

The Week at Fuller Village

April 29th – May 5th



Monday, April 29th:

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.

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.

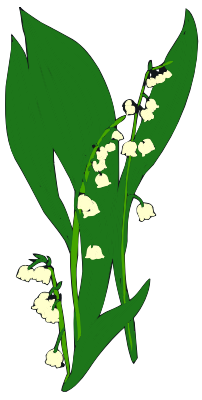
Bridge players meet from 1:00pm to 4:00pm in the Card Room at Brush Hill.

Come to a Special Showing of Fuller Talks at 1:00pm in the Function Room at Brush Hill and 6:30pm in the Activity Room at Blue Hill. There may not be any contested town-wide office races this Town Election, but voters will be faced with a referendum as to whether to make the Town Treasurer job an appointed position, as opposed to the elected role it is now. “Fuller Talks” is taking on the topic this week, as Town Government Study Committee members Leroy Walker and Marvin Gordon, who are also Fuller Village board members, make their pitch to voters. The panelists also get in some history on this episode that is all about how Fuller Village came to be.

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

Join Milton Library Director Will Adamczyk to discuss *Woolly: The True Story of the Quest to Revive One of History’s Most Iconic Extinct Creatures* by Ben Mezrich 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 May’s selection, *Brilliant Beacons: A History of The American Lighthouse*, by Eric Jay Dolan, 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.

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



Monday, April 29th:

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, April 30th:

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 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.

Take the Van to the Polls for Milton Town Elections today. The van will depart Brush Hill at 10:00am and Blue Hill at 10:10am. Please note you can also go Brush Hill at 1:00pm and Blue Hill at 1:10pm. Call Muriel at 617-361-7778 to sign up.

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 Norman Berk CFP CPA (inactive) PFS, J.D for Getting Your Affairs in Order at 2:00pm in the Activity Room at Blue Hill. Have you taken the time to create a living will? Have you provided information on all your bank accounts, brokerage accounts, credit cards and safe deposit boxes to someone who needs to know? The goal is to make things clear and easy for your loved ones when it will be their responsibility to handle your affairs. Norman has given numerous financial presentations in the past, founded an investment and wealth management firm and has a solid understanding and knowledge of financial matters.

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.

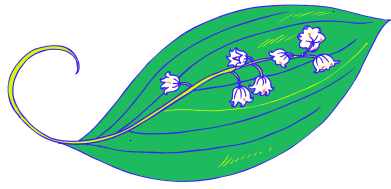
The Men's Poker Club meets at 7:00pm in the Card Room at Brush Hill.

Wii Sports meets at 7:30pm in the Café at Brush Hill.

Wednesday, May 1st:

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

The Fitness Center is open from 8:00am to 5:00pm.



Wednesday, May 1st:

Fuller Village Bikers will meet at 8:30am at the back Patio at Brush Hill for a group ride from the Mattapan entrance to the bike path to Pope John Paul Park in Dorchester. Today, the Fuller Van will

transport us and our bikes to Mattapan for a beautiful off-road ride along the Neponset River and into Dorchester and back. You must have your own bike to participate. Call 617-361-7778 to sign up.

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 will be held at 10:00am will be held today in the pool.

Floor Yoga with Carol at 11:00am will be held 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 11:45 am – 12:45 pm, and in the Brush Hill Library from 1:00 pm –2:00pm.

Chair Yoga Balance at 12:00pm will be held be 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.

Bridge Lessons continue with Gautam Merchant at 2:15pm in the Coffee Room at Blue Hill.

Make a Beeswax Sachet with Beekeeper Michelle at 3:00pm in the Cafe at Brush Hill.

Make a beeswax sachet that will be treasured for years! With a little help from Fuller Village honeybees, freshen up your closet or your favorite room with the sweet smell of honey and beeswax! Hang in a window where the sun warms the wax and reminds you of spring! Our scented sachet is truly a gift from the heart for that special mom (you!). Super easy to DIY and customize with your own scents and botanicals! Call Muriel at 6178-361-7778 to sign up.

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 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 Roz Spigel at 617-690-3611 to let her know you will be attending.

