

The Week at Fuller Village

December 10th – December 16th



Monday, December 10th:

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.

If you signed up for a morning of shopping at the Fruit Center Marketplace, please meet the van at 1:30pm at Brush Hill and at 1:40pm at Blue Hill.

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.

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

Tuesday, December 11th:

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.

If you signed up for the trip to the South Shore Plaza, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.

Meet Jen at 11:15am in the Activity Room at Blue Hill for Chair Aerobics.



Tuesday, December 11th:

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 Rich Travers for *Jazz Pianists* at 1:30pm in the Activity Room at Blue Hill.

This lecture will discuss the various Jazz Pianists who played many styles of music –from Ragtime and Barrelhouse, to ballads, Boogie-Woogie and Stride. The concept of improvisation will be explored as well as re-harmonization – two of the important aspects of creating a personal ‘voice’ on the piano. Some of the performers we will listen to will include: Teddy Wilson, Oscar Peterson, Art Tatum, Chick Corea, and Brad Meldau. A live demonstration will be included in the lecture, if a piano is available.

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.

Join our beekeeper Michelle Wright of Milton’s Billion Backyard Bee Project for our first Honeybee Workshop at 3:30pm in the Café at Brush Hill and make Beeswax Lip Balm. Lip balm made with local beeswax is probably one of the simplest and easiest body care items to make! In this workshop, participants will learn how to make a small batch of lip balm using a few basic ingredients and supplies. Each participant will take home a tube and container of all-natural lip balm, recipes, and the know-how to make your own lip balm that really works! This class is limited to 12 people and has a \$5 material’s fee payable to Michelle at the class. Call 617-361-7778 to sign up.

The Milton Residents Fund is creating Holiday Baskets to be distributed from the Milton Food Pantry this holiday season. One of the items in the basket will be a Target gift certificate for Milton teens in need. Joan Matulis and Jane Bent will be collecting money to buy the gift cards. **Jane will be in the Lobby at Blue Hill from 4:45pm to 6:00pm this evening accepting donations.** Any amount you feel you can give will be gratefully received. 100% of the cash collected will go towards the purchase of the gift cards. No amount is too small! Thank you for your generosity.

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 12th:

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”.

Join Kevin Smith, President of Best of Care for *Accessing Home Care Benefits* at 9:00am in the Café at Brush Hill. Best of Care Owner Kevin Smith will discuss the resources and services that



Wednesday, December 12th:

individuals can utilize in order to obtain home care services. Veterans Administration Benefits, Elder Services, Long Term Care insurance as well as a number of other programs are available. Best of Care can assist with the enrollment process and answer questions about how to proceed.

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. Thanks to a generous donation from the Bank of Canton, you will enjoy hot coffee, fresh fruit and an assortment of pastries. Everyone is welcome whether it is your birthday or not – we need you to sing 😊. Call 617-361-7778 to arrange transportation.

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. 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.

Join Professor Grant Burrier for *Survey of Argentine Politics and Culture Part II: Military Dictatorship through Democratic Period* at 2:00pm in the Function Room at Brush Hill.

Argentina is a land of immigrants. The rich and fertile Pampas have created opportunity and Argentina is a global exporter of cereals, meats, and vegetables. A proud history of hard work and individualism defines the national ethos. Yet, an Argentine riddle remains. By the end of the 19th century, Argentina was one of the richest countries in the world. Today, it is not even the richest country in Latin America. What happened to a land of so much promise? In part two of this lecture series, we will focus on the political and cultural developments of Argentina after Juan Perón. A bloodthirsty military dictatorship attempts to impose order on an unraveling country, only to make matters worse. Although democracy returns to Argentina in the 1980s, the traditional problems persist. Economic exclusion and instability coupled with populism constantly creates cycles of booms and busts. Right-wing and Left-wing populists claims the mantel of Peronism, yet both will experience successes and failures. Nevertheless, after a non-Peronist was elected in 2015, where does Argentina stand today? Can the country finally exorcise their demons or will old problems rear their ugly head?



Wednesday, December 12th:

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 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.

Thursday, December 13th:

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.

If you signed up for Cobb's Corner, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.

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! Call 617-361-7778 to arrange transportation.

