

The Week at Fuller Village

November 5th – November 11th



Monday, November 5th:

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 is Cancelled this morning.

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.

This Just In...The ladies' locker room will be offline today from 10am-4pm. The shower stall that has been out of order will be repaired during that time. The pool will remain open for our regularly scheduled pool hours of operation (7:30am-12pm & 3:30pm-7pm). Please plan accordingly (showering and changing at home before you swim).

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.

Join Executive Director Deborah Felton for a Fuller Update at 3:00pm in the Function Room at Brush Hill. Bring any questions, comments or concerns. 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 6th:

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

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

If you signed up for the Ride to the Polls, please meet the van at 9:00am from Brush Hill and at 9:10am from Blue Hill.

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 will not be held today at Brush Hill.



Tuesday, November 6th:

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.

Join Rich Travers at 1:30pm in the Function Room at Brush Hill for *The Music of Australia* G'Day! This lecture explores the music and personalities from Land Down Under. Dame Joan Sutherland and Dame Nellie Melba contributions to opera, country music stars Slim Dusty and Smoky Dawson and a sing-a-long of "Waltzing Matilda" will be part of the lecture on music from the land of 'Oz'. You'll have a 'Bonza' time!

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

If you signed up for the Ride to the Polls, please meet the van at 2:00pm from Brush Hill and at 2:10pm from Blue Hill.

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 7th:

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.

Come to the Birthday Breakfast at 10:00am in the Activity Room at Blue Hill. We are celebrating November 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!

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 7th:

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. 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.

Professor John Hill presents Part III of *Contemporary Issues In Historical Perspective* at 2:00pm in the Function Room at Brush Hill. The victory of the United States in the Spanish-American War revealed a new world power. But our country was a reluctant world power, slow to enter World War I, slow to enter World War II. Did our isolationist policy during the inter-war period contribute to the rise of Hitler? Does the Great (worldwide) Depression offer us any lessons?

Zumba Gold will not be held this afternoon. Join Gilliana next week 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 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.

If you made a reservation for Fish Night at 5:30pm in the Lounge at the Gordon House you will enjoy Tequilla Lime Shrimp Quesadillas. Reservations are required – call 617-361-7900 to make yours.

The Fuller Village Lounge at the Gordon House is closed 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.

The Reader's Theatre cast invites our Fuller Village friends and neighbors to attend our performance of scenes from the "Odd Couple" and "Golden Girls" at 7:00pm this evening in the Function Room at Brush Hill. Call 617-361-7778 to arrange transportation.

Thursday, November 8th:

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 the South Shore Plaza 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



Thursday, November 8th:

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.

On the second Thursday of each month, Protestant clergy in the town of Milton will offer worship services at 10am in the Parlor at Brush Hill. Services will follow liturgies from a different denomination each month, depending on the clergy that preside, and will include worship in the traditions of the Episcopal Church, Unitarian Universalist Church, United Church of Christ, and perhaps others. All are welcome to attend!

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

Crafts with Cindy will be held at 1:30pm in the Activity Room at Blue Hill. At long last! You'll never lose your glasses again. Join Cindy and make a beautiful beaded Eyeglass Chain. 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.

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

The A/B Building Dinner will be held at 6:00pm in the Dining Room at the Gordon House. Please call 617-361-7778 to sign up for a ride to dinner.

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

Friday, November 9th:

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.

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

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.

Come to a Ceremony in Honor of our Veterans at 1:00pm in the Function Room at Brush Hill. Call 617-361-7778 to arrange transportation

The Great Decisions film *Preventing Pandemic* will be shown at 2:30pm in the Function Room at Brush Hill. Foreign assistance has fallen out of favor in some circles in Washington, they argue the US should help America first. Is the golden age of global health coming to an end or just getting started? This film will be shown again on November 30th before the facilitated discussion.

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



Friday, November 9th:

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 Tom Madden at 6:30pm in the Activity Room at Blue Hill. Tom performs a wide variety of music with keyboards, guitar and song. With over 30 years of entertaining audiences of all ages, you are sure to enjoy him. 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 10th:

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.

Senior Ballerina Class will not be held today.

Join Jack Goldstein for a Technology Outreach this morning 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.

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 *Don't Panic – The Truth About Population*. In this program, Professor Hans Rosling, a statistical expert, discovers that people's perceptions of the world's population and associated problems are often decades out of date. In this statistical tour-de-force, he shares that the world of tomorrow is a much better place than we might imagine.

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 11th: Veteran's Day

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.



Back by popular demand! Dueling Pianos with Adam Bergeron and Ethan Stone will perform at 7:00pm in the Function Room at Brush Hill. Adam Bergeron & Ethan Stone grew up in small neighboring towns in Massachusetts and even began their musical studies with the same group of piano teachers. Eventually Ethan realized that his passion was playing jazz and other more contemporary styles, while Adam became more deeply focused on classical and traditional music. Ethan began performing for a

living during his junior year of high school, toured throughout Europe, and went on to earn his Bachelor of Music degree in jazz composition as a piano principal from Berklee College of Music.

Adam also kept a busy performing and recording schedule, while studying piano performance, voice performance, and classical composition, at the University of Massachusetts in Amherst. Both Adam & Ethan have worked as recording artists, bandleaders, backing musicians & multi-instrumentalists in hundreds of ensembles over the last 25 years. Adam and Ethan have recently joined forces to present their Dueling Pianos program to rave reviews all over the northeast. The program includes classical, ragtime, jazz, blues, boogie woogie, and other styles. You'll get a taste of each pianist's individual style to begin the program, then an invigorating set of simultaneous two-piano music that is certain to entertain!

**The following corrections relate to the email address section
of the 2019 Residents Directory.**

Anne Underwood – change underline character to a hyphen as shown:

underwood-0011@msn.com

Jane McNulty – add 02169 to address as shown:

ladyjane02169@yahoo.com

Calling all artists, photographers, fabric artists, wood artists.

Once again, this year we are requesting donations from our very own artists to feature at a table of **“Artists and Artisans”**. Last year many talented residents donated one article to be sold at this table with proceeds going to the Fall Fair Fundraising endeavor. It was a very popular stop at the Fair and it celebrated the number of gifted artists and artisans living here. Pat Kachinsky (C 205) at 617 361 3759 will happily accept “One of a kind items donated by Fuller Village Artists”.

Residents’ Association Corner

During the intermission at our October pub night, we had the pleasure of viewing a beautiful slide show prepared by Donna Parker. Donna initiated the Fuller Village Camera Club soon after she moved into Brush Hill and this show highlighted some of the great photographs taken by members of the club. There have been club trips to interesting locations in the area with instruction from Donna about photo composition. The music selected by Donna added to the joy of the show. The result is stunning! Donna’s initiative to share her knowledge and love of photography is a perfect example of a resident directed activity which enriches our lives. The Fuller staff will gladly assist anyone who has a passion to find ways to share that with other residents.

Sidewalk Repair

Sidewalk repair will take place at both campuses next week from Mon, November 5th – Friday November 9th. Please be aware of this when walking outside.