

The Week at Fuller Village

March 11th – March 17th



Monday, March 11th:

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 B. is available from 10am – 2pm in the Mind Body Studio at Blue Hill. Call her at 508-535-5675 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.

Travels with Eileen visits Turkey at 2:00pm in the Activity Room at Blue Hill. One of the few countries straddling both Asia and Europe, Turkey has an interesting past and more fascinating present day. Let's explore the iconic capital city of Istanbul first. Then, we'll head inland to a hidden ski mountain at Erciyes and see hot air balloons float above ancient cave dwellings in Cappadocia. Eileen Cotter Wright is a freelance travel writer from Kingston, MA. She's visited more than 30 countries and owns a travel blog called PureWander.com. She loves storytelling and meeting people in new places and trying the local delicacies!

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

Spring is just around the corner! Join Lisa Ramsay, Program Director, to brainstorm ideas for the coming months at 3:00pm in the Function Room at Brush Hill. Learn what is happening now and discuss ideas for the future. Is there a trip you would like to take or a club you would like to start? Is there a speaker you would like to hear or an entertainer you have heard enough from? Feedback is encouraged and everyone is welcome! 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, March 12th:

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.

For This Week Only! 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.

Chair Massage with Jen B. is available from 10:00am to 1:00pm in the Yoga Studio at Brush Hill. Call her at 508-535-5675 to schedule an appointment.

If you signed up for Wegman's, 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.

We are holding a Bike Club Meeting at 11:00am in the Parlor at Brush Hill. Join us today to start planning the 2019 biking season. New members are welcome! Haven't biked in a while but are interested? Most everyone in the group is in the same boat as you – stop in and learn more!

We will talk about arranging bike tune-ups, best days for group rides this season as well as a few destination rides this summer. If you would like to learn more but can't make today's meeting, please give Lisa a call at 617-361-2116.

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.

The Music of Kander and Ebb with Rich Travers at 1:30pm in the Activity Room at Blue Hill. Kander and Ebb were a highly successful American songwriting team consisting of John Kander and Fred Ebb. Known primarily for their stage musicals, which include Cabaret and Chicago, Kander and Ebb also scored several movies, including the song New York, New York.

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, March 13th:

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 **will not** be 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 where we will celebrate March Birthdays– everyone is welcome! You will enjoy an assortment of pastries, fresh fruit and hot coffee thanks to a generous donation from the bank of Canton. 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 Carol.

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.

The Lifelong Learning Committee presents *Quest for the Lost Maya* at 2:30pm in the Function Room at Brush Hill. Today’s film follows American archaeologist George Bey and Bill Ringle and their Mexican colleague Tomas Gallereta Negrón as they find startling evidence of a forgotten Mayan society in the Yucatan: Buried beneath an ancient pyramid deep in the Yucatan jungle the team discovers a still more ancient royal palace complex. **Please note that this National Geographic special will also be shown this evening at 6:30pm in the Activity Room at Blue Hill.**

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.

The Pool will be 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, March 14th:

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.

New at Blue Hill! Protestant Services at 10:00am in the Activity Room 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 Library at Blue 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. Call 617-361-7778 to arrange transportation.

The 2nd Annual Puzzle Swap will be held from 12 noon to 2:00pm in the Lobby at Brush Hill. Are You Puzzled? Bring your puzzles to exchange or drop off. Take a few home! Try one – it's fun! Thank you to Elsa Freeman and Brewster Gifford for arranging. Call 617-361-7778 to arrange transportation

The Pool is open for Senior Swim from 1:00pm to 3:00pm.

Crafts with Cindy at 1:30pm in the Activity Room at Blue Hill. Welcome Spring In!

Using an assortment of satin and velvet ribbon, you will make a petite bouquet of ribbon flowers - just enough to make you smile. Though this is a free class it is limited to 8 people. Call 617-361-7778 to sign up.

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

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 closed tonight.

Come to Irish Pub Night tonight in the Function Room at Brush Hill at 6:30pm! This evening you will enjoy 2 great shows. The evening begins at 6:30pm sharp with Irish Step Dancers from the Showcase Dance Productions Dance Team. Members range in age from 7 to 17 and are made up of 31 girls performing the styles of Irish Step and Jazz/Musical Theater. The dance team performs throughout the community at nursing homes, senior centers, fairs, parades, malls, and private venues. Some of the dancers have performed in New York City, Walt Disney World, and in Washington DC! Dan Hallisey the Irish Rambler will follow the dancers with an evening of upbeat Irish music! A bartender will be on hand to mix your favorite drinks (which are charged to your account) and we will have plenty of free appetizers as well. Feel free to bring additional appetizers for your table if you like. Call 617-361-7778 to arrange transportation.



Friday, March 15th:

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.

The Fuller Van will take you to the Boston Flower & Garden Show at the Seaport World Trade Center today. This year's Show theme is "The

Beauty of Balance", which is a key factor in design decisions, plant and material choices, and in cultivating the right-size garden for our lives and budgets. We explore the harmony we create within our gardens, vases and living spaces. Colorful life-sized gardens and vibrant floral designs incorporate the newest design elements, examples of the popular and healthy food gardening trend, ideas for adopting sustainable gardening practices and air-cleansing indoor plants. Included will be small-space gardens, homesteading hobbies, edibles-as-ornamentals and family and pet-friendly spaces for outdoor relaxation and entertaining. The Fuller Van will depart Brush Hill at 9:15 am and Blue Hill at 9:25 am. You will return to Milton at approximately 1:30pm. The cost is \$17 pp payable at the door. Call 617-361-7778 to sign up.

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 Great Decisions Movie *Regional Disorder: The Middle East* will be shown at 2:00pm in the Function Room at Brush Hill followed by a facilitated discussion in the Parlor. As global and regional powers compete for influence in the Middle East, Washington must consider whether America's historical interests in the region are shifting.

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 closed for business this evening

If you made dinner reservations for the St. Patrick's Day Buffet at 6:30pm in the Dining Room at the Gordon House you will enjoy a traditional Irish meal of baked haddock and corned beef and cabbage.

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

Saturday, March 16th:

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.

A Technology Outreach with Jack Goldstein will be held at 10:00am in the Card Room at Brush Hill. 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 *Jack London*. An in-depth biography of the famous American writer, Jack London, who came of age at the time of America's emergence onto the world stage. Jack London, the world-famous author of *The Call of the Wild*, is one of the great American

literary figures. As the USA was ending the Conquest of the West to enter modern times, he was a link between those two different worlds. His early life was one of hardship and adventure in the late 1800's.

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 17th: Happy St. Patrick'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.

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

Join Folk Singer Corey Dolgon at 7:00pm in the Function Room at Brush Hill. Corey Dolgon, a Ph.D in American Culture and Sociology Professor has been performing “singing lectures” for almost two decades. From the Freedom Singers and Ledbelly to Woody Guthrie and the Weavers, Bob Dylan and Peter Paul and Mary, Corey will play songs of peace, love and understanding. Remembering the visions of this period may help us through the strife of current day life in America. Come join Corey for an evening of old- time gems, standards you'll remember and songs you can sing-along to.

Would you like a ride into Symphony Hall?

Symphony Hall will pick you up and bring you into Boston for their Friday afternoon programs. There are still 3 Friday afternoon concerts in April. We have included the order form in this packet. You can either call your order into Symphony Hall at 617-266-7575 or mail it to them at:

Symphony Hall
301 Mass Ave.
Boston MA 02115

