

The Week at Fuller Village

December 3rd – December 9th

Happy Hanukkah



Monday, December 3rd:

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 4:00pm in the Card Room at Brush Hill.

The 2019 Great Decisions Planning Meeting will be held at 2:00pm in the Parlor at Brush Hill.

Join us to learn more about this peer led discussion group that we will continue at Fuller Village in January 2019. Begun in 1954, the *Great Decisions Discussion Program* is designed to encourage debate and discussion of the important global issues of our time. The program provides materials (Briefing Books and DVD's) that help people reach informed opinions on the issues and participate in the foreign policy process. The format of the program is intended to promote thoughtful discourse, and to bring people together to express their ideas and opinions and learn from others. *Great Decisions* is the name shared by a program and a publication of the Foreign Policy Association. Published annually, the *Great Decisions* briefing book highlights eight of the most thought-provoking foreign policy challenges facing Americans. Today, *Great Decisions* provides background information, current data and policy options for each of the eight issues and serves as the focal text for discussion groups. If you think you might be interested in joining the discussion group but are unable to attend today's meeting, please call Lisa at 617-361-2116 to learn more.

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

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.

You are invited you to a Chanukah Celebration! Come join your neighbors at a Menorah Lighting with Chanukah Songs at 4:00 p.m. with Harriet Rossen and Blossom Glassman in the Activity Room at the Blue Hill. Dinner at the Gordon House will feature latkes this evening. Everyone is Welcome! Call 617-361-7778 to arrange transportation.

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



Tuesday, December 4th:

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 9:00am to 10:00am and in the Function Room at Brush Hill

from 11:00am to 12:00pm.

Chair Massage with Jen Borges is now available from 10:00am to 1:00pm in the Yoga Studio at Brush Hill. Call her at 781-664-3761 to schedule an appointment.

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.

If you signed up for the Phillips House Candy trip, please meet the van at 11:30am at Brush Hill and at 11:40am at Blue Hill.

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

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

Join John Clark at 3:00pm in the Activity Room at Blue Hill for *Christmas Music of the Forties*.

This program is perfect for the Christmas holidays as you discover the stories behind the creating of some of the most familiar and best-loved Christmas song of the century. You'll take a look and a listen to the most popular versions of these songs (and sometimes even the more obscure first recordings). You will enjoy videos of performances by the original artists (like Bing Crosby, Nat King Cole and Vaughan) and more recent modern versions. These great songs will evoke nostalgic memories and will include *White Christmas, Baby It's Cold Outside, Sleigh Ride, Rudolph the Red-Nosed Reindeer, I'll Be Home for Christmas, Let It Snow! Let It Snow! Let It Snow!, Here Comes Santa Claus* and of course *The Christmas Song*.

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.

Bingo Players meet at 7:00pm in the Activity Room at Blue Hill this evening.

The Men's Poker Club meets at 7:00pm in the Card Room at Brush Hill. New members are welcome!

Wii Sports meets at 7:30pm in the Café at Brush Hill.

Wednesday, December 5th:

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.



Wednesday, December 5th:

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 will be held at 12:00pm in the Fitness Studio at Brush Hill with Jen.

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. Chariton will hold office hours today in the Wellness Clinic at Blue Hill beginning at 1:00pm

Join Guiliana for Zumba Gold at 3:00pm in the Fitness Studio at Brush Hill.

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 Blue Hill Book Club meets at 4:30pm followed by dinner in the Gordon House Dining Room at 5:30pm. New members are welcome to attend. The group does book reviews as well as a book of the month. Reservations for dinner are required. Please call Jackie Coffey if planning to attend at 617-364-0477.

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

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, December 6th:

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

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

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

Chair Aerobics at 11:15am is Cancelled.

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.

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 not be open for business this evening from 5:00pm to 7:00pm. Come to the Holiday Party at Brush Hill instead!

