

# The Week at Fuller Village

November 12<sup>th</sup> – November 18<sup>th</sup>



## Monday, November 12<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.

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.

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

**Spaulding Rehab presents *Understanding Benign Paroxysmal Positional Vertigo* at 2:00pm in the Function Room at Brush Hill.** Benign Paroxysmal Positional Vertigo (BPPV) is one of the most common causes of vertigo in older adults. It affects about 10% of the population. BPPV is caused by loose crystals within the vestibular system located in your inner ear. It can cause dizziness, nausea, and unsteadiness or loss of balance. Please join physical therapists from Spaulding Outpatient Center in Braintree and Quincy for a talk about this common condition. Today's program will cover the symptoms of BPPV, common causes of the disorder and the role of physical therapy in treating this disorder. Your presenters will be Jess Arouchon PT, DPT, Brendan O'Boyle, PT, DPT, OCS and Katie O'Malley, PT, DPT, CEEAA  
Call 617-361-7778 to arrange transportation.

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, November 13<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 9:00am to 10:00am and in the Function Room at Brush Hill from 11:00am to 12:00pm.



## **Tuesday, November 13<sup>th</sup>:**

**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 or just drop in.

**If you signed up for Wegman's Shopping, please meet the van at 10:00am from Brush Hill and at 10:10am from Blue Hill.**

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.

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

**John Clark presents *The Music of World War Two* at 3:00pm in the Activity Room at Blue Hill.**

This patriotic presentation is perfect for the days leading up to and including Memorial Day and Veterans Day but is certainly appropriate any time of the year. Here we explore the stories behind the songs, their impact on the folks back home and the war effort itself. As you would expect there are lots of audio and video clips to remember and enjoy. This program will include: *Boogie Woogie Bugle Boy*, *GI Jive*, *Smoke on the Water*, *There's a Star-Spangled Banner Waving Somewhere*, *(There'll Be Bluebirds Over)* *The White Cliffs of Dover* and *When the Lights Go on Again (All Over the World)*.

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.

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

## **Wednesday, November 14<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”.

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.



**Wednesday, November 14<sup>th</sup>:**

**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.

**If you've signed up to attend *Lives of the Great & Not So Famous* at Curry College please meet the van at 1:30pm from the Lobby at Brush Hill and 1:40pm from the Main Entrance at Blue Hill.** You will return to Fuller a little after 4:00pm.

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 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, November 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 7:00pm.

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.

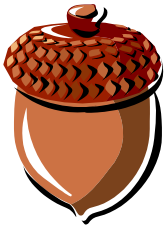
**If you are registered for Elliot PT's Fall Prevention Series,** please meet in the Fitness Center at Brush Hill at 12:30pm.

**The Camera Club at Fuller Village 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!

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.

**Paolo DiGregorio presents *November 1918: War, Peace, and the Fate of the World* at 6:30pm in the Activity Room at Blue Hill.** A century ago, the First World War came to end. In 1919, a treaty was created to end "the war to end wars." Yet, in the two decades after the signing of the Versailles Treaty, the world marched steadily toward another global conflict. This lecture will examine why the various peace efforts of the 1920s and 30s ultimately failed and what forces led to another world war.



### Friday, November 16<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.

**Join Jen for the Senior Ballerina Class at 9:15am in the Fitness Studio.**

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

**Join Laurie Stillman of The Milton Substance Abuse Prevention Coalition and Officer Patty Mandeville of the Milton Police Department to learn about *Milton Cares – Post Overdose Response Team* and how to dispose of unused prescription drugs safely at 11:00am in the Activity Room at Blue Hill.** Substance abuse and addiction to both illicit drugs and alcohol affects over 35 million people in the US and costs our nation a staggering \$600 billion per year in lost productivity, health and mental health costs, and disability. Laurie Stillman, Director of the Milton Substance Abuse Prevention Coalition, will be coming to speak to Fuller Village residents about many of the new important programs that have recently been launched, or will soon become launched, in Milton to help prevent or address substance abuse and addiction. She will focus on the latest program, *Milton Cares*, through our police department.

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.

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 the Herbie Ray Duo at 6:30pm in the Activity Room at Blue Hill.** 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.

### Saturday, November 17<sup>th</sup>:

The Pool and the Fitness Center are Closed.

**The Fuller Village Craft Fair is here! Come to Brush Hill from 10:00am to 2:00pm** and begin your holiday shopping. The fair will feature many vendors selling holiday gifts, home decorations, jewelry, books and ladies' fashions. Also highlighted will be famous home baked delicacies, paintings and hand-crafted knitted items for all ages. We will have honey, fresh from our backyard bee hives. A huge selection of interesting items will be at the Raffle Table and a delicious lunch will be served from 12:00pm to 2:00pm in the Café. The Fuller Van will run all day – call 617-361-7778 to sign up.

**Senior Ballerina Class will not be held today.**

**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 *Happiness is on the Plate: Great Britain* A tasty series blending travel, cooking, nature and civic sense, following the work of 25 "green" chefs fighting for eco-friendly cooking. As a young chef, James teamed up with other free spirits, to create a cooking

**Saturday, November 17<sup>th</sup>:**

collective The Young Turks, and a series of pop-up restaurants. Their idea was to establish a collaborative, generous, helpful and adventurous cuisine.

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

**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 18<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 12:30pm in the Activity Room at Brush 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 Sunday Afternoon Movie will be shown at 1:00pm in the Activity Room at Blue Hill.**

Today's movie is Death on the Nile with Peter Ustinov and Bette Davis.

**You won't want to miss Pianist Frederick Moyer's performance at 7:00pm in the Function Room at Brush Hill.** Frederick Moyer is one of the most exciting pianists before the public today. Equally at home with Bach, Rachmaninoff, Schoenberg as well as Ellington and Peterson, his recitals are creative, engaging and entertaining. Fred's November 18th concert at Fuller Village will feature a program of time-honored favorites as well as pieces that the audience may be hearing for the first time. Fred's concerts go beyond just an everyday musical performance... While the music takes center stage, his virtuoso playing is accompanied by brief, relaxed, informal and focused-on-the-information comments that offer a glimpse into the lives of the composers as they were writing the music played. Also featured is his MoyerCam, a projection system that allows the audience to see his hands as he plays.

