

The Week at Fuller Village

July 15th – 21st



Monday, July 15th:

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

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

Join Jen for Walking Club this morning. The van will drop us off at Milton Landing, we will walk 1 mile towards Pope John Paul Park, and then turn around for the mile walk back to our start. The path is paved and has some sunny and some shady areas. Wear clothing and shoes appropriate for the weather and temperature, layers and hats are strongly encouraged. Please remember that you should be able to walk unassisted for this excursion. The van will depart Brush Hill at 8:30am and Blue Hill at 8:45am. Call 617-361-7778 to sign up.

Aqua Zumba will not be held for the month of July.

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.

If you signed up for the Men's Lunch at Florian Hall, please meet the van at 11:30am at Brush Hill and at 11:40am 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 Technology Table with Chris DeLeonardis will be held at 3:30pm in the Coffee Room at Blue Hill. Do you have an iPhone question only a teenager can answer? Do you need technical assistance for a smart phone, tablet or laptop? Are you curious about the cloud? Sign up for a 30-minute consultation with Chris by calling 617-361-7778. Please note that Chris will be at Brush Hill on Wednesday



Monday, July 15th:

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 16th:

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

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

Fuller Village Bikers will meet at 8:30am at the back Patio at Brush Hill for a group ride from the Mattapan entrance of the bike path to Pope John Paul Park in Dorchester. We will be back in time for the 11am yoga class. Please call 617-361-7778 to sign up.

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.

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.

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

If you signed up for a morning of shopping at Savers in W. Roxbury, please meet the van at 12:30pm at Brush Hill and at 12:40pm at Blue Hill.

Group Meditation with Andy Kelly will be held at 1:00pm in the Fitness Center at Brush Hill.

Join Rich Travers at 1:30pm in the Function Room at Brush Hill for *Music Appreciation: How to Listen to Music or “Do You Hear What I Hear?”*

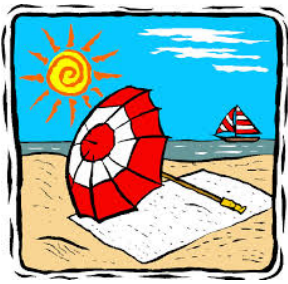
Music is in every culture and is part of the daily life of many people. It can be used for so many reasons-in religious services, in military activities, for sheer entertainment, for inspirational moments and also, in the elevator! But, do you hear what I hear?

This three-part lecture/discussion series will cover the basics of music making and look at the development of music. Topics will include a look at the Great American Song Book, folk music, ear training, and ‘earobics,’ rhythmic dictation and elements of music. Selections from the many masterworks from the Renaissance to the 20th century will be included in each lecture.

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

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

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



Tuesday, July 16th:

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 17th:

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

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.

We will celebrate July Birthdays at the Birthday Breakfast at 10:00am in the Activity Room at Blue Hill. Join your friends for hot coffee, assorted pastries and a fresh fruit platter thanks to a generous donation from the Bank of Canton. Everyone is welcome whether it is your birthday or not – we need you to sing!

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 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 Library on Your Tablet will be held at 2:00pm in the Activity Room at Blue Hill.

Join Milton Library's Technology Specialist Chris Callaghan for *The Library on Your Tablet* and learn about the different online resources that your Milton Library Card can get you (like ebooks!). All you will need to bring is your tablet or laptop, your Milton Library Card, and, if you have an Apple device, your Apple ID and password. This workshop is limited to 12 people. Call 617-361-7778 to reserve your spot.

The Technology Table with Chris DeLeonardis (Jen's son!) will be held at 3:30pm in the Card Room at Brush Hill. Do you have an iPhone question only a teenager can answer? Do



Wednesday, July 17th:

you need technical assistance for a smart phone, tablet or laptop? Are you curious about the cloud? Sign up for a 30-minute consultation with Chris by calling 617-361-7778.

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 Closed tonight.

If you signed up for the Cheap Eats Night at 5:30pm, you will enjoy Grilled Chicken Quesadillas with guacamole, salsa, and sour cream.

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 18th:

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

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

Tennis players meet at 8:00am at the courts at Brush Hill. Penka is not here this week but tennis players are encouraged to meet up for games without her.

If you signed up for The Bauhaus Exhibit at the Harvard Art Museum and Lunch at The S&S Restaurant, please meet the van at 9:45am at Brush Hill and at 9:55am at Blue Hill.

Chair Yoga Balance with Jen will be held 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.

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

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

The Camera Club will meet at 1:00pm at Library at Brush Hill. Do you like to take photographs on your phone or camera? Join other amateur photographers at 1:00pm in the Library at Brush Hill for the second meeting of the Fuller Village Camera Club. No experience or expertise is necessary – just an enjoyment of getting outside and taking pictures. Everyone is welcome!

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 3:30pm to 5:30pm.

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



Friday, July 19th:

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

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 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.

Friday Night Services with Rabbi Benjamin Of Congregation Beth Shalom of the Blue Hills will be held at 4:30pm in the Function Room at Brush Hill.

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

Join pianist Larry Matthews for an hour of after-dinner music at 6:30pm in the Activity Room at Blue Hill.

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

Saturday, July 20th:

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 starting at 10:00am in the Card Room at Brush Hill. A 12th grader at Sharon High, Jack is also Brush Hill resident Lois Wasserman's grandson! Make an appointment and get help navigating your cell phone, iPhone, laptop computer, iPad, tablet, Nook or Kindle. Call 617-361-7778 to make your 30-minute appointment with Jack.

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 21st:

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.

The Peter Smith Trio at 7:30pm in the Function Room at Brush 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*.

Photo Trip for all interested at Fuller Village

The Fuller Village Camera Club will be car-pooling to the Eustis Estate at 1424 Canton Avenue, Milton on Thursday, August 22nd. We will leave Brush Hill at 9:30am to explore the grounds and to view the outdoor sculptures for about two hours. Please feel free to join us. Everyone is welcome whether you have a camera, camera phone, or would just like to stroll through the beautiful grounds. If you have any questions and to sign up, please call Donna Parker at: 617-910-9122.