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

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



Wednesday, May 1st:

If you signed up for the Fish Night at 5:30pm in the Gordon House at Blue Hill you will enjoy Tequila Lime Shrimp Quesadilla. Call 617-361-7900 to make your reservation.

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.

You won't want to miss the Milton Players preview of *Murder Once Removed* at 7:00pm in the Function Room at Brush Hill. A respected member of the

community, Dr. Ronald Cato has prospered in carrying on his father's medical practice. But there are those who harbor suspicions about his past activities—particularly one patient, Walter Manning, who also suspects (correctly) that his wife and Dr. Cato are having a clandestine affair. Manning has engaged a private detective to investigate Cato's past, and the evidence gathered is so damning (although Cato tries at first to discount it) that the doctor's only course is to murder his patient. His clever and coolly executed plan of action shifts suspicion to another patient, and suspense builds as it appears that the good doctor may have committed the perfect crime. In the end this proves to be not so, but the method of Cato's undoing—and the surprising twist which follows it—will keep the audience guessing until the final, shocking moments of the play.

Thursday, May 2nd:

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

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

Tennis at 8:00am at the courts at Brush Hill. Come out to the tennis court for great instruction and fun tennis play. All levels welcome, no sign up necessary.

Join Jen for Chair Yoga Balance at 10:00am in the Fitness Studio at Brush Hill.

If you signed up for the Curry College Nursing Collaborative at Curry College, please meet the van at 10:15am from Brush Hill and at 10:25am from Blue 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.

The Camera Club will meet in the Library at Brush Hill at 1:00pm.

Celebrate Spring and the delightful month of May with Betsy Williams at 1:30 in the Function Room at Brush Hill! Fill a stylish glass container with fresh flowers, such as tulips, roses, larkspur, daisies and alstroemeria mixed with seasonal greens, to create a fresh flower arrangement that brings the happy vibrancy of spring flowers into your home! Your \$45.00 fee covers all the materials and instruction you'll need to create this stunning arrangement. Betsy Williams teaches, lectures and writes about living with herbs and flowers. A lifelong gardener, herb grower and cook, Betsy trained as a florist in Boston and England. She combines her floral, gardening and cooking skills with an extensive knowledge of history, plant lore and seasonal celebrations. An entertaining lecturer, she weaves stories and legends



Thursday, May 2nd:

throughout her informative talks and demonstrations. Call 617-361-7778 by Wednesday, May 1st to reserve your spot.

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, May 3rd:

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.

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.

Come enjoy after dinner music with Kenny Morrell at 6:30pm in the Activity Room at Blue Hill.

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

Saturday, May 4th:

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 at Brush Hill.

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 *Stephen Hawking's Favorite Places*: Commander Stephen Hawking pilots his space ship the SS Hawking on the journey of a lifetime, zooming from black holes to the Big Bang, Saturn to Santa Barbara. After all, why should astronauts have all the fun?

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, May 5th:

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.

Join Milton Academy student Matt Bower for a round of games at 1:00pm in the Activity Room at Blue Hill.

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

The Peter Smith Trio, featuring Jeff Williams on piano, John Hagerty on acoustic bass and Peter Smith on vocals, performs the songs of the *Great American Songbook* at 7:00pm in the Function Room at Brush Hill. For the past decade, the trio has been a fixture in the Boston area playing at various hotels, restaurants and private functions. The trio's program includes many of the best-known songs from the Golden Age of music including compositions by *Cole Porter, Rogers and Hart, Jerome Kern* and *George and Ira Gershwin*.

Residents' Association Corner

Last week the Association treated all the dedicated Fuller staff to an appreciation luncheon. More than 30 folks who were here working on Wednesday dropped in for a luncheon funded by the Residents' Association. The highlights were the delicious desserts provided by our star bakers, the stunning floral arrangements provided by Board members, and a thoughtful poem written by a resident poet. Board members and the busy the Activity Committee served as hosts to the Fuller staff.

Recently Bill Lane gave an engaging and informative presentation on the "History of Friendly's". Who knew the "awful awful" preceded the "fribble"? Bill helped all of us remember some happy experience we had at Friendly's. The Activity Committee volunteers provided a snack cup treat and everyone left smiling.

