

# The Week at Fuller Village

October 15<sup>th</sup> – October 21<sup>st</sup>



## **Monday, October 15<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 today.

Aqua Zumba at 9:15am in the Pool at Brush Hill is **Cancelled**.

**Join Jen for Walking Club this morning.** Let's take one last stroll along the Neponset River. We will walk 2 paved miles around Pope John Paul Park, hopefully seeing some early fall foliage. Wear clothing and shoes appropriate for the weather and temperature, layers and hats 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 reserve your spot.

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.

Reverend Martha Swanson will hold Bible Study in the Library Room in the Dining Room at Blue Hill at 11:30am this morning.

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 John Clark for the *History of 1950s Music: Jazz*** at 3:00pm in the Activity Room at Blue Hill.

The tail-end of the 1940s marked the death of big bands, the beginnings of be-bop and the birth of cool jazz. The fifties birthed and developed a variety of jazz subgenres and Miles Davis was a catalytic figure for many of them (bandleader for landmark *Birth of the Cool*). Important musicians from the cool school were Gerry Mulligan, Dave Brubeck and the Modern Jazz Quartet. In addition to Miles, the hard boppers included Sonny Rollins, Clifford Brown, Horace Silver and Cannonball Adderly. *Kind of Blue*'s modal jazz (Miles again!) was the decade's best-selling album and helped launch the solo career of John Coltrane. Thelonious Monk and Charles Mingus almost defied categorization and Ornette Coleman's free jazz challenged everyone. All in all, a fascinating decade for jazz.

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

### Monday, October 15<sup>th</sup>:

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.

**This Just In! A new episode of Fuller Talks will be shown at 7:00pm in the Coffee Room at Blue Hill this evening.** This month on “Fuller Talks,” the panel weighs the cost-benefit of building a new youth center versus creatively using

existing spaces, discusses the possibility of the town shifting its top financial officer position from one that it directly elected to one that is appointed by town officials, raises questions about aging infrastructure in light of the gas line explosions in Lawrence and surrounding towns, reports on an aquatic invasion by aggressive Canadian crabs, as well as looks at other topics. Stay tuned after the show for a special behind-the-scenes interview with the stars of "Fuller Talks."

### Tuesday, October 16<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.

**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.

**Men’s Club Luncheon at Novara in East Milton Square – Lunch is on your own.** Novara rivals the quality and authenticity of Boston’s North End restaurants in a suburban setting while remaining a casual neighborhood bar and restaurant. The culinary team is led by Executive Chef Anthony DeRienzo who incorporates elements of his Italian heritage in a menu that is appealing and approachable. You will depart Brush Hill at 11:30am and Blue Hill at 11:40am. This trip is for men only and is unescorted. We will drop you at the Novara for your 12-noon reservation and will return to pick you up at the end of lunch. Please call 617-361-7778 to sign up.

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

**The Bereavement Group with Best of Care’s Jennifer Morris will continue today 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.

**The Red Hats welcome Judy Pare at 3:00pm in the Function Room at Brush Hill. She will present a program on Rural Nursing.** Judith Pare joined the Massachusetts Nurses Association (MNA) in May 2017 as the Director of Nursing Education/Workforce Quality and Safety. In 2014, Judith earned the Doctorate of Philosophy in the field of Nursing Education Capella University.



## **Tuesday, October 16<sup>th</sup>:**

Prior to joining the MNA, she was Dean of the School of Nursing and Behavioral Sciences at Becker College in Worcester, Massachusetts. She is an experienced educator in academic and continuing education settings.

Judith is a member of many nursing organizations and devotes much of her time as an advocate for the Rural Nurse Organization. Her research areas of expertise in rural health care and specifically the lived experiences of the

rural generalist. Judith is a published author and a national speaker in the field of rural nursing. Her recent writings include: *Understanding the Lived Experiences of the Rural Bedside Nurse*. (2018). Judith is Rita Agnes' daughter. Be sure to bring a pencil or pen to this meeting.

**Pickleball Players meet your coach Lori for a Pickleball Tournament complete with prizes 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, October 17<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”.

**Come to the Birthday Breakfast at 10:00am in the Activity Room at Blue Hill.** We are celebrating October birthdays with fresh fruit, hot coffee and assorted pastries thanks to a generous donation from the Bank of Canton. Everyone is welcome whether it is your birthday or not- we need you to sing!

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.

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

**The Fuller Village Chorus meets for rehearsal at 12:45pm in the Activity Room at Blue Hill.**

The Chorus is closed for the fall semester.

