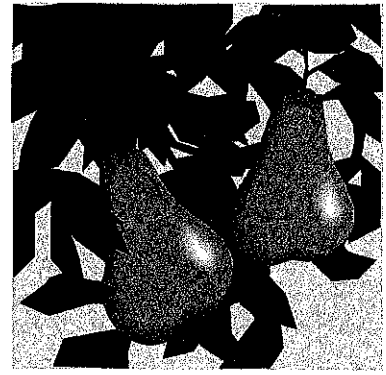


The Week at Fuller Village

September 17th – September 23rd



Monday, September 17th:

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

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

Accessing the Ride with Best of Care will be held at 9:30am am in the Function Room at Brush Hill. Angela Wilson, Best of Care Scheduling Coordinator in our Fuller Village office, will be meeting with any interested resident to discuss the basic eligibility and access of The Ride – an MBTA transportation system. The purpose of the meeting is to answer any questions that the residents may have about accessing and using The Ride. Light refreshments will be served.

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.

If you signed up for South Shore Plaza, please meet the van at 10:00am from Brush Hill and at 10:10am from 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.

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

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

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

Join Kevin Smith, President of Best of Care and his staff, for a Technology Outreach starting at 2:00pm in the Activity Room at Blue Hill. 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 they 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 the folks from Best of Care.



Monday, September 17th:

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 - 5:00pm.

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

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

Tuesday, September 18th:

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 Bike Group Trip to Bristol, Rhode Island, please meet the van at 9:30am at the back patio at Brush 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.

Group Meditation with Andy Kelly will be held at 1:00pm in the Fitness Studio at Brush Hill. Everyone is welcome.

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 with Lori meets 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.

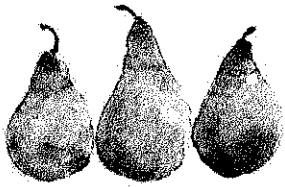
Wednesday, September 19th: Yom Kippur

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.



Congressman Capuano's Staff Schedules Milton Office Hours at Fuller Village: This morning, from 11:00am to 12:00pm, a member of 7th District Rep. Mike Capuano's staff will hold office hours in the **Library at Blue Hill**. Constituents are encouraged to stop by with questions or concerns. Congressman Capuano's staff holds monthly office hours at locations throughout the 7th Congressional District. A staffer will be at Fuller Village on the third Tuesday of every month, from 11:00am to 12:00pm. "If you have an issue you would like to discuss, please feel free to stop by our office hours.

If this is not convenient for you, please contact our office at (617) 621-6208 to make other arrangements," stated Rep. Capuano.

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. The chorus will be open to new members for the month of September. New members are encouraged to join at this time!

John Clark presents *The History of 1950s Music – Rhythm & Blues* at 3:00pm in the Activity Room at Blue Hill. Your program begins with a brief survey of "race music" in the late 40's and early 50's (including jump blues, urban blues and doo-wop by the likes of Louis Jordan, Joe Turner, Howlin' Wolf, Muddy Waters, Hank Ballard, the Dominoes, the Orioles and many more) and the emergence of gospel-based black artists like Ray Charles, Little Richard, James Brown, Sam Cooke and Jackie Wilson into the mainstream. Don't forget Fats Domino!

The Caring Committee will not be meeting this afternoon. We wish all our Fuller Village friends and neighbors a very Happy and Healthy year.

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.

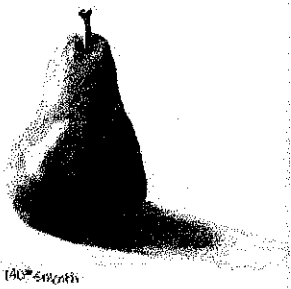
The Pool is open for Family Swim from 5:00pm – 7:00pm.

If you made reservations for Beef Nacho Night at 5:30pm in the Lounge at the Gordon House, you will enjoy homemade beef nachos with all the accompaniments. Reservations are required – call 617-361-7900 to make yours.

Reader's Theatre will not be held tonight. It will begin next week at 7:00pm in the Function Room at Brush Hill.

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 20th:

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

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

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

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.

