

The Week at Fuller Village

January 7th – January 13th



Monday, January 7th:

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 at 9:15am 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.

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.

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, January 8th:

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 go to University Ave Shopping, 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.

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.



Tuesday, January 8th:

Rich Travers presents *The Life and Music of Irving Berlin* at 1:30pm in the Activity Room at Blue Hill. Irving Berlin was an American composer and lyricist who is widely considered one of the greatest songwriters in American history. Over the years he was known for writing music and lyrics in the

American vernacular: uncomplicated, simple and direct, with his stated aim being to "reach the heart of the average American," whom he saw as the "real soul of the country. Walter Cronkite said "He helped write the story of this country, capturing the best of who we are and the dreams that shape our lives."

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, January 9th:

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 NOT open today. It will open next Wednesday 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.

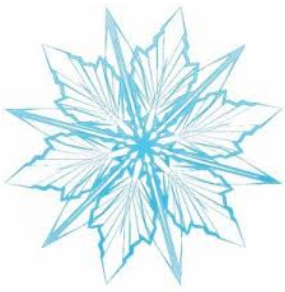
Billiard Players meet around the Pool Table at Blue Hill at 11:30am for organized games.

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

The Fuller Village Chorus Spring Session begins at 12:45pm in the Activity Room at Blue Hill. New members are encouraged to join the Chorus through January 30th. Come give it a try - no experience necessary!

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.



Wednesday, January 9th:

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

Enjoy a piece of Honey Cake made with Honey from the Fuller Beehives at 3:00pm in the Activity Room at Blue Hill. Join Beekeeper Seb Wright and his mother Michelle to hear about Milton's Billion Backyard Bee Project at Fuller Village while enjoying a piece of honey cake baked with our first batch of honey from the Fuller Hives! Milton's Billion Backyard Bee Project is the

creation of Sebastian Wright also known as Beekeeper Seb. After losing his first hive 6 years ago he founded the project to spread awareness about the challenges honeybees face, including the need for more bee-friendly flowers and the hazards of using pesticides. For Milton's Billion Backyard Bee Project, Seb and his parents, tend to a total of 12 hives sprinkled throughout Milton. Each beehive houses approximately 60,000 honeybees at the height of the summer. **This event is limited to 40 people, and though it is free, you do need to sign up. Call 617-361-7778 to reserve your seat.**

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 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.

The Pool is open for Family Swim from 5:00pm – 7:00pm.

For those that made a reservation for Fish Night please gather at 5:30pm in the Lounge at the Gordon House.

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, January 10th:

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

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

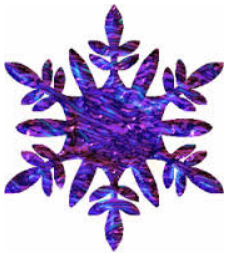
If you signed up for the Breakfast at Newcomb Farms, please meet the van at 9:00am from Brush Hill and at 9:10am from Blue Hill.

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.

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.

***Crafts with Cindy* will be held at 1:30pm in the Activity Room at Blue Hill.** Today you will make a citrus pomander studded with aromatic cloves. Dot your fruit with whole cloves in a



Thursday, January 10th:

geometric pattern, or in any design you wish adding a pretty ribbon at the end. This is a free event limited to 8 people – all the supplies you need to create your pomander will be provided. Call 617-361-7778 to sign up.

Join Grady McGonagill, Chapter Co-Founder and Leader of the Massachusetts Chapter of Elders Climate Action for *What Can One Person Do About Climate*

Change? at 2:00pm in the Function Room at Brush Hill. Elders Climate Action is building a non-partisan movement of elders committed to making their voices heard. They are determined to change our nation's policies while there is still time to avoid catastrophic changes in the earth's climate. Because of this concern and because they vote consistently, elders are in a unique position to influence national policy. They are committed to using their voices, their votes, and their collective power to push for policies that will reduce greenhouse gases to a level consistent with life thriving on our planet.

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.

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

Friday, January 11th:

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.

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 historian Paolo DiGregorio at 6:30pm in the Activity Room at Blue Hill for *The Crisis of the 14th century and the Remaking of Western Civilization*. By the end of the 13th century, European culture had reached heights unknown since the end of the Roman Empire. Yet, by 1400, that culture would collapse and be transformed into the beginnings of early modern Europe. This lecture will discuss how a century of epidemic disease, endemic warfare, and rancorous political fighting destroyed, and regenerated, Western Society.

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

Saturday, January 12th:

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 part 1 of *After Braveheart*: This is a story of two Celtic nations, a shared heritage and a forgotten war that could have changed the course of history. Robert Bruce, King of Scotland, decided to invade Ireland to unite the Celtic nations against the English. Now for the first time, these dramatic events are explored onscreen.

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, January 13th:

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.

The Sunday Afternoon Movie will be shown at 2:00pm in the Activity Room at Blue Hill.

New at Fuller Village! Come enjoy *The Susan Reed Trio* at 7:00pm in the Function Room at Brush Hill. Susan Reed is a violinist and vocalist, well-versed in the language of Jazz including swing, Latin, Bebop and Blues. With songs and strings, Susan and guitarist Eric Baldwin and Bassist, John Turner, will have you tapping and humming along to tunes straight out of the Great American Songbook. In addition to her musicianship, Susan is an educator and storyteller. She will take you on a journey, weaving together tunes and tales, sharing her listening guide for those new to our original American art form, Jazz. Common to all of Susan's performances is a trademark warmth and wit, and her conviction that music deepens our connection to the world around us.

Tuesday Night Bingo Needs You!

If we are to continue weekly Bingo Games at Blue Hill on Tuesday evenings, we need a few more folks to call the games. This is a resident run program that depends on volunteers to make it happen. If a few more residents would be willing to call, each caller would call once a month or less. It's easy, fun and much appreciated by your friends and neighbors. Call Carol English at 617-361-8589 to find out more about this opportunity and /or to join the rotation.

