

The Week at Fuller Village

February 25th – March 3rd



Monday, February 25th:

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 need you! Bowlers meet at 9:30am in the Activity Room at Blue Hill and are looking for a few more folks that would like to join the group. Stop by and give it a try!

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.

Join Milton Library Director Will Adamczyk to discuss *Never Caught: The Washington's Relentless Pursuit of Their Runaway Slave, Ona Judge* by Erica Armstrong Dunbar at 2:00pm in the Library at Blue Hill. Please remember to bring your book with you, so we can return them to the Library. If you are unable to attend and have a book, please return it to Lisa before today's meeting. If you would like to read March's selection, *Founding Brothers: The Revolutionary Generation* by Joseph J. Ellis, please stop by this afternoon to pick up the book. If you cannot make it to today's Club meeting and would like a copy, contact Lisa at 617-361-2116.

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, February 26th:

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 available from 10:00am to 1:00pm in the Yoga Studio at Brush Hill. Call her at 781-664-3761 to schedule an appointment.



Tuesday, February 26th:

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 Lunch at La Scala, please meet the van at 12:45pm from Brush Hill and at 12:55pm from 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.

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, February 27th:

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 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.

Learn to Play Bridge at 2:15pm in the Coffee Room at Blue Hill. Bridge instructor, Mr. Gautam Merchant, will continue teaching at 2:15pm in the Coffee Room at Blue Hill. If you have never played bridge or need a refresher, come join us. This is for beginners or those who have not played for a long time. Call 617-361-7778 to arrange transportation.

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

The Pool is 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.



Wednesday, February 27th:

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

If you signed up for Fish Night at 5:30pm in the Lounge at the Gordon House, you will enjoy Wonton Soup, Asian Stir Fry Shrimp and Vegetables over Rice Noodles.

The Milton Garden Club presents *Creative Tablescapes from the MFA* at 6:00pm in the Function Room at Brush Hill. An informative PowerPoint presentation depicting photos of many of the behind-the-scenes decisions for special parties and events held at the MFA is followed by a live floral demonstration by an MFA Senior Associate floral designer with tips on how to coordinate for your own personal event. From linens to invitations and floral arrangements, their aim is to inspire you to create your own special event at home.

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, February 28th:

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.

Join the Curry College Nursing Collaborative for *Three Good Things* at 10:30am in the Function Room at Brush Hill. Join Curry Faculty and nursing students for the second of six intergenerational classes held here and at Curry College. Curry College School of Nursing Professors will present an Intergenerational Initiative focused on communication and developing relationships throughout the semester. Nursing students gain an appreciation for commonalities in human relationships, as well as insights and perspective on aging. The general theme for this year is gratitude and intentionality.

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

If you signed up for the Men's Lunch at Wahlburgers in Dorchester, please meet the van at 12:00pm at Brush Hill and at 12:10pm at Blue Hill.

Join Jen for the Senior Ballerina Class at 3:00pm in the Fitness Studio at Brush Hill.

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, March 1st:

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.



Friday, March 1st:

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.

New at Fuller Village! A Pottery Class will be held in the Activity Room at Blue Hill at 1:30pm. Art by Hand, a creative clay program will be taught by Debbie Elliot, a clay and weaving instructor at the Milton Art Center.

Participants will experience the ceramic process and create unique, handcrafted pieces of art with embedded meaning. The instructor, Debbie Elliot will visit twice, first for a 1 and a ½ hour session to teach participants how to create a pinch pot bowl. A few weeks later she will be back with the fired pieces for participants to paint and glaze their bowls. Debbie emphasizes that the most important thing about this class will be to have fun! She is there to encourage and support each learner, no pressure, be social, and laugh. Art by Hand, a creative clay program is made possible through the funding of the Milton Cultural Council. The Milton Art Center is also grateful to the Milton Women's Club for funding the purchase of a kiln to make this program a possibility. The Milton Art Center, (MAC) is a creative development organization offering education and art inspired events for all ages. We are a community center connecting people through the power of the arts to inspire and improve local life. This program is available for 20 participants; a \$5 materials fee covers all your materials and instruction for both sessions. Call 617-361-7778 to sign up.

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.

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

Saturday, March 2nd:

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.

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 *Hemingway Unknown*. Ernest Hemingway is an almost mythical figure. In addition to being an author, he is literary work himself. Much of his life has been an eternal holiday, minutely documented and continues to be a source of inspiration for himself.

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, March 3rd:

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! *Stolen Moments* with Jeff Williams and Nicole Webster will perform at 7:00pm in the Function Room at Brush Hill. Nicole Webster weaves soul, gospel and jazz times into a sound all her own. Nicole has been singing jazz professionally since 2010. Her love of music extends to many genres. In her words words she “was put on this earth to sing”. Jeff Williams has been a fixture on the Boston music for over 25 years. He has toured with many acts all over the US, Canada and Caribbean. Some of the acts Jeff has played with include Herb Reed & the Platters, The Drifters, The Four Tops, Harold Melvin & the Blue notes and the Coasters. In addition to performing Jeff is also on the faculty at South Shore Conservatory. Enjoy a night of great piano and song! Call 617-361-7778 to arrange transportation.

