budget. If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

Our final Gazebo Concert will be held this evening and features *Portraits in Jazz* .

A dynamic jazz quintet, *Portrait In Jazz* covers the full spectrum of jazz with songs representing the traditional period of 1920's New Orleans through the Great American Songbook and Blue Note era of the 1940's and 1950's into the gospel-infused tone of the 1960's and right up to present with a good mixture of blues and Latin mixed in. This performance will feature a combination of originals and some of the greatest time-honored classics of the era. If you're a fan of jazz there promises to be something for everyone at this concert! Bring a friend, grandchild or neighbor; these concerts are open to guests. The Men's Group will serve Hot Dogs hot off the grill (served with chips, soda and all the fixings) for \$3.00 pp before the concerts from 5:00pm – 5:30pm. In case of rain, the concerts will be held in the Function Room at Brush Hill.

Friday, August 24th:

The Pool is open for Open Swim from 8:00am – 12:30pm.

The Fitness Center is open from 8:00am – 5:00pm.

Water Aerobics with Jen will be held in the Pool at Brush Hill at 10:00am.

Join clergy from St. Mary of the Hills for Catholic Mass at 10:00am in the Activity Room at Blue Hill.

Join Jen for Chair Aerobics in the Fitness Studio at Brush Hill at 11:45am.

The Pool is open for Family Swim from 12:30pm – 3:30pm.

Dancing with Cris will be held at 12:30pm in the Fitness Studio at Brush Hill.

Scrabble Players meet in the Card Room at Brush Hill at 1:30pm today.

New at Fuller Village! The Spiritual Journey of Aging with Melinda Collins will be held at 2:00pm in the Parlor at Brush Hill. Melinda has studied Spiritual Companionship through the Rowe Spiritual Guidance Program and is a trained facilitator and retreat leader. She will be leading a six-week small group workshop. Join her today to learn more about this opportunity.



Friday, August 24th:

Aging begins the moment we are born. It is our constant companion and shapes our lives in deep and meaningful ways. Sharing our reflections can enrich our experience and relationships and lead to deeper spiritual truth. Together you will explore the richness of aging through Discussion, Readings, Poetry and Art. Try a new spiritual practice or deepen a current practice. At today's meeting we will explore spiritual practices, get to know each other, and choose themes for the six meetings.

The Pool is open for Resident and Guest Swim from 3:30pm – 5:30pm.

Friday Night Services with Rabbi Benjamin Of Congregation Beth Shalom of the Blue Hills will be held at 4:30pm in the Function Room at Brush Hill. Everyone is welcome! Call 617-361-7778 to arrange transportation.

The Fuller Village Lounge at the Gordon House will be open for business this evening from 5:00pm to 7:00pm.

Historian Paolo DiGregorio presents *American Cathedrals: Baseball, Ball Parks, and the Changing Shape of America's Cities* at 6:30pm in the Activity Room at Blue Hill. Baseball has always been associated with summer, sunshine, and America. Though there are many constants that run through the long history of the game, baseball has also reflected changes in American society. The parks and stadiums in which the game has been played have changed dramatically over the past 120 years, mirroring, in many ways, the changing shape of our cities. This lecture will explore the relationship between society, stadiums, and baseball.

Cribbage Players meet in the Card Room at Brush Hill at 7:00pm.

Saturday, August 25th:

The Pool is open for Open Swim from 9:00am – 11:00am and for Family Swim from 11:00am – 1:00pm.

The Fitness Center is open 8:00am – 12:00pm.

Join Jen for the Senior Ballerina Class at 10:30am in the Fitness Studio.

Discover Curiosity Stream at 2:00pm in the Library at Brush Hill and in the Coffee/Card Room at Blue Hill. Today's program is Chiefs: These films brings to life the power, spirit and mystery of the leaders of First Nations, and separates the myths from the men and battles. Today's episode is *The Trial of Poundmaker*. Known as a peacemaker and defender of his people, Poundmaker surrendered after Canadian forces attacked his camp in 1885 in response to an uprising. His story is told through interviews with Poundmaker's descendants, reenactments and archival images.

Sunday, August 26th:

The Fitness Center at Brush Hill will be open from 10am-2pm.

The Pool is open for Open swim for residents from 10:00am - 11:00am.

The Pool is open for Family swim for residents and their families from 11:00am – 1:00pm.

The Pool is open for Resident & Guest swim for guests age 16 or older from 1:00pm – 2:00pm.

Back by popular demand! The Peter Smith Trio will perform at 7:00pm in the Function Room at Brush Hill. The Peter Smith Trio, featuring Jeff Williams on piano, John Hagerty on acoustic bass and Peter Smith on vocals, performs the songs of the *Great American Songbook*. For the past decade, the trio has been a fixture in the Boston area playing at various hotels, restaurants and private functions. The trio's program includes many of the best-known songs from the Golden Age of music including compositions by *Cole Porter, Rogers and Hart, Jerome Kern* and *George and Ira Gershwin*. Smith is equally adept at swinging the classics, such *Fly Me To The Moon* and *I've Got You Under My Skin* as he is delivering the powerfully emotive *How Do You Keep The Music Playing* and *Louis Armstrong's What A Wonderful World*. Backed by the immensely-talented Jeff Williams on Piano and the sweet-swinging John Hagerty on bass, the trio is a must see if you enjoy the songs of *Frank Sinatra, Tony Bennett* and *Nat King Cole*. They may even surprise you with a little *Elvis* every now and again.



ZINNIA ANNUA
(ZINNIA ELEGANS)