

The Week at Fuller Village

September 23rd – September 30th

Monday, September 23rd:

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

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

Join Jen & The Walking Club for a walk around Pope John Paul Park. Let's take another stroll along the Neponset River. We will walk 2 paved miles around Pope John Paul Park, hopefully seeing some early fall foliage. 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 for about an hour. The van will depart Brush Hill at 8:35am and Blue Hill at 8:45am. Call 617-361-7778 to sign up.

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

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.

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.

Say Nothing, A True Story of Murder and Memory in Northern Ireland

Milton Library Director Will Adamczyk will lead a Fuller Village discussion of this book today at 2:00pm in the Library at Brush Hill at 2:00pm. This book is being featured at this year's Library Foundation Literary Gala in October. Call your front desk if you would like to borrow a copy to read.

Bocce Players meet at the court at Brush Hill at 3:00pm for organized games.

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

The Lifelong Learning Committee presents *Three Identical Strangers* at 7:00pm in the Activity Room at Blue Hill. Three strangers are reunited by astonishing coincidence after being born identical triplets; separated at birth and adopted by three different families. Their jaw-dropping, feel-good story instantly becomes a global sensation complete with fame and

celebrity. However, the fairy-tale reunion sets in motion a series of events that unearth an unimaginable secret – a secret with radical repercussions for us all.

Tuesday, September 24th:

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.

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

If you signed up for the Driving Tour of Boston, please meet the van at 10:30am at Brush Hill and at 10:40am at Blue Hill.

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.

Join Milton Library Director Will Adamczyk to discuss *Vacationland: True Stories from Painful Beaches* by John Hodgeman 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 October's selection, *Mayor for a New America* by Thomas Menino, 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.

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.

Pickleball players meet 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.

Wednesday, September 25th:

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 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 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. The chorus will be open to new members for the month of September. New members are encouraged to join at this time!

Podiatrist Dr. Joel Chariton D.P.M. will be seeing patients in the Wellness Clinic at Blue Hill starting at 1:00pm. To book an appointment, please call his office directly at 781-986-3668.

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.

If you signed up for Fish Night, you will enjoy Tequila Lime Shrimp Quesadillas with Spanish Rice and served with salsa, guacamole and sour cream at 5:30pm in the Lounge at the Gordon House.

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

The Fuller Village Lounge at the Gordon House is Closed.

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.

Join Brush Hill residents Lorraine Allen and Libby Kaplan for Bingo at 7:00pm in the Function Room at Brush Hill! \$5 per person to play. Everyone is welcome!

Thursday, September 26th:

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 8:00am at the courts at Brush Hill.

Chair Yoga Balance with Jen will be held at 10:00am in the Fitness Studio at Brush Hill.

If you signed up for the Tour of the Omni Parker House, please meet the van at 10:15am at Brush Hill and at 10:25am at Blue Hill.

Chair Aerobics with Jen will be held in the Activity Room at Blue Hill at 11:15am.

Bridge players meet at 1:00pm in the Coffee Room at Blue Hill for organized games. 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.

Join Jen for the Senior Ballerina Class at 3:00pm in the Fitness Studio 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 Paolo DiGregorio for *Il Mezzogiorno: Sicily, Naples, and the Kingdoms of Southern Italy* at 7:00pm in the Function Room at Brush Hill. The southern regions of Italy have a long, complex, and layered past that is often overlooked in the bigger picture of European history. Yet, the events in the Italian *mezzogiorno* were often a microcosm of the dynastic turmoil of other parts of Europe. This talk will explore the colorful tales and characters that shaped the southern kingdoms of Italy. Call 617-361-7778 to arrange transportation.

Friday, September 27th:

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

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

Come to the Blue Hill Coffee Hour in the Coffee Room at 10:00am this morning – everyone is welcome!

Water Aerobics will be held in the Pool at Brush Hill at 10:00am.

Driving Tour of Milton: Are you new to Milton and not sure where to get your errands done? Do you find yourself driving back to your old neighborhood to do your banking, dry cleaning and food shopping? Join us today for a drive around Milton to see where you can do those things closer to home! Our tour will take you past the High School, Town Hall, the Library, Milton Hospital, The Council on Aging, East Milton Square, Lower Mills, and the Central Ave Shopping area as well as local supermarkets and drugstores. Your tour will last about 1 hour and will depart from Brush Hill at 10:00am and Blue Hill at 10:10am. Please 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 film *Made In China* will be shown at 2:00pm in the Function Room at Brush Hill followed by a facilitated discussion in the Parlor. China's aggressive new plan to transform its economy into a high-tech global powerhouse has the US and a host of other nations crying foul.

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

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.

Music Appreciation: The Evolution of Baroque to Classical Music by Learning & Listening to Bach, Handel, Scarlatti, & Mozart. The first in a series of music education and solo piano performances by Michael Leidig will be held at 7:00pm in the Activity Room at Blue Hill.

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

Saturday, September 28th:

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, September 29th: Rosh Hashana – Happy New Year!

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.

Stolen Moments Duo will perform at 7:30pm in the Function Room at Brush Hill. Nicole Webster weaves soul, gospel and jazz times into a sound all her own. Nicole has been singing jazz professionally since 2010. Her love of music extends to many genres. In her words she “was put on this earth to sing”. Jeff Williams has been a fixture on the Boston music scene for over 25 years. He has toured with many acts all over the US, Canada and Caribbean. Some of the acts Jeff has played with include Herb Reed & the Platters, The Drifters, The Four Tops, Harold Melvin & the Blue notes and the Coasters. In addition to performing Jeff is also on the faculty at South Shore Conservatory. Enjoy a night of great piano and song!

Residents' Association Corner

The Activities Committee of the Residents' Association for several years has collected returnable bottles and cans (plastic, metal and glass with the designation 5 cents for return) for donation to various charities. The main recipient of our donations has been Milton High School Sports Teams. This summer we collected over \$100 worth of returnable bottles and cans and delivered them for donation to Parkinson's Research. We plan on continuing with Parkinson's Research donation at this time. There are tall cardboard boxes lined with plastic bags in every Brush Hill garage near the large recycling bins for RETURNABLE bottles and cans. There are signs indicating the boxes are for returnables. Please do not put wine, liquor, plain water bottles or applesauce jars in the cardboard boxes as these are not returnable. Beer and Sparkling water are returnable. A good rule is 'if it bubbles' it is probably returnable. Thank you for helping Fuller Village make recycling even more worthwhile.