

The Week at Fuller Village

October 1st – October 7th



Monday, October 1st:

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

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

Please join the Milton Board of Selectmen and the Milton Police Department in extending a heartfelt welcome and congratulations to Milton's own, Boston Police Commissioner William Gross at the Council on Aging this morning! The Fuller Van will depart at 8:15am from Brush Hill and at 8:25am from Blue Hill. Call 617-361-7778 to sign up

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

Blue Hill Wii Players meet at 9:30am in the Activity Room at Blue Hill.

The Fall Holiday Fair Is Coming and We Need Your Help! Please Join Us at a Fair Planning Meeting today at 10 in the Parlor at Brush Hill. The Fair will be held on Sat November 17th from 10am to 2 pm. Volunteers are needed a few weeks before the fair to gather and price the donated items. The day of the fair, it's a lot of fun to work with your neighbors for a few hours staffing the various tables, setting up and cleaning up afterwards! The tables are: the Raffle Table - generous gift cards, gift baskets, spirits etc; the Holiday Boutique - lovely like new gifts, holiday items, household treasures; Jewelry - new or gently used; Fuller Artists - amazing paintings, framed photos, fabric knitted art, woodwork; Handbags, Scarves, Belts - new or gently used; Bake table - scrumptious home baked cakes, cookies, brownies and dog biscuits; Knitted and Crocheted - blankets, hats, scarves, mittens and chicken sweaters by Fuller crafters

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.

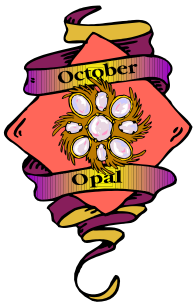
Join Jen for Chair Yoga Balance at 11:15am in the Activity Room at Blue Hill.

Join Carol for Chair Yoga at 12:00pm in the Fitness Studio at Brush Hill.

Bridge players meet from 1:00pm to 3:00pm in the Card Room at Brush Hill.

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

Join Joe Canavan of Norfolk County Sheriff Bellotti's office and learn about the Triad Program at 2:00pm in the Activity Room at Blue Hill. The Norfolk Sheriff's Office offers a number of programs devoted to the safety and security of the county's elderly residents. In 2000 Sheriff Bellotti brought the TRIAD program to Norfolk County as part of an effort to improve communication and better serve the needs of elderly residents. TRIAD is a partnership between senior citizens, law enforcement/public safety and senior support services, such as local Councils on



Monday, October 1st:

Aging. Working in close collaboration with local police, fire, and councils on aging the Norfolk Sheriff's Office assists each community in developing and implementing safety initiatives and programs tailored to its needs and focused on each community's specific areas of interest.

Fuller Village Bikers will meet at 3:00pm at the back Patio at Brush Hill for a group ride from the Mattapan entrance to the bike path, through Pope John Paul Park to our destination, Tenean Beach in Dorchester. Today, the Fuller Van will transport you and your bikes to Mattapan for a beautiful off-road ride along the Neponset River and into Dorchester and then back to Mattapan Square. You must have your own bike to participate.

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, October 2nd:

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 9:00 am to 10:00am and in the Function Room at Brush Hill from 11:00am to 12:00 pm.

If you signed up for Twin River Casino, please meet the van at 9:30am at Brush Hill and at 9:40am at Blue Hill.

Chair Massage with Jen Borges is now available from 10am – 1pm in the Yoga Studio at Brush Hill. Call her at 781-664-3761 to schedule an appointment or just drop in.

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.

Mary Kenny is a sculptor, animator, sewer, crafter. She holds degrees from UMass Dartmouth and the California Institute of the Arts. She is currently an artist in residence at the Harvard Ceramics Program in Allston and teaches sewing and ceramics in many local community centers. Join her today at 2:00pm in the Function Room to learn about her work and to discuss holding art classes with her here at Fuller Village.

The Bereavement Group with Best of Care's Jennifer Morris will continue today at 2:00pm in the Library at Brush Hill.

Reverend Martha Swanson will hold Bible Study in the Mind Body Studio at Blue Hill at 2:00pm this afternoon.

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



Tuesday, October 2nd:

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

Pickleball Players meet your coach Lori for a Pickleball Tournament complete with prizes at 4:00pm at the Tennis Court at Brush Hill.

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

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

Wednesday, October 3rd:

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 Milton Board of Health’s Flu Clinic will be held at Fuller Village on 9:00 am – 10:00 am in the Function Room at Brush Hill & 11:00 am – 12:00 noon in the Activity Room at Blue Hill.

Please present all health insurance cards at time of registration including your Medicare B Card as well as your HMO Card. For ease of vaccination please wear short sleeves. Please note that the Fluzone High Dose flu shot is being offered by the town this year. This is an injected flu vaccine formulated for people age 65 and older. To arrange transportation call 617-361-7778

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 with Carol will be held at 12:00pm in the Fitness Studio at Brush Hill.

The Fuller Village Chorus meets at 12:45pm in the Activity Room at Blue Hill. The Chorus is closed for the fall semester.