If you signed up for the Guided Tour of Casanova's Europe at the Museum of Fine Arts, please meet the van at 10:00am from Brush Hill and at 10:10am from 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.

The Camera Club at Fuller Village meets at 1:00pm in the Library at Brush Hill.

Do you like to take photographs on your phone or camera? Join other amateur photographers at 1:00pm in the Library at Brush Hill. No experience or expertise is necessary – just an enjoyment of getting outside and taking pictures. Everyone is welcome!

Join Deborah Felton and her management team for *Welcome to Fuller* at 1:30pm in the Function Room at Brush Hill. Come and learn about all that Fuller Village has to offer – questions welcomed! Call 617-361-7778 to arrange transportation.

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.

Historian Paolo DiGregorio presents *The Creation of the American Century: The Global Emergence of the US, 1890-1919* at 7:00pm in the Function Room at Brush Hill. The decades around the turn of the 20th century witnessed the rise of the United States as a global power. From expansion overseas to domestic economic growth, the US became one of the leading powers in the world. This lecture examines many of the events and characters that fueled this growth and laid the foundation for the American Century.

Friday, September 21st:

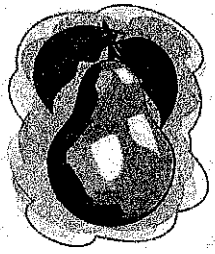
The Pool is open for Open Swim from 8:00am – 12:00pm.

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.

Father Bennett of St. Mary's of the Hills will celebrate Catholic Mass at 10:00am in the Activity Room at Blue Hill. Everyone is welcome.

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



Friday, September 21st:

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 Judy Pare of the Massachusetts State Nursing Association (and Rita Agnes's daughter) for *Nursing & Health Policy in the Commonwealth:*

***Celebrating our Past, Present & Future* at 2:00 pm in the Function Room at**

Brush Hill. The Massachusetts State Nurses Association was founded during meeting of 300 graduate nurses at Faneuil Hall on February 26, 1903. Its purpose was first, to secure legislation for the protection of the nursing profession for the benefit of the public, the physician and the nurse by creating a law requiring the registration of nurses; second, to formulate a code of ethics for the nurse of the state; and third, to work for higher standards of nursing practice and a uniform curriculum in nurses' education. In celebration of our 115th anniversary as a nursing organization, we are reaching out to the public offering educational topics on nursing and health care. This program is designed to provide attendees with an overview of the history of nursing leaders with the Commonwealth of Massachusetts and beyond. We will take a look at nursing and its leaders yesterday, today, and tomorrow. We will invite participants to join us as health advocates and thought leaders by participating in the writing of a health policy memo that focuses on a topic that will influence health care for citizens of Massachusetts.

Join local artist Lee Hoey at 2:30pm in the Café at Brush Hill for group painting and instructions. These free lessons are open to all.

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

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. If you would like to attend and need a ride, call 617-361-7778.

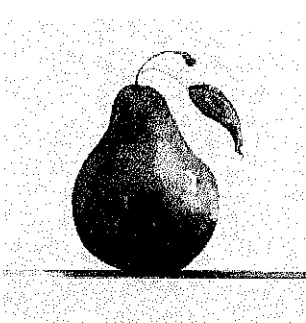
The Pool is open for Family Swim from 5:00pm – 7:00pm.

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

Join Kenny Morell, a Berklee College of Music trained Pianist at 6:30pm in the Activity Room at Blue Hill for an entertaining hour! For over 40 years he has performed with some of the most successful cover bands in New England. In 2005 he started his solo career singing and playing the piano. His repertoire includes songs from the turn of the 20th century thru the Big Band era into the 50's, 60's, 70's, 80's and beyond. His passion is performing music and guaranteed to make you reminisce and smile.

Today the Blue Hill Observatory is holding a full day of events to commemorate the 80th anniversary of the 1938 Hurricane. As part of the lineup of event, Dr. William E Minsinger will give a presentation on the 1938 Hurricane tonight, at 7pm in the Function Room at Brush Hill. Dr William E Minsinger authored the book *The 1938 Hurricane – an Historical and Pictorial Summary* in 1988. This event is open to all residents at Fuller Village free of charge.