**Margaret Yamamoto presents *Justice Denied: A Personal Perspective* at 2:00pm in the Function Room at Brush Hill.** *Justice Denied* tells the story of the Japanese incarceration during World War II as seen through the eyes of a Japanese American family. It follows their passage from immigration in the 1890s through imprisonment during the war years, and documents how they rebuilt their lives thereafter. The 45-minute PowerPoint presentation is richly illustrated with family



### **Wednesday, October 17<sup>th</sup>:**

and historic WWII photographs, many of the latter obtained from U.S. government archives. Beyond describing the WWII experiences of a single family, the talk focuses on the plight of the 120,000 Japanese, two-thirds of them American citizens, who were imprisoned, sometimes for years, by a Presidential order deemed by many then and now to be in violation of the United States Constitution. The speaker, Margaret

Yamamoto, is a member of the family featured in the presentation and was incarcerated at the age of two months. Margie has addressed many audiences on this subject, providing a historical summary of its events and relating their consequences to the personal experiences of her family as it coped with incarceration and subsequent return to a normal life.

**Join the Fuller Village Caring Committee, today at 3:00pm in the Parlor at Brush Hill -** The Caring Committee invites you to join their monthly meetings and share in their conversations about *Healthy Aging Issues*. At their meetings they disseminate information about advances in aging research and foster awareness of those issues promoting healthy, happy, active years. Everyone is welcome! If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

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 2018 Gardener's Dinner will be held at 6:00pm in the Dining Room at the Gordon House.**

**The Fall 2018 Readers Theatre with Director Frank Moffett continues 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.

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, October 18<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 Players meet 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.

**If you signed up for the Driving Foliage Tour of the Blue Hills, please meet the van at 10:30am from Brush Hill and at 10:40am from Blue Hill.**

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



### **Thursday, October 18<sup>th</sup>:**

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.

**If you are registered for Elliot PT's Fall Prevention Series**, please meet in the Fitness Center at Brush Hill at 12:30pm.

**The Camera Club 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!

**Crafts with Cindy will be held at 1:30pm in the Activity Room at Blue Hill.** Join Cindy and make a decorative Owl Doorhanger that is stuffed with cinnamon and cloves. Fill any room with the scent of fall! All the materials you need will be provided. This is a free class that is limited to 8 people. Call 617-361-7778 to sign up.

**Part IV of the Kindfulness Class with Dr. Tara Cousineau will be held at 2:00pm in the Library at Brush Hill. Today's class is *The Art of Loving Kindness*.** By this time you will have acquired a stable foundation of kindness you've been building and learn how to deliberately cultivate loving-kindness and self-compassion. We'll touch on our capacity for bringing an openhearted presence to daily living, and then we'll learn how to carry the gifts we've been cultivating into the world.

**If you signed up for the Fish Night at 5:30pm in the Lounge at the Gordon House you will enjoy** a Caesar Salad, Broiled Fresh Scallops with lemon butter, Baked Potato and Vegetable & dessert du jour.

**This Just In! A new episode of Fuller Talks will be shown at 7:00pm in the Function Room at Brush Hill this evening.** This month on "Fuller Talks," the panel weighs the cost-benefit of building a new youth center versus creatively using existing spaces, discusses the possibility of the town shifting its top financial officer position from one that is directly elected to one that is appointed by town officials, raises questions about aging infrastructure in light of the gas line explosions in Lawrence and surrounding towns, reports on an aquatic invasion by aggressive Canadian crabs, as well as looks at other topics. Stay tuned after the show for a special behind-the-scenes interview with the stars of "Fuller Talks."

### **Friday, October 19<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 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.



**Friday, October 19<sup>th</sup>: This Just In! The Yale Society of Orpheus and Bacchus will perform at 1:00pm in the Function Room at Brush Hill.**

They are the second-longest-running collegiate a cappella group in the nation. With a repertoire spanning more than seven decades that includes traditional, jazz, blues, rock and roll, and original compositions,

they pride ourselves on injecting a healthy dose of comedy into each performance to make each concert engaging and unique. They have brought their unique blend of showmanship all around the nation and the globe: from the White House to the shores of Aruba to the Pushkin Museum in Moscow. Their blend of musical excellence, spontaneity, and laughter has kept audiences around the world entertained for 80 years and promises to continue to do so for decades to come.

