

# The Week at Fuller Village

## August 27<sup>th</sup> – September 2<sup>nd</sup>



### **Monday, August 27<sup>th</sup>:**

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

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

**The Fuller Village Walking Club will do an on-campus walk starting at 8:35am.** Join the group as they walk along the footpaths of our own, beautiful Fuller Village campus. We will leave out the front door of Brush Hill at 8:35am, take 2 loops around the Brush Hill campus, then head up the Service road for 2 loops around Blue Hill. The walk will complete back at the back patio at Brush Hill. This is a great walk for anyone who might only want to walk a shorter distance, leaving from out your entrance, or even your front door! Wear clothing and shoes appropriate for the weather and temperature, hats & sunscreen are strongly encouraged.

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.

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 28<sup>th</sup>:**

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

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

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.



## **Tuesday, August 28<sup>th</sup>:**

**If you signed up for the Taza Chocolate Tour, please meet the van at 9:30am from Brush Hill and at 9:40am 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 Cheryl at 10:00am in the Function Room at Brush Hill for Functional Fitness.

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

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

Reverend Martha Swanson will hold Bible Study in the Mind Body Studio at Blue Hill at 2:00pm this afternoon.

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 with Lori meet at 4:00pm at the Tennis Court at Brush Hill for organized games.**

**Come to the Patio Dinner at Brush Hill at 5:30pm where you will enjoy a Caesar Salad, Fresh Fried Whole Belly Clams served with French Fries and Coleslaw followed by Rainbow Sherbet.** Reservations are required. We still have a few seats left – call 617-361-7900 to make your reservation.

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 29<sup>th</sup>:**

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.

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



### Wednesday, August 29<sup>th</sup>:

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.

**This Just In! The August episode of Fuller Talks will be aired at 2:00pm in the Activity Room at Blue Hill and the Function Room at Brush Hill at 2:00pm.** Parking issues around town, a scathing report on Veterans Affairs nursing homes in the region, as well as the fallout from the Trump-Putin summit in Helsinki, Finland, are the topics of the talk on the August edition of “Fuller Talks.” It’s not just paid strategists for either political party on this show, but real people with real opinions. Check in with Pearl, Frank and Tara in this new episode!

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.

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

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.

**Join historian Paolo DiGregorio at 7:00pm in the Function Room at Brush Hill for *Florence, the Medici, and the Birth of the Renaissance*.** The Renaissance was a far-reaching artistic, intellectual, and political movement that shaped the development of the modern world. It was in Florence, Italy, during the late 14th century that the Renaissance was born, and it flourished under the patronage of the Medici family. This lecture tells the story of the city, the family, and the re-imagining of European society.

### Thursday, August 30<sup>th</sup>:

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.

**If you signed up for the Peabody Essex Museum, please meet the van at 9:30am from Brush Hill and at 9:40am from Blue 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 30<sup>th</sup>:**

**Come to the Café BBQ at the Café at Brush Hill from 12:00 to 2:00pm.**

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

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

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

### **Friday, August 31<sup>st</sup>:**

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 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.

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

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

**Back by Popular Demand! Join Gary Landgren for Honky Tonk Piano at 6:30pm in the Activity Room at Blue Hill.** Call 617-361-7778 to arrange transportation.

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

### **Saturday, September 1<sup>st</sup>:**

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 Senior Ballerina at 10:30am in the Fitness Studio at Brush Hill.

**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 *Catalyst* - Australia's premier science news show takes us deeper into the science of now -- and the future. **Today's Episode is *What Facebook Knows About You*.** It's the friendly online tool which lets you share what you're thinking and what you've been up to. It's also the website that unlocks the details of your life and helps turn your thoughts into profits. But how has Facebook changed our world and how we live in it?

### **Sunday, September 2<sup>nd</sup>:**

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.