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



Saturday, September 22nd:

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 Catalyst: *Meditation: Can it Change You?* Reporter Dr. Graham Phillips examines the effects of meditation in his own life, and the medical evidence of how it affects those who practice it. Can meditation literally make your brain younger?

Sunday, September 23rd:

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

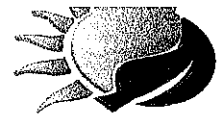
The Pool is open for Open swim for residents from 10:00am - 11:00am.

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.

Sunday Afternoon Movie – Oldies But Goodies at 1:00pm in the Activity Room at Blue Hill. This Sunday's movie is *Arabian Nights* with John Hall, Maria Montez and Sabu. Thanks to Blue Hill resident Gerry Blake for arranging!

New England Banjo Orchestra will perform at 7:00pm in the Function Room at Brush Hill. The New England Banjo Orchestra is an 8-piece orchestra consisting of banjo players and a tuba player. Under the direction of Steve Caddick, an elected member of the Banjo Hall of Fame, the orchestra plays a wide variety of music from the 1920's to the 1970's. Everyone is welcome!



Fuller Village Dinner Menu
For the week of
September 17th through September 23rd 2018

Monday

Beef Stew with a biscuit
Baked Herbed Chicken with gravy
Broccoli / Brown rice pilaf

Tuesday

Scallop Stir fry over rice noodles
Beef Tips with caramelized onions
Summer squash and red onion / Mashed potato

Wednesday

Veal Cacciadore over linguine
Chicken Francaise with a lemon butter sauce
Marinated mushroom / Basmati rice pilaf

Thursday

Seared Salmon with dill cream sauce
Meatloaf with a mushroom sauce
Green beans / Mashed potato

Friday

Fried Butterfly Shrimp with a lemon butter
Honey mustard Glazed Beef Brisket
Roasted vegetable / Baked potato

Saturday

Baked Haddock with a panko crumb topping
Chicken Picatta
Peas and pearl onion / Rice pilaf

Sunday

Roast Prime Rib of Beef au jus
Grilled Swordfish with maître d' butter
Butternut squash / Delmonico potato

All Entrees are 17.95 plus tax. which includes an appetizer , beverage, and dessert
Before ordering, please make your server aware of any Food Allergies

Appetizers

A la carte \$ 2.95

Fresh Garden Salad

Fresh Caesar Salad

Chef Selection of the Soup du Jour



Alternative Menu Items

These items are available every evening in addition to the entrée selections

Omelet du Jour

3 Egg omelet with your choice of filling
(cheese, pepper, mushroom, or onion)

Fuller Village Burger

Broiled Beef patty with or without cheese
Served with lettuce, tomato, French fries and a pickle

Hot Pastrami Sandwich

Lean grilled pastrami with swiss cheese,
served on a deli roll with French fries and a pickle

Each of the above items are priced at \$ 9.95 a la carte
A non alcoholic beverage is included with the above selections

Baked Haddock 17.95

Plain Baked Haddock with a hint of lemon, served with the evening side dishes.

Desserts a la carte \$2.95

Chef Selection of the Dessert du jour

Fresh Fruit Cup

Ice Cream

Vanilla, Chocolate, Coffee or Rainbow Sherbet

Sugar Free Jell-O / Sugar Free Strawberry Ice Cream

Top any of your favorite desserts with
raspberry sauce, chocolate sauce, caramel topping, whipped cream, or melba sauce

**Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.
It is also recommended that all ground beef be cooked to a minimum temperature of 155 degrees F**

Beef Nacho Night



**On Wednesday September 19th the Blue Hill
Lounge will be offering
“Beef Nacho Night”**

Join us and enjoy some nachos with friends

This will be on a first come, first serve basis. You must make a reservation to enjoy this offering. Seating will be limited to 18 people in the lounge area

Please call 617-361-7900 by Tuesday September 18th

Join Us on September 19th at 5:30 p.m.

We will be serving homemade beef nachos with all the accompaniments.

