

# The Week at Fuller Village

October 8<sup>th</sup> – October 14<sup>th</sup>



## **Monday, October 8<sup>th</sup>: Columbus Day**

### **The Office and Café are Closed**

The Pool is open for Open Swim from 8:00am – 11:00am.

The Fitness Center is open from 8:00am to 2:00pm today.

News Currents meets at 10:30am in the Coffee/Card Room at Blue Hill this morning.

The Pool is open for Family Swim from 11:00am – 2:00pm.

Join Carol for Floor Yoga at 11:00am in the Fitness Studio at Brush 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 Joel Krensky for Team Trivia at 7:00pm in the Card Room at Brush Hill.

## **Tuesday, October 9<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 Wrentham Outlets, 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 *Johann Sebastian Bach – The Passions* at 1:30pm in the Function Room at Brush Hill.** The time Bach spent in Leipzig produced some of his most famous works. This lecture looks at the historical implications and creation of St Matthew and St John Passions. The Passion of St Matthew, first performed in 1727, was not rediscovered until 100 years later by Felix Mendelssohn, who, along with Schumann and Brahms, championed the music of Bach.



### **Tuesday, October 9<sup>th</sup>:**

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.

**Marsha L. Maurer, DNP, RN, Senior Vice President Patient Care Services, Chief Nursing Officer , Beth Israel Deaconess Medical Center will present a program on Ballot Question 1 at 4:00pm in the Function Room at Brush Hill.** She will give you her perspective on the potential unintended consequences of the measure, which include significant impacts to healthcare costs and access to care. Marsha is a nurse with 30+ years of experience, spanning from the bedside to the boardroom. Call 617-361-7778 to arrange transportation.

**Pickleball will not 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, October 10<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”.

**Fuller Village Bikers will meet at 8:30am at the back Patio at Brush Hill for a group ride from the Mattapan entrance to the bike path, through Pope John Paul Park to our destination, Tenean Beach in Dorchester.** Today, the Fuller Van will transport you and your bikes to Mattapan for a beautiful off-road ride along the Neponset River and into Dorchester and then back to Mattapan Square. You must have your own bike to participate.

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.

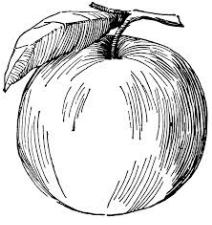
Free Blood Pressure Screening by Best of Care will be held in the Blue Hill Library from 11:30 am – 12:30 pm, and in the Brush Hill Library from 1:00 pm – 2:00pm.

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.

**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.



### **Wednesday, October 10<sup>th</sup>:**

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

**The Residents' Association Annual Meeting will be held at 2:00pm in the Function Room at Brush Hill.** 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 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 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 11<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.

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.

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

**Part III of the Kindfulness Class with Dr. Tara Cousineau will be held at 2:00pm in the Library at Brush Hill. Today's class is *Befriending the Mind*.** We will learn how to open the field of kindness to include emotions and feeling states, and as well as an exploration to our thoughts and thought patterns. You will begin to notice which feelings and thoughts tend to arise most frequently and notice and name any reactions. You will practice the art of hold your reactions and all that you observe spaciously, with loving awareness.

The Fuller Village Lounge at the Gordon House will be closed this evening.



**Thursday, October 11<sup>th</sup>:**

**If you signed up for the Fall Dinner Buffet at 5:00pm or 6:30pm in the Dining Room at the Gordon House you will enjoy a bountiful autumn meal.** Please call 617-361-7778 to arrange transportation.

**Holiday Service with Yizkor *will not* be held at 7:45pm in the Activity Room at Blue Hill.**

**Friday, October 12<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.

**Celebrate Catholic Mass with Father Bennett at 10:00am in the Activity Room at Blue Hill.**

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 *In the Shadow of Mandela* will be shown at 2:00pm in the Function Room at Brush Hill.** While South Africa remains the most advanced country in Africa, allegations of state corruption and huge disparities in wealth threaten its revolutionary dream. This film will be shown again on October 26<sup>th</sup> before the facilitated discussion.

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 *God Must Be Asleep: The Reformation and Counter-Reformation in 16th Century Europe* at 6:30pm in the Activity Room at Blue Hill.** In 1517, a German monk published a list of complaints about the corruption in the Church. That event would spark a dramatic shift in religious allegiances and political power in Western Europe. The repercussions of those changes would lead to the rise and fall of empires and states, and the emergence of new social philosophies. This lecture will examine the causes, course, and effects of the Reformation.

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

**Saturday, October 13<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 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 *Dream the Future*: This episode will show how



**Saturday, October 13<sup>th</sup>:**

innovations in construction are burgeoning: 3D printing, material salvaging... In cities, homes will be modular and “intelligent”, and the growing population will lead us to explore new spaces on Earth and even other planets.

**Come to the Saturday Night Movie at 7:00pm in the Function Room at Brush Hill and in the Activity Room at Blue Hill.** At Brush Hill we are showing *Adrift* and at Blue Hill we are showing *Won't You Be My Neighbor*.

**Sunday, October 14<sup>th</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.

**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!

**Join Folk Singer and Stonehill College Professor Corey Dolgon for *Greatest Singer Songwriters of the 1960s and 1970s: Volume 1* at 7:00pm in the Function Room at Brush Hill.** Corey will sing a number of classics from some of the best American/Canadian singer songwriters of the 1960s and 1970s. You will enjoy lots of great sing-a-longs and insights into the human condition.

**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.

**Symphony Hall Transportation Update**

Friday afternoon single ticket holders should call the Symphony Hall Subscription Office at 617-266-7575 or 888-266-1200 to reserve and prepay your bus seat. Symphony asks that you call sooner rather than later as they adjust the vehicle size depending on how many riders there are.