

# The Week at Fuller Village

July 1<sup>st</sup> - 7<sup>th</sup>



## **Monday, July 1<sup>st</sup>:**

The Pool is open for Open Swim from 8:00am – 12:30pm.

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

Bike Club to Mattapan at 8:30am.

Walking Club with Shira at 8:35am.

Meet Guiliana for Aqua Zumba at 9:15am in the Pool at Brush Hill.

**Massage Therapy with Jen B. will not be held this week.** Meet her next week 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 Shira 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.

**For the summer months The Café at Brush Hill will be offering a limited outdoor grill menu every Monday from 12 noon to 2:00pm rain or shine.**

The Pool is open for Family Swim from 12:30pm – 3:30pm.

**Wii Bowlers meet at 1:00pm in the Activity Room at Blue 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.

**Bocce players meet at 3:00pm at the Bocce Court at Brush Hill for organized games.**

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

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

## **Tuesday, July 2<sup>nd</sup>:**

The Pool is open for Open Swim from 8:00am to 12:30pm.

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.



## **Tuesday, July 2<sup>nd</sup>:**

**Chair Massage with Jen B. will not be held this week.** She is available next week from 10:00am to 1:00pm in the Yoga Studio at Brush Hill. Call her at 508-535-5675 to schedule an appointment.

Meet Shira at 10:00am in the Function Room at Brush Hill for Functional Fitness.

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

**The Fuller Van is heading into Boston for a driving tour of the city and lunch at the No Name Restaurant at the Seaport.** Hop on the Fuller Van for a leisurely drive through downtown Boston to see a lot of the changes that have been happening in the area. You will drive through the Theatre District, around the Boston Garden and Commons, by Government Center and Haymarket and follow the Rose Kennedy Greenway down to the Seaport District where you will stop for lunch on your own at the No Name Restaurant for a 12:30pm luncheon reservation. The No Name Restaurant is a popular, rustic landmark serving New England seafood classics on the historic Fish Pier since 1917. After lunch, you will take the scenic route home through South Boston and Dorchester. Please note this is a driving tour – the only stop we will make is at the No Name for lunch. You will depart Brush Hill at 10:30am and Blue Hill at 10:40am. You will return to Milton by 3:30pm.

**If you signed up for the 8-week Balance Class with Elliot Physical Therapy, please meet at 12:30pm in the Fitness Studio at Brush Hill.** This class is full – please do not drop in if you are not a confirmed participant. See Jen to be put on a waitlist for the next class series.

The Pool is open for Family Swim from 12:30pm – 3:30pm.

Cribbage Players meet at 2:00pm in the Parlor at Brush Hill for organized games.

**Crafts with Cindy will be held at 1:30pm in the Activity Room at Blue Hill.** Art is in the air! Paint a lovely floral bouquet with acrylic paints and an artist canvas. As a final touch your canvas will come alive when you add 3-dimensional silk flowers. This is a free class for 8 people. All your supplies will be provided. Please call 617-361-7778 to sign up.

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

Cribbage Players meet at 3:00pm in the Activity Room at Blue Hill for organized games.

**Pickleball players meet your instructor Lori at 4:00pm at the Tennis Court at Brush Hill for organized games.**

Bingo Players meet at 7:00pm in the Activity Room at Blue Hill this evening.

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

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

## **Wednesday, July 3<sup>rd</sup>:**

The Pool is open for Open Swim from 8:00am – 12:30pm.



### **Wednesday, July 3<sup>rd</sup>:**

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 will not be held this morning. Join Jen next week at 10:00am in the Pool at Brush Hill.

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 in the Fitness Studio at Brush Hill with Carol.

The Pool will be open for Family Swim from 12:30pm – 3:30pm.

Bridge players meet at 2:00pm in the Coffee Room at Blue Hill for organized games.

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

Rosary is held in the Mind Body Studio on the second floor of the Gordon House at 4:00pm.

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, July 4<sup>th</sup>: Happy 4<sup>th</sup> of July!**

**The Office, Café, Pool & Fitness and Lounge are closed.**

### **Friday, July 5<sup>th</sup>:**

The Pool is open for Open Swim from 8:00am – 12:30pm.

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

**The Hairdresser will be in today at 9:00am.**

Water Aerobics will not be held this morning. Join Jen next week at 10:00am in the Pool at Brush Hill.

Join Shira for Chair Aerobics in the Fitness Studio at Brush Hill at 11:45am.

*Dancing with Cris* will not be held today. Join Cris next week at 12:30pm in the Fitness Studio at Brush Hill.

**Friday, July 5<sup>th</sup>:**

The Pool will be open for Family Swim from 12:30pm – 3:30pm.

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

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, July 6<sup>th</sup>:**

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.**

**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, July 7<sup>th</sup>:**

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.**

**Susan Reed Trio will perform at 7:30pm 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.

**Residents' Association Corner**

Just an update from the June Residents' Association Board meeting. The Board voted to purchase a digital piano for the Blue Hill Activity Room. This piano does not need tuning, has a ten-year warranty, and will provide our Chorus with the opportunity to have their rehearsals and performances on the same style of piano. The Board will work with Fuller Village management for a workable delivery schedule. Also, the Board voted to co-sponsor an event named "What's It Worth?" This is run by Skinner Appraisers and is in the process of being scheduled. More to come on this ...Summer means happy times and much sunshine. May you have both.