Professor John Hill presents part II of *Contemporary Issues In Historical Perspective* at 2:00pm in the Function Room at Brush Hill. Today you go on a quick tour through nineteenth century US foreign relations, examining US growth from a weak nation with little impact on the world to a world power. The main points to be discussed: John Adams’ successful negotiations to avoid war with France, the Monroe Doctrine, the impact of the Civil War on US foreign relations, and the arrival of a new major power on the world scene in the Spanish-American War.

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

The Pool will be 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, October 3rd:

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 Jackie Coffey if planning to attend at 617-364-0477.

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.

The Fall 2018 Readers Theatre with Director Frank Moffett continues this evening at 7:00pm in the Function Room at Brush Hill. The Readers Theatre Class is a six-week group program intended for participants who are interested in literature and the stage without the need of memorizing lines.

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, October 4th:

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

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

Tennis Players meet at 8am 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.

If you signed up for the Guided Tour of the Forest Hills Cemetery, please meet the van at 10:00am from Brush Hill and at 10:10am from Blue Hill.

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

Tai Chi Class with Arthur Soohoo will be held at 10:00am in the Activity Room at 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 Pool will be open for Resident and Guest Swim from 3:00pm to 5:00pm.

Part II of the Kindfulness Class with Dr. Tara Cousineau will be held at 2:00pm in the Library at Brush Hill. Today's class is *Embodying Loving Awareness*. The body is a wonderful gateway to the world of sensations. In this class we'll learn how to bring a mindful and kind presence to the realm of bodily sensations so we can further explore opening our awareness in all domains of our lives. We will explore the practice of taking a sacred pause and notice what arises within ourselves and our surroundings.

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

The Lifelong Learning committee presents *War on The EPA* at 7:00pm in the Function Room at Brush Hill. How did Scott Pruitt go from fighting the EPA to running the agency and rolling back years of policy? In this gripping documentary, FRONTLINE investigates the conservative



Thursday, October 4th:

political forces and causes, like climate change skepticism, that propelled Pruitt's takeover of the EPA. With access to key players on all sides of the issue, the film traces how the fossil fuel industry fought back against Obama-era regulations with the help of a "strike force" of industry-funded state attorneys general, led by Pruitt. It also explores how Pruitt – a former state senator and minor league baseball team owner – came to political prominence first in Oklahoma and then in Washington, D.C. by pledging to fight federal environmental regulations, and defend the oil and gas industries.

Friday, October 5th:

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.

Scrabble Players meet in the Card Room at Brush Hill at 1:30pm today.

MetroArt Links presents: *Art in Miniature* at 2:00pm in the Function Room at Brush Hill.

Please join Suzanne Scanlan of MetroArtLinks for a talk on Art in Miniature. Here, we will discuss a series of miniature worlds created by and for women in the early decades of the 20th century.

Queen Mary commissioned a prominent architect to design a "modern" dollhouse complete with monogrammed linens, electricity and lifts, and a garage of cars with "engines that run." Across the pond, women from Providence to Chicago to Vermont created a variety of miniature worlds, ranging from Colonial revival furniture, to tiny copies of modern paintings to crime scenes recreated in gruesome detail. Join Suzanne for a close look at this fascinating phenomenon! Suzanne Scanlan and Allyson Sheckler are professors, art historians and the founding partners of MetroArtLinks, a collaborative venture designed to bring the art world to you.

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.

Herbie Rae and Steve Heck will entertain you at 6:30pm in the Activity Room at Blue Hill.

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

Saturday, October 6th:

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.



Saturday, October 6th:

Discover Curiosity Stream at 2:00pm in the Library at Brush Hill and in the Coffee/Card Room at Blue Hill. Today's program is *Dream the Future: What will our cities look like in 2050?* How will they be able to accommodate the one million additional people who arrive every week? The challenge is enormous. To reduce the impact on the planet and the energy footprint and optimize exchanges within megacities, digital technologies will be crucial.

Come to the Saturday Night Movie at 7:00pm in the Function Room at Brush Hill and in the Activity Room at Blue Hill. At Brush Hill we are showing *The Last Movie Star* and at Blue Hill we are showing *Adrift*.

Sunday, October 7th:

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.

Come to the Sunday Afternoon Movie at 1:00pm in the Activity Room at Blue Hill. Today's movie is *Borat with Sasha Cohen*.

The Peter Smith Trio will perform at 7:00pm 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*. 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*. Smith is equally adept at swinging the classics, such *Fly Me To The Moon* and *I've Got You Under My Skin* as he is delivering the powerfully emotive *How Do You Keep The Music Playing* and *Louis Armstrong's What A Wonderful World*. Backed by the immensely-talented Jeff Williams on Piano and the sweet-swinging John Hagerty on bass, the trio is a must see if you enjoy the songs of *Frank Sinatra, Tony Bennett and Nat King Cole*. They may even surprise you with a little *Elvis* every now and again.