***A Fuller Heart Spirituality Group will meet in the Library at Brush Hill at 2:00pm***

From daily living – to momentous occasions – to life’s turning points, living deeply is one of life’s greatest gifts, and sometimes, challenges. When we listen deeply and others listen to us, our hearts find new joy, wisdom, and meaning. Bring the fullness of life’s beauty and truth alive within you by reflecting on your heart’s journey with other Fuller Residents. Your Small Group Facilitator is Melinda Collins. She hopes you will join this small group as you explore the deeply meaningful journey of the heart. She has studied Spiritual Companionship through the Rowe Spiritual Guidance Program and is a trained facilitator and retreat leader.

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.

**The Lifelong Learning committee presents *War on The EPA* at 6:30pm in the Activity Room at Blue Hill.** How did Scott Pruitt go from fighting the EPA to running the agency and rolling back years of policy? In this gripping documentary, FRONTLINE investigates the conservative political forces and causes, like climate change skepticism, that propelled Pruitt’s takeover of the EPA. With access to key players on all sides of the issue, the film traces how the fossil fuel industry fought back against Obama-era regulations with the help of a “strike force” of industry-funded state attorneys general, led by Pruitt. It also explores how Pruitt – a former state senator and minor league baseball team owner – came to political prominence first in Oklahoma and then in Washington, D.C. by pledging to fight federal environmental regulations, and defend the oil and gas industries.

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

**Saturday, October 20<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 – 1:00pm.

**Join Jack Goldstein for a Technology Outreach this morning starting at 10am in the Card Room at Brush Hill.** A 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

## **Saturday, October 20<sup>th</sup>:**

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.**

**This Just In! Join Milton Academy student Matt Bower at 2:00pm in the Activity Room at Blue Hill for Cribbage or Card Games.** Matt is a Milton Academy student in the 11th grade who loves playing cards with his grandparents. They live in Michigan, so he can't play with them as much as he would like. He enjoys playing cribbage, euchre, poker, plus more and would be open to play any sort of card game that you know how to play. Please stop in and introduce yourselves. Matt is hoping to come once a month if the interest is there.

**Discover The Curiosity Stream at 2:00pm in the Library at Brush Hill and in the Coffee/Card Room at Blue Hill.** Today's program is *Dream the Future: Medicine of the Future*. This episode will reveal how medicine in 2050 will be perfectly targeted and adapted to the individual as well as accessible to everyone. Just as science fiction already imagined, medicine in 2050 will be reparative and regenerative.

**Come to the Saturday Night Movie at 7:00pm in the Function Room at Brush Hill and in the Activity Room at Blue Hill.**

## **Sunday, October 21<sup>st</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.

**The Sunday Afternoon Movie will be shown at 1:00pm in the Activity Room at Blue Hill.**

Today's movie is *Anastasia* with Ingrid Bergman.

**Join Kenny Morrell, a Berklee College of Music trained Pianist at 7:00pm in the Function Room at Brush Hill.** 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.



## **Blue Hill Library News**

The Blue Hill Library has recently displayed the following new books for our resident's perusal:

Fear by Bob Woodward

The Alice Network by Kate Quinn

Big Game, NFL in Danerous Times by Mark Leibovich

The Breakers by Marcia Muller Russian Roulette by Isonkoff & corn

To Die But Once by Jacqueline Winspear

Where the Crowdads Sing by Delia Owens

Other books of interest are James Comey's new book A Higher Loyalty and

Patterson and Bill Clinton's new book The President is Missing

The Residents' Association provides funding for our library and a thank you also to people who donate their own books, especially Harriet Rosen and Ed Duffy. We welcome suggestions for book purchases; a small box is on a shelf near our large print books for any recommendations.

Come and enjoy our many and varied book offerings for you to borrow. We also have a limited number of audio books (a CD player is required) and are able to obtain many more if they prove to be popular.

### **The Men's Poker Club is looking for additional players.**

We play on Tuesday evenings from 7:00pm to 9:00pm in the Card Room at Brush Hill. Drop by on a Tuesday night or call Ray at 617-909-4727.

## **The Residents' Association Corner**

### **2018-2019 Residents' Association Board**

**President** - Peg Riley

**Vice President** - Jane Bent

**Secretary** - Jeanne Bronk

**Treasurer** - Bob Gorfinkle

### **Blue Hill Representatives**

**Villas** - Cheryl Manoli and Roz Vineberg

**Foster** - Paul Deschenes and Roz Spigel

**Depoyan** - Gerry Blake and Gladys Hampton

### **Brush Hill Representatives**

**A/B** - Lois Wasserman

**C/D** - Anne Underwood

**A/B/C/D at large** - Myrtle Flight

**E/F** - Sara Moyer

**G/H** - Mike Balfe

**E/F/G/H at large** - Peter Roos