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

The Milton Residents Fund is creating Holiday Baskets to be distributed from the Milton Food Pantry this holiday season. One of the items in the basket will be a Target gift certificate for Milton teens in need. Joan Matulis and Jane Bent will be collecting money to buy the gift cards. **Joan will be in the Lobby at Brush Hill from 12:00 pm to 1:30 pm this afternoon accepting donations.** Any amount you feel you can give will be gratefully received. 100% of the cash collected will go towards the purchase of the gift cards. No amount is too small! Thank you for your generosity.

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.

Crafts with Cindy at 1:30pm in the Activity Room at Blue Hill. Let there be light! With berries, ornaments, and greens you will make a lovely LED candle centerpiece for your holiday table.

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

Thursday, December 13th:



The Milton Rotary Club, Sponsor of The Baron Hugo Lira Musical Series Presents: *Holiday Music with Milton High School* at 3:00 pm in the Function Room at Brush Hill. The High School will entertain the senior citizens with holiday songs. The Milton High School Christmas Carolers will sing a series of traditional Christmas songs along with a selection of upbeat contemporary arrangements of well-known Christmas songs. Please join us in a sing along with the traditional songs that you know! Admission is free, as Baron Hugo Lira left a small fund in the care of the Milton Rotary Club to be used for the enhancement of music in the community.

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

You won't want to miss the Resident's Association Silent Auction this evening before the Chorus Holiday Concert. Stop in the Card Room at Brush Hill starting at 6:00p where you will have the chance to bid on 6 fabulous prizes all worth close to \$100 or more! You will be glad you brought your checkbook!

The Fuller Village Chorus, under the direction of Penny Knight, will be performing a short program of holiday music at 7:00pm in the Function Room at Brush Hill. The chorus will be accompanied by Brush Hill resident Judy Cobble. Selections will include "A Jolly Wassail" R.M. Gray, "Waltz of the Flowers" P. Tchaikovsky arr. J. Funk, "Candle In the Night" L. Brownsey and M. Lantz "Baby, It's Cold Outside" F. Loesser, "Happy Holiday/White Christmas" I. Berlin. There will be a sing-along after the performance. Everyone is invited to join them for refreshments in the cafe after the concert. Call 617-361-7778 to arrange transportation.

Friday, December 14th:

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.

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Friday, December 14th:

Joan will be in the Lobby at Brush Hill from 12:00 pm to 1:30 pm this afternoon accepting donations. Any amount you feel you can give will be gratefully received. 100% of the cash collected will go towards the purchase of the gift cards. No amount is too small! Thank you for your generosity.

There are still a few spots left for the Balance Clinic with Best of Care and Elliot Physical Therapy at 2:00pm in the Activity Room at Blue Hill. Join Elliot Physical Therapy and Best of Care for a group class to learn about and practice ways to improve your balance. Please call or see Jen to register – 617-361-7196.

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 Crosby Goshgarian, Bass/Baritone Soloist and Mel Springer, Accompanist for a musical mix of Broadway Favorites, Old Time Favorites & Traditional Sing Along at 6:30pm in the Activity Room at Blue Hill! Come and enjoy an evening of great entertainment, fun and memories. Crosby & Mel have been performing for many years and look forward to their show at Fuller Village.

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

Saturday, December 15th:

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 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 *Asian Monarchs: Nepal* In 2008, Nepal's royalty was ousted from power, forced out of their palaces, and the country began a new era as a republic. The story of the fall of the House of Shah is one of bloodshed, betrayal, and intrigue. The transformation from kingdom to a republic was swift, dramatic.

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

Join a resident Hymm Sing at 3:30pm in the Function Room at Brush Hill – you can sing, listen or hum along - everyone is welcome! Thank you to Amabelle Follett, Muriel Wood and Elsa Freeman for arranging.

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 16th:

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.

Sunday Afternoon Movie at 2:00pm in the Activity Room at Blue Hill.

Today's movie is Eclipse with Kristen Stuart and Robert Pattison.

Join David Won, Tenor & Tim Steele, Pianist with special guest Stephanie Kreutz, Soprano for *The Sound of Christmas* at 7:00pm in the Function Room at Brush Hill and enjoy memorable music of the season, with traditional favorites and works by beloved composers Bach, Braham and Barber.

