

The Week at Fuller Village

September 24th – September 30th



Monday, September 24th:

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

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

The Fuller Village Walking Club explores the Neponset River Greenway this morning.

Walkers will begin in Dorchester along the bike path, walk past Milton Landing, finishing at the Coffee Break Café in Milton. Bring a few extra dollars if you would like to reward yourself with a sweet treat or coffee. You should be able to walk unassisted for about an hour to participate in today's excursion. The van departs 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.

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.

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

Join Milton Library Director Will Adameczyk at 2:00pm in the Library at Brush Hill to discuss *Margert Fuller* by Megan Marshall. Please remember to bring your book with you, so we can return them to the Library. If you are unable to attend and have a book, please return it to Lisa before today's meeting. If you would like to read October's selection, *Lizzie Borden: The Legend, The Truth, The Final Chapter* by Arnold Brown please stop by this afternoon to pick up the book. If you cannot make it to today's Club meeting and would like a copy, contact Lisa at 617-361-2116.

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 25th:

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 Guided Tour of the Forest Hill Cemetery, please meet the van at 10:00am at Brush Hill and at 10:10am at 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.

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

Rich Travers presents *Opera Verdi* at 1:30pm in the Function Room at Brush Hill.

Giuseppe Verdi was an Italian Romantic composer primarily known for his operas. He is considered, with Richard Wagner, the preeminent opera composer of the 19th century. Verdi dominated the Italian opera scene after the eras of Bellini, Donizetti and Rossini. His works are frequently performed in opera houses throughout the world. This lecture includes scenes from Aida, Macbeth, Rigoletto, La Traviata and Nabucco.

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 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 26th:

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.

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



Wednesday, September 26th:

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!

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

Beth Israel Hospital – Milton presents An Update of Surgical Services with Dr. Souheil Adra at 2:00pm in the Function Room at Brush Hill. Dr. Adra is Medical Director of Metabolic and Bariatric Surgery at BID – Milton. He is also Chief of Harvard Medical Faculty Physicians Surgery at the hospital. In addition to being on the BID- Milton medical staff, Dr. Adra is also an instructor in surgery at Harvard Medical School. Dr. Adra is a member of Harvard Medical Faculty Physicians and BIDMC. Join him this afternoon for an update on all Surgical Services at our local hospital.

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.

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

The Fall 2018 Readers Theatre with Director Frank Moffett begins this evening at 7:00pm in the Function Room at Brush Hill. The Readers Theatre Class is a six-week group program intended for participants who are interested in literature and the stage without the need of memorizing lines. Actors use only vocal expression to help understand the story rather than depending on sets, costumes, intricate blocking, and movement. Participants will assume various speaking roles, usually one reader for each speaking character. They will also use improvisation and pantomime to help develop acting skills. Your instructor Frank Moffett, was the founder of the North Quincy Community Theatre, is both Business Manager and on the Board of Directors for the Milton Players, and is an instructor at Curry College teaching Acting and Technical Theatre. He has over 20



years' experience as a Director for a number of local productions. No experience is necessary - Everyone is welcome!

Wednesday, September 26th:

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 27th:

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.

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.

New Class at Fuller Village! Kindfulness: Learning To Cultivate a Kind Mind and Open Heart. Enjoy an autumn afternoon class with Tara Cousineau, PhD, psychologist, meditation teacher and local author of *The Kindness Cure: How the Science of Compassion Can Heal Your Heart and Your World*. You will explore cultivating well-being in the same way you can train your bodies to be healthier and more resilient. This introductory series will include teachings on simple meditation practices as well as discussions on the science of self-transformation and the cultivation of well-being. Each 45-minute class is structured with a short intro and meditation, a group activity or discussion, and a closing practice. For optimal experience, try to attend all 4 sessions. You learn best when working with others. By engaging as a small group, you and other participants will learn not only from the instructor but also from the rich field of each other's experience. The classes will be held at 2:00pm in the Library at Brush Hill starting today and continuing on October 4, 11, and 18. Today's class is *Establishing a Daily Ritual*. In this class you'll start with the basics: how to establish a practice right where we are. We'll continue by learning how to cultivate and develop the foundational practice of kindness of breathing. As we begin to explore kindness, it may be helpful to start with a definition. Kindness is paying attention to the present moment with heart. With as little as 5-minute twice a day, you will begin to establish a healthy habit of kindness.