\$10.95 per person

SATURDAY NIGHT MOVIE 9-15-2018

BRUSH HILL AT 7:00 PM

RBG

Cast: Ruth Bader Ginsburg, Bill Clinton, Sharron Frontiero

The exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon.

BLUE HILL AT 7:00 PM

The Book Club

Cast: Diane Keaton, Jane Fonda, Candice Bergen

Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.



POP UP
SENIOR BALLERINA CLASS

NO TUTU REQUIRED!!

JOIN JEN @ THE BARRE

FRIDAY, SEPTEMBER 14TH

9:15am

CLASS FOCUSES ON
POSTURE, BALANCE, CORE, & MOVEMENT

~CLASS ON SATURDAY, SEPT 15TH IS CANCELLED~

~CLASS ON SATURDAY, SEPT 22ND WILL BE HELD~

We are updating the
Directory of Residents

and will be publishing it in late fall.

Please make sure we have your
up-to-date phone numbers and
email addresses.

*The Resident's Association encourages
you to provide your email address so
that they can share fun events that
happen during the year.*

This Directory is paid for by the
Resident's Association

Please send your information to

jdigiano@fullervillage.org

no later than Friday, September 21st

FALL IN LOVE

with fitness.

Ok, okay...so I know it's not officially autumn yet, and we still (hopefully!) have a few more days of summer when the warm air rushes in, and the sun shines delightfully on our faces. But...whether we want it to happen, or not, fall will come, and we will begin to turn our thoughts towards indoor activities. So, at the risk of jumping ahead, here are some tips to help you think about your fall fitness routine, and maybe even "fall in love with fitness" for the first time, or all over again!

1. **Find Meaning** – In other words, find your "why" that is completely unrelated to how much you weigh or your appearance. Maybe it's the ability to take a trip, or play with your grandchildren, or even just something as simple as a walk down the hallways of Fuller Village.
2. **Raise your Self-Awareness** – Acknowledge your current strength, flexibility, or endurance, and then focus on the immediate mental and physical boosts that you can gain from exercising.
3. **Give Permission to Put Yourself First** – Among many other things, exercise has been proven to reduce stress and increase happiness. So, allow yourself to focus on your own needs even if it's only for 20 minutes a day.
4. **Make a Plan** – Think about all those sneaky excuses that you tell yourself to not exercise, and then consciously remove them from your thoughts. Consider creating small spaces of time (5 minutes here and there) where you can squeeze in a brisk walk, or 15 wall push-ups).
5. **Make a Fitness Friend** – 75% of people are more likely to stick with a plan if they have a friend or fitness community that can hold each other accountable. Find someone who enjoys doing the things that you do (like a class, or walking, or swimming, or lifting weights), and partner up!

6. **Make Time to Rest and Recover** – Ah, yes, a little R&R goes a long way. You will feel better when you exercise and be able to perform better when you've given your body a chance to rest. Be sure to get plenty of sleep, as it's when we sleep that our bodies repair themselves. If you are not sleeping well, talk to your doctor about it, they can help.
7. **Find Movement that You Enjoy** – While it's important to incorporate strength training and cardiovascular training in any program, your primary mode of exercise should be something that you love doing. You won't stick with something that does not bring a smile to your face. Don't torture yourself with activities that you don't enjoy!
8. **Start Small** – if you are new to fitness, or returning after a long break, be sure to get clearance from your doctor first. Then, start small and work up to longer stretches. Begin with 5 or 10 minutes and build consistently from that point.
9. **Gear Up** – Maybe it's superficial, but sometimes the right clothing and gear can motivate you to move. Bright colors can boost your mood too, so even if you really aren't in the mood to exercise, sometimes just putting on the outfit will get you at least halfway there.
10. **Circle an Exact Date on the Calendar to Begin** – Pick up your red pen and circle a date not too far in the future. This date should not be "floating date" but a day and time that you know you can commit to. Then, tell a friend about it. Telling someone makes it real, and you will be more likely to stick to it.



QuotesPics.net

**STAY TUNED FOR THE OCTOBER WELLNESS
BINGO CHALLENGE!**