

The Week at Fuller Village

November 18th – November 24th



Monday, November 18th:

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.

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.

Join John Clark for *Music of World War 1* at 3:30pm in the Activity Room at Blue Hill.

The Music of World War One highlights some of the most popular music of the war years (1914-1918) with audio and video clips. Prior to American involvement, British war songs were popular in this country like *It's a Long, Long Way from Tipperary* and *Keep the Home Fires Burning*. Then, as events began to draw us into this “war to end all wars”, opposing viewpoints were expressed in popular songs, like the pacifistic *I Didn't Raise My Boy to Be a Soldier* and the militaristic *Wake Up, America!* And the biggest wartime favorite of all, George M. Cohan's *Over There*. Of course, there were romantic and sentimental songs that spoke for soldiers, spouses and families separated by the war, like *Just a Baby's Prayer at Twilight* and *'Til We Meet Again*. And don't forget the humorous songs like the tongue-twisting *Sister Susie's Sewing Shirts for Soldiers* and Irving Berlin's *Oh, How I Hate to Get Up in the Morning*. There were even songs about how American life had changed after the war, like *How You Gonna Keep 'Em Down on the Farm* and *I've Got my Captain Working for Me Now*. Featured artists include Al Jolson, Nora Bayes, Billy Murray, Henry Burr and the Peerless Quartet.

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, November 19th:

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.

The Fuller Van is going to Trader Joe's at Patriot Place for a morning of shopping on your own. We will depart Brush Hill at 10:00am and Blue Hill at 10:10am. Call 617-361-7778 to sign up.

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.

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

Join Rich Travers for *The Life and Music of Beethoven* at 1:30pm in the Function Room at Brush Hill. Ludwig van Beethoven (1770-1827) was a German composer and pianist, who is arguably the defining figure in the history of Western music. Beethoven moved to Vienna and met influential composers like Haydn and began to compose in earnest. By 1796, he had begun to suffer from tinnitus and was losing his hearing. Beethoven's Ninth Symphony, the 'Choral' from 1824 was the first time that a composer had used choral voices in a major symphony.

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.

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, November 20th:

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 Gordon House second floor.



Wednesday, November 20th:

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.

Join the Fuller Village Caring Committee, today at 3:00pm in the Parlor at Brush Hill -

The Caring Committee invites you to join their monthly meetings and share in their conversations about *Healthy Aging Issues*. At their meetings they disseminate information about advances in aging research and foster awareness of those issues promoting healthy, happy, active years. Everyone is welcome! If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

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 is closed this evening.

Join historian Paolo DiGregorio at 7:00pm in the Function Room at Brush Hill for *The Growing Divide: Society and Politics in Antebellum America, 1848-1860*. Since the beginning of the 19th century, American politics had grown increasingly divided along sectional or economic lines. That fissure grew more pronounced, and the politics grew more acrimonious, in the period between the Mexican War and the Civil War. This lecture will discuss the turmoil and upheaval of the Antebellum Period, and the road to Civil War.

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, November 21st:

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

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

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

If you signed up for the Men's Group to the Hillside Pub, please meet the van at 11:30am at Brush Hill and at 11:40am at Blue 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.

The Camera Club meets at 1:00pm in the 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. No experience or expertise is necessary – just an enjoyment of getting outside and taking pictures. Everyone is welcome.

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.

Friday, November 22nd:

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!

Jen's Small Group Balance Class in the Activity Room at Blue Hill will not be held this morning.

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



Friday, November 22nd:

Friday Night Services with Rabbi Benjamin Of Congregation Beth Shalom of the Blue Hills will be held at 4:30pm in the Activity Room at Blue Hill. Call 617-361-7778 to arrange transportation.

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.

Join the Herbie Ray Duo at 7:00pm in the Activity Room at Blue Hill for a non-stop hour of after-dinner entertainment.

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

Saturday, November 23rd:

The Fuller Village Fall Fair will be held in the Function Room at Brush Hill from 10:00am to 2:00pm. The Café will serve a special limited Fair Menu from 12 to 2pm.

The Pool and Fitness Center are closed.

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, November 24th:

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.

You won't want to miss the Susan Reed Trio at 7:00pm 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

The Annual Fair – Saturday November 23rd from 10 am to 2 pm: Scores of people are working together to organize this year's Fair. The bakers are busy preparing, the knitters have their creations ready to display, the artists are painting, and dozens of people are donating to the creation of the Raffle Gift prizes. Of course, we hope EVERYONE has it marked on their calendars to bring family and friends to shop and participate in this wonderful event.

Again, thanks to the generosity of the Pinderhughes family, you have the unique opportunity to purchase a chance for just \$25 dollars (no more than 100 tickets will be sold) to vacation June 7-14, 2020 in their beautiful, spacious, and historic home in Oak Bluffs, Martha's Vineyard.

Tickets sold (Cash or Check to FVRA) to residents and staff only on:

*November 17th before the Quincy Choral Concert at Brush Hill at 6:00pm-6:30pm.

*The week of Nov. 17th – 22nd at the Gordon House before dinner and at Brush Hill outside the Café during lunch times.

*Also anytime before the Fair by phoning Pam Francis at 617-910-9673 or Sara Moyer at 914-523-0785.

The DRAWING of the lucky ticket will be on Tuesday, Nov. 26th at 9:30 in the Brush Hill Café. Proceeds to the Residents' Association.

Update on Bylaws: Copies of the Amended and Restated Association Bylaws are printed and ready to distribute. We ask you to contact your building representative if you want a printed copy. It will be delivered to you.