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

Come to Pub Night with *The Swing Fever Band* at 6:30pm in the Function Room at Brush Hill Get ready to dance to the music of George Gershwin, Cole Porter, Richard Rodgers, Duke Ellington, and many more. You are sure to enjoy tonight's band, The Swing Fever Trio, with keyboardist/vocalist Steve Rudolph. Steve has performed for over 45 years both in the U.S. and Europe. He is accompanied by Bill on saxophone and Alan Trebat on drums, both fixtures in the New England music scene for many years. There will be a bartender on hand to mix your favorite cocktails (which you can charge to your account) and there will be plenty of free appetizers for you



as well. Leave your car at home and let us do the driving! Call 617-361-7778 to arrange a ride to and from the event.

Friday, September 28th:

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 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.

The Great Decisions Film *America's Defense Strategy* will be shown at 2:00pm in the Function Room at Brush Hill followed by a facilitated discussion in the Parlor. How does the military function in today's shifting international order and what role should diplomacy play in the US defense strategy?

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.

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.

Historian Paolo DiGregorio presents *The Sachem and the Pilgrims: Massasoit, the Wampanoags, and the Rise and Fall of the Plymouth Colony* at 6:30pm in the Activity Room at Blue Hill. - When the Mayflower carried the Pilgrims into Plymouth Harbor in 1620, they were venturing into an unknown world, one in which they were ill-suited to survive. Yet, through the goodwill and friendship of the Wampanoag sachem Massasoit, Plymouth did survive. For nearly half a century, the peaceful relationship created in the 1620s remained intact. But as a new generation of leaders emerged, both in Plymouth and among the Wampanoags, the friendship deteriorated, and the fates of both peoples would be shaped.

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

Saturday, September 29th:

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 – 1:00pm.

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 *Battery Powered Homes* There's a power revolution heading for our homes – a device that allows you to take power into your own hands. It starts with batteries, home batteries, and they've been called the holy grail of renewables – the key to the transition away from fossil fuels.



Sunday, September 30th:

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.

Bingo with Curry College is back at 12:30 pm in the Activity Room at Blue Hill

Join Curry College students for a lively afternoon of Bingo – you'll have the opportunity to win some fantastic prizes! Hot coffee and delicious goodies will be served as well. The students are hoping for a crowd! Please stop in and say hello to our neighbors next door. This is a free event – everyone is welcome!

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

Join Will McMillan and Joe Reid for *When You Wish Upon A Star: Songs from the Disney Era* 7:00pm in the Function Room at Brush Hill. Walt Disney (born Walter Elias Disney on December 5, 1901 in Chicago, Illinois) oversaw the production of some of the most beloved movies of the 20th century — for which many great songs were written. Jazz pianist Joe Reid and singer Will McMillan will share an hour-long program of music from Disney films made between 1933 to 1964 — including *Snow White and the Seven Dwarfs*, *Lady and The Tramp*, *Pinocchio*, *Peter Pan*, *Dumbo*, *The Aristocats*, and *Mary Poppins* — as well as a few stories about how certain songs came to be created. Enjoy favorites such as "Zip-a-Dee-Doo-Dah," "Whistle While You Work," "He's A Tramp," "Baby Mine," "A Spoonful of Sugar," "A Dream Is A Wish Your Heart Makes," "Who's Afraid Of The Big Bad Wolf," "The Second Star To The Right," and "Everybody Wants to be A Cat."

Join Rabbi Benjamin of Congregation Beth Shalom of the Blue Hills for Jewish Services at 7:45pm in the Activity Room at Blue Hill.