

# The Week at Fuller Village

September 3<sup>rd</sup> – September 9<sup>th</sup>



## **Monday, September 3<sup>rd</sup>: Labor Day** **The Office, Café and Pool are Closed**

The Fitness Center is open from 10:00am to 4:00pm today.

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.

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.

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

## **Tuesday, September 4<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.

**If you signed up for the Van to the Polls, 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.

**If you signed up for the Van to the Polls, please meet the van at 2:00pm from Brush Hill and at 2:10pm from Blue Hill.**

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

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.**

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, September 5<sup>th</sup>:**

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

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.

**The Fuller Village Bike Club is biking to Castle Island this morning.** Bikers meet the Van at the back patio at Brush Hill at 9:30am for a ride to the Kennedy Library with your bikes. We will bike from the Kennedy Library out to Castle Island with plenty of time to enjoy the view and have a bite at Sullivan’s. The van can take 7 bikers – please call 617-361-7778 to sign up.

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.

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

**The Fuller Village Chorus will meet at 12:45pm in the Activity Room at Blue Hill for their Fall semester today.** The chorus will be open to new members for the month of September. New members are encouraged to join at this time!

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 - 5:00pm.

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

**The Blue Hill Book Club meets at 4:30pm followed by dinner in the Gordon House Dining Room at 5:30pm.** New members are welcome to attend. The group does book reviews as well as a book of the month. Reservations for dinner are required. Please call Jackie Coffey if planning to attend at 617-364-0477.

The Pool is open for Family Swim from 5:00pm – 7:00pm.

**If you made a reservation for Fish Night at 5:30pm in the Lounge at Blue Hill, you will enjoy a Caesar Salad and make your own Fish Tacos with Spanish Rice and all the fixings.** At the time of printing we had a few spots left. Call 617-361-7900 to make your reservation.

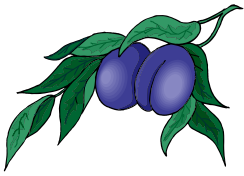
The Knitters and Sewers will meet in the Card Room at Brush Hill at 7:00pm.

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

### **Thursday, September 6<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.



### **Thursday, September 6<sup>th</sup>:**

**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 Twin River Casino, 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.

**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 at 1:30pm in the Activity Room at Blue Hill for *The Wonderful Colors of Autumn*.** Make a beautiful fall decoration for your wall or door with nuts and berries, flowers and leaves. All you need to create your Fall Door Hanging will be provided. This is a free class limited to 8 people. Please call 617-361-7778 to sign up.

**The Bereavement Group with Best of Care's Jennifer Morris will continue today at 2:00pm in the Library at Brush Hill,**

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, September 7<sup>th</sup>:**

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

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 Father Bennett and celebrate Catholic Mass at 10:00am in the Activity Room at Blue Hill. Call 617-361-7778 to arrange transportation.**

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

*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.

**Join Melinda Collins for Part 2 of *The Spirituality of Aging* at 2:00pm in the Library at Brush Hill.** Sharing reflections can enrich your experience and relationships and lead to deeper spiritual truth. Today's topic is Loneliness - together you will explore the richness of aging through Discussion, Readings, Poetry and Art. Call 617-361-7778 to arrange transportation.

**Art Class with local artist Lee Hoey will be held at 2:30pm in the Café at Brush Hill.** Everyone is welcome.



### **Friday, September 7<sup>th</sup>:**

The Pool is open for Resident and Guest Swim from 3:30pm – 5:00pm.

The Pool is open for Family Swim from 5:00pm – 7:00pm.

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

**Join Pianist Charlie Kanelos at 6:30pm in the Activity Room at Blue Hill.** Charlie is an avid musician with a background in piano, organ, and liturgical music. He's served as youth choir director at Saint Joseph Church in Needham and as organist throughout the years at many local churches as well as entertaining folks at events and parties.

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

### **Saturday, September 8<sup>th</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 Jack Goldstein for a Technology Outreach this morning starting at 10am in the Function Room at Brush Hill.** An 11<sup>th</sup> grader at Sharon High, Jack is also Brush Hill resident Lois Wasserman's grandson! Make an appointment and get help navigating your cell phone, iPhone, laptop computer, iPad, tablet, Nook or Kindle. Can't figure out how to open a text message or send one? Want a refresher in emailing? Want to connect to the internet but not sure how to do it? Want to buy a book to read on your Kindle? Can't find that really interesting App you just heard about and don't know where to look? Want to watch a movie on your iPad? This is your chance to ask the questions today that you usually save for your grandchildren! Please keep in mind that he may not be able to answer every question but will be able to take care of many of them! No question is too big or too small. Please call 617-361-7778 to schedule a 30-minute appointment with Jack

**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 *Catalyst – The A.I Race*. Explore how Artificial Intelligence will change your job as new research shows how much of what you do could be done by robots. From truckers to lawyers & doctors, we bring affected workers face to face with AI experts. How can we prepare for the coming changes to the world economy?

### **Sunday, September 9<sup>th</sup>:**

#### **First Night of Rosh Hashana**

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.

