

The Week at Fuller Village

October 29th – November 4th



Monday, October 29th:

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

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

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.

Come to the Library Book Club at 2:00pm in the Library at Blue Hill. Join Will this afternoon to discuss *Lizzie Borden: The Legend, The Truth, The Final Chapter* by Arnold Brown. 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 *Rascal King* by Jack Beatty, 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.

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, October 30th:

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.



Tuesday, October 30th:

If you signed up for the Lunch at Not Your Average Joe's, please meet the van at 11:45am from Brush Hill and at 11:55am from Blue Hill.

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

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

Take the Van to Milton Town Hall for early voting in the November elections. We will depart Brush Hill at 3:00pm and Blue Hill at 3:10pm. You must call 617-361-7778 to sign up ahead of time.

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.

Paolo DiGregorio presents *Baroque Rome* at 7:00pm in the Function Room at Brush Hill.

During the 16th and 17th centuries, Rome, the Eternal City, underwent a tremendous physical transformation, as architects, sculptures, and artists decorated the city with countless churches, palazzi, and fountains. This talk will tell the rollicking, often violent, story of the characters and personalities that shaped Baroque Rome.

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 31st:

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.

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.

Curry College Professor Grant Burrier presents *The Perils of Populism: Lessons from Latin America Part 1* at 2:00pm in the Function Room at Brush Hill. What is populism and what does it mean for democracy? This presentation highlights a century of populism in Latin America,



Wednesday, October 31st:

surveying three different populists waves: classical (1930s-1950s), neoliberal (1980s-1990s), and Bolivarian (2000s-2010s). While populism appears on the right- and left-wing of the political spectrum, they share common characteristics and develop a highly-personalistic and charismatic type of leadership. We will discuss populism's history and its long-term effect on democratic institutions.

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.

This Just In! The Witches Parade will be held at Blue Hill this evening. All Witches (which is anyone that would like to be one) should meet the Head Witch in the Lobby of the Foster Building at Blue Hill at 5:00pm dressed in black to pick up your Halloween Hat. If you have your hat from last year, please bring it with you. Parade instructions and candy to distribute will be provided. Call 617-361-7778 to arrange transportation to Blue Hill.

If you made a reservation you will enjoy a spellbound night at the Gordon House Lounge with the Village Ghouls and Goblins! Call 617-361-7900 to make your reservation.

The Milton Players Preview has been cancelled this evening.

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, November 1st:

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

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

The Fuller Van is going to Frugal Fannie's for a morning of shopping on your own. You will depart Brush Hill at 10:00am and Blue Hill at 10:10am. Call 617-361-7778 to sign up. This is an unescorted trip. If you need assistance, please make arrangements for a companion to accompany you.

Join Jen for Chair Yoga Balance at 10:00am in the Fitness Studio at Brush Hill.

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

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

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

Beth Israel Milton presents *What to Expect When You Come to the Emergency Room* at 2:00pm in the Function Room at Brush Hill. Join Beth Israel Deaconess Hospital-Milton's Director of Patient Relations Maureen Burns-Johnson, RN, BSN, to learn about what to expect during a visit to the Emergency Department. She will share helpful tips about how to prepare for a visit, what to do



Thursday, November 1st:

during a visit and what to do after your visit. A healthcare veteran, Maureen began her career at Beth Israel Deaconess Medical Center in 1989 as a staff nurse on a medical-surgical and transplant unit where she worked for many years. Maureen then worked behind the scenes in Patient Safety, first at CRICO, the malpractice carrier for the Harvard Medical teaching hospitals, then at CVS Health before joining the team at BID-Milton in 2015. Maureen currently steers the hospital's

Patient Experience Committee, which focuses on improving the patient experience and feedback throughout the hospital. She also oversees the hospital's Patient Family Advisory Council. This session will be filled with practical, valuable insights that you won't want to miss.

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, November 2nd:

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 Executive Director Deborah Felton for a Fuller Update and Coffee at 11:00am in the Coffee Room at Blue Hill. Bring any questions, comments or concerns. Call 617-361-7778 to arrange transportation. Please note that Deborah will give an update at the Brush Hill campus on Monday, November 5th as well.

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.

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.

Join Kenny Morrell, a Berklee College of Music trained Pianist at 6:30pm in the Activity Room at Blue 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



Friday, November 2nd:

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.

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

Saturday, November 3rd:

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 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 *The Voynich Code* This is the story of a mysterious handwritten book, illustrated with occult drawings, penned by an unknown author in a language even the most ingenious cryptographers have yet failed to decipher. Will analyzing the illustrations give a new angle to decoding this early 15th century manuscript?

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, November 4th:

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 *David and Bathsheba* with Gregory Peck and Susan Haywood.

Back by Popular Demand! Purely Vocals will perform at 7:00pm in the Function Room at Brush Hill. Purely Vocals has been engaging crowds with their intricate harmonies, soulful solos and creative vocal percussion since 2003. Originally formed as a fundraising source for a local community chorus, Purely Vocals has evolved from a six-woman group to its current four-woman line-up. Charming audiences at private functions and public performances, Purely Vocal's sound comes only from voices. Ever evolving and varied as the group's individual personalities, Purely Vocal's repertoire includes an eclectic mix of pop, easy listening, folk, world music and show tunes. Purely Vocals has performed in a variety of venues including: Fenway Park (Red Sox Nation Day, June 2011) and McCoy Stadium (Pawtucket Red Sox), Stoneham Theater and local college events.