

The Week at Fuller Village

October 21st – October 27th



Monday, October 21st:

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

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

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.

If you signed up for the shopping trip to the Norwood Dollar Store, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.

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.

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 Joyful Voices of Inspiration Gospel Choir will perform at 7:00pm in the Function Room at Brush Hill. From traditional to contemporary black gospel, Joyful Voices of Inspiration sings it all with heart and soul! Joyful Voices of Inspiration is a choir that LOVES to sing gospel music. Their singers have come to understand that black gospel music is both a powerful inspirational medium and a uniquely Afro-American art form. The choir is not aligned with any faith or denomination but represents people from a wide range of religious and ethnic backgrounds who find joy and power in the music and the message of gospel. Choir members range in age from 17 to 70+ years. Joyful Voices of Inspiration was originally formed in the Spring of 1999 in response to an invitation to perform gospel in Italy. The original 30-member group found that their gospel music and their message was enthusiastically received. Upon returning from that first tour of Italy, the group was incorporated as a non-profit organization and articulated its mission to promote the appreciation of black gospel music and interracial harmony throughout the world. Singers



Monday, October 21st:

have been high school and college students, as well as adults and seniors from a variety of Greater Boston towns and suburbs.

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

Tuesday, October 22nd:

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.

If you signed up for the South Shore Plaza, meet the van at 10:00am at Brush Hill and 10:10am at Blue Hill.

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.

The Library Book Club will meet at 2:00pm in the Library at Brush Hill. Join Milton Library Director Will Adamczyk to discuss *Mayor for a New America* by Thomas Menino. 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 November's selection, *Wordy Shipmates* by Sarah Vowell, 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.

Celebrate Catholic Mass with Father Brennan at 3:00pm in the Activity Room at Blue Hill.

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 group meets at 7:00pm in the Card Room at Brush Hill. New players are welcome!



Wednesday, October 23rd:

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 from 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. If you would like to attend and need a ride, call 617-361-2116.

The South Shore Internal Medicine Wellness Clinic at Blue Hill is open today from 9:30am to 12:00 noon on the Gordon House second floor.

Join Jen for Cardio Dance at 10:00am in the Yoga Studio at Brush Hill.

Water Aerobics with Shira 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 is closed to new members 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.

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

The Fuller Village Lounge at the Gordon House will be Closed.

Historian Paolo DiGregorio presents *We the People: Creating the Constitution of the United States Part 2* this evening at 7:00pm in the Function Room at Brush Hill. At the end of the Revolutionary War, the newly independent United States were left with the question of how to govern themselves. By 1786, it had become apparent that government



Wednesday, October 23rd

under the Articles of Confederation was not effective. So a new form of national government needed to be created.

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 24th:

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 for their final games of the season.

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.

If you are registered for the Elliott PT Balance Clinic, please meet at 12:30pm in the Fitness Room at Brush Hill.

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.

Today is the Skinner *What's It Worth?* Event from 1:30pm to 3:30pm in the Function Room at Brush Hill. Fuller Village and the Fuller Village Residents Association are co-sponsoring this very special event where residents will receive verbal information and appraisal values from a Skinner expert appraiser, who will discuss up to 50 items presented for appraisal in front of a seated audience. Everyone is encouraged to come enjoy the show! This promises to be a very interesting afternoon where you will learn about a wide variety of antique jewelry, paintings, furniture, silver, china, statues, and more from Skinner Appraiser Kerry Shrives. Thank you to the Fuller Village Resident Activities Committee for assisting with this one-of-a kind event.

The Pool will be open for Resident and Guest Swim from 3:00pm to 5:00pm.

Join Jen for Senior Ballerina 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 Blue Hill resident and Holocaust survivor Frances Schaff at 7:00pm in the Activity Room at Blue Hill for a special showing of the documentary *Lena: My Hundred Children*. This film is based on the true-life story of Lena Kuchler-Silberman who, after World War II, dedicated her life to rescuing 100 Jewish refugee children. Francis is one of Lena's hundred children.



Friday, October 25th:

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!

If you are registered for Jen's Small Group Balance Class, Session 2, please meet her at 10:00am in the Activity Room at Blue Hill. If you are not registered for this session, please *do not* drop in. Call Jen at 617-361-7196 if you would like to register for a future class.

Water Aerobics with Shira 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 Great Decisions Movie *A Tested Relationship: The US and Mexico* will be shown at 2:00pm in the Function Room at Brush Hill followed by a discussion in the Parlor.

As neighbors, The US and Mexico have shared interests in stopping cross-border crime, promoting trade and managing immigration. Can they work together effectively?

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

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

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.

Jazz Pianist Ethan Stone will perform at 7:00pm in the Activity Room at Blue Hill. If you like the Honky Tonk Piano man you will love Ethan! Everyone is welcome.

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

Saturday, October 26th:

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.

Come to the Technology Outreach with Jack Goldstein at 10:00am in the Card Room at Brush Hill. Call 617-361-7778 to schedule your 30-minute appointment.

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

Saturday, October 26th:

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, October 27th:

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 Pizza Party at 6:00pm in the Cafe at Brush Hill. Join your friends in the Café for pizza. You will enjoy hot-from-the-oven pizzas delivered to you at 6:00pm. The pizza cost, \$6 per person for 2 slices of pizza and soda, is payable the evening of the Pizza Party. Contact Kaye Richardson 508-237-4246 if you would like to help.

Good Tymes Banjo Band will perform at 7:00pm in the Function Room at Brush Hill.

The Good Tymes Banjo Band is a non-profit band of volunteer musicians who love the music of the "Great American Songbook", the fun they get from the band, and the wonderful feeling they get from entertaining people. The four-string tenor banjo was very popular in the teens, twenties and thirties, but faded from the music scene with the advent of the big bands. However, the happy toe-tapping music of that bygone era is still alive and well.