Thursday, December 6th:



Enjoy good food, good music and good cheer with your friends and neighbors! Join us at Brush Hill at 6:00 pm for the annual Fuller Village Holiday Party. Members of the Board of Directors will be present to greet you. You'll enjoy delicious hot and cold appetizers, complimentary wine, holiday punch, a cash bar and music by Dan Gable and the Abletones Combo! The Fuller Van will transport folks from Blue Hill to Brush Hill starting at 5:15pm. Reservations are strongly recommended - please call Muriel at 617-361-7778 to make yours. Please note that we will load the van in the order that you called. We would like to remind you to double check which coat you are taking at the end of the party to make sure that it is yours and to put your name on your walker so it doesn't go home with someone else!

Friday, December 7th:

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 Kevin Smith, President of Best of Care and his staff, for a Technology Outreach in the Activity Room at Blue Hill this morning at 11:00am. 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.

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.

If you signed up for the Holidays at the Wakefield Estate, please meet the van at 11:20am at Brush Hill and at 11:30 am at Blue Hill.

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 Paolo DiGregorio for *Controlling the Image: US Propaganda during the Second World War* at 6:30pm in the Activity Room at Blue Hill. During World War II, governments on all sides of the conflict used propaganda to glorify their own cause and vilify their enemies. After the US entered the conflict in December 1941, the government created an agency, the Office of War Information, to shape American public perception of the conflict. This talk will examine the



Saturday, December 8th:

different themes that helped unify the nation in our war effort. If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

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

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 starting at 10:00am in the Card Room at Brush Hill. A 11th 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 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.

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 Part 1 of *Asia's Monarchies: Japan* The Japanese Imperial family is the oldest hereditary monarchy in the world, dating back to the sixth century BC. However, its central role in Japan has not shielded the family from controversy in recent years.

Reverend Martha Swanson will hold Bible Study in the Mind Body Studio at Blue Hill at 2:00pm this afternoon.

Join Milton Academy student Matt Bower for Cribbage or Card Games at 2:00pm in the Activity Room at Blue Hill. 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.

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, December 9th:

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.

Stop by the Activity Room at Blue Hill before dinner tonight for Caroling with the Brownies and Girl Scouts at 4:30pm. Join the Milton troops for a lively start of the Holiday Season! Everyone is welcome.

Sunday, December 9th:

Will McMillan and Joe Reid present *Have Yourself A Judy Little Christmas!* at 7:00pm in the Function Room at Brush Hill. Judy Garland was one of the most beloved entertainers of the 20th century whose career embraced vaudeville, radio, movies, television and live concert performances. Many great songs were created for her to sing, including “Over The Rainbow,” “We’re A Couple of Swells,” “The Man That Got Away,” “The Trolley Song,” “On The Atchison, Topeka and the Santa Fe,” “Be A Clown,” “How About You?” “The Boy Next Door,” and “Have Yourself A Merry Little Christmas.” Singer Will McMillan and jazz pianist Joe Reid will perform these songs as well as winter holiday favorites – such as “Jingle Bells,” “Sleigh Ride,” “Winter Wonderland,” “Deck The Halls,” and “The Christmas Song” – which were featured in an episode of Judy’s TV series which aired on December 22, 1963. They will also share a few stories about Judy’s life and how certain songs came to be written.

Residents’ Association Corner

Leadership: The act of motivating a group to act towards achieving a common goal. We all witnessed stellar leadership on November 17 at the annual Fuller Village Fair. Nancy Kearns has been orchestrating this event for many years. She is skillful at getting the job done while bringing in new people and valuing new ideas. The fair workers met this week to “wrap up” and the overriding theme was that Nancy was the “motivator in chief”. In all her interactions she puts people first and the result is a group of people who are willing to work as a team toward the success of the fair. Our sincere gratitude to Nancy.

There were items at the end that were not sold. Nancy has been reaching out far beyond Fuller to donate these articles to places with need. Knitted items have been taken to the VA Hospital in Brockton (thanks to Tina, our mail carrier) and to a group Knitting4Peace(check the website). Also some pocketbooks and scarves have been brought to a local skilled nursing facility. The generosity at Fuller Village is spread widely.

