

# The Week at Fuller Village

## January 13<sup>th</sup> – January 19<sup>th</sup>



### **Monday, January 13<sup>th</sup>:**

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.

**Meet Fuller Village's new Dining Services Director Kelly Keady at 9:30am in the Coffee Room at Blue Hill.** Please note that Kelly will be at the Brush Hill Coffee Hour on Thursday this week.

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 Brush Hill resident Bill Lane for *The History of Friendly's* at 3:00pm in the Activity Room at Blue Hill.** Bill will present a program on the History of Friendly's he created just for you! Join him and learn about the history of one of the East Coast's most popular restaurant chains complete with a variety of photos he's collected. Bill started with the company as a trainee and retired after 35 years as Vice President of Operations, Training, Franchising and Administration.

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, January 14<sup>th</sup>:**

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

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



## **Tuesday, January 14<sup>th</sup>:**

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 Christmas Tree Shop trip, please meet the van at 10:00am at Brush Hill and at 10:10am 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 Rich Travers for *Doo Wop* at 1:30pm in the Activity Room at Blue Hill.** Doo-wop is a genre of music that was developed in African American communities of New York City, Washington DC, Baltimore, Chicago, Los Angeles and many more in the 1940s, achieving mainstream popularity in the 1950s and early 1960s. Doo-wop features vocal group harmony, nonsense syllables, a simple beat, sometimes little or no instrumentation and simple music and lyrics. Come sing a long, learn and enjoy the best of Doo Wop.

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 Bennett 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.

**The Girl Scout Cookie Sale at Blue Hill has been cancelled.** We are trying to reschedule for a Saturday in February. Stay tuned!

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, January 15<sup>th</sup>:**

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".



### **Wednesday, January 15<sup>th</sup>:**

The South Shore Internal Medicine Wellness Clinic at Blue Hill will be open from 9:30am to 12:00am.

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

**Come to the Birthday Breakfast at 10:00am in the Activity Room at Blue Hill where we will be celebrating January Birthdays.** We will be serving hot coffee, fresh fruit and a pastry assortment thanks to a generous donation from the Bank of Canton. Everyone is welcome whether it's your birthday or not – we need you to sing!

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 open to new members for the spring term till the end of this month.

**Join Norfolk County Register of Deeds William P. O'Donnell at 2:00pm in the Function Room at Brush Hill.** The Registry of Deeds is the keeper of all land records, deeds etc. in Norfolk County, dating back to 1793. The Register will speak about the historical nature of the Registry. Following his remarks, the Register will be available to answer individual questions. Members of the Register's staff will also be available to assist in providing information about the Massachusetts Homestead Act, an important consumer tool. On-site workstations will be available to provide the status of a mortgage discharge, print a copy of your deed or provide a demonstration on how the Registry's On-Line Land Records Database works.

**Join the Fuller Village Caring Committee, today at 3:00pm in the Parlor at Brush Hill -** The Caring Committee of Fuller Village cordially welcomes all newcomers to our monthly meetings to join in our conversations about healthy and happy aging. At the meetings we 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.



### **Wednesday, January 15<sup>th</sup>:**

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

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, January 16<sup>th</sup>:**

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

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

**Meet Fuller Village's new Dining Services Director Kelly Keady at 9:30am in the Café 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 Men's Lunch at Mai Place, please meet the van at 11:15am at Brush Hill and at 11:25am 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.

**Come to Crafts with Cindy at 1:30pm in the Activity Room at Blue Hill.** Love is in the air, get ready for Valentine's Day! With lace, ribbon, tulle and fabric you will make this big overstuffed heart with a vintage flare to hang on your door.

***Music and the Civil Rights Movement with Scott Alarik will be held at 2:00pm in the Function Room at Brush Hill.*** We remember Civil Rights marchers, united in song, facing down Southern mobs, fire hoses, and angry police, demanding integration and the right to vote. Why was the Civil Rights Movement such a singing movement? The answer lies in the hard history of slavery and the brutal oppression that followed it, the stirring story of the brave African-Americans who used music as a secret language of resistance, community and survival, leaving us a uniquely American legacy we now call Freedom Songs. Scott Alarik is the writer and host of the popular weekly radio program Folk Tales on Boston station WUMB-FM, a blend of music and stories exploring "the roots of roots music." Before that he spent 25 years covering folk, world, Celtic, country and Americana music for the Boston Globe. In the 1970s and '80s, he was a singer-songwriter on the national folk circuit, who performed regularly on the public radio hit A Prairie Home Companion. Host Garrison Keillor said, "I've rarely seen an audience in such a good mood as when he's just been there." Alarik has written two books, *Deep Community: Adventures In the Modern Folk Underground* ("an essential primer to the continuing folk revival," *Library Journal*) and the folk novel *Revival* which won the IBPA Benjamin Franklin Award for Popular Fiction ("a joyous celebration of folk musicians and their world," *Booklist*).



### **Thursday, January 16<sup>th</sup>:**

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

### **Friday, January 17<sup>th</sup>:**

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, 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 Jazz Lovers Club will meet at 2:00pm in the Activity Room at Blue Hill.** If you are one that loves jazz, bring your favorite jazz CD to listen to and discuss. All are welcome!

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.

**You Won't want to miss Crooning with Crosby at 7:00pm in the Activity Room at Blue Hill.** Join Crosby Goshgarian, Bass/Baritone Soloist and Mel Springer, Accompanist for a musical mix of Broadway Favorites, Old Time Favorites & Traditional Sing Along! Come and enjoy an evening of great entertainment, fun and memories. Crosby & Mel have been performing for many years and look forward to their show at Fuller Village.

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

## **Saturday, January 18<sup>th</sup>:**

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.**

**The latest episode of *Fuller Talks* will be shown this afternoon at 2:00pm in the Function Room at Brush Hill.** Former Town Moderator and chair of the Fire Station Building Committee Brian Walsh joined the Tara Lynch and Frank Desmond on Fuller Talks recently to talk about the progress on the town's project for new fire stations. They discussed some of the main roadblocks as well as some strategies and plans for moving forward,

**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, January 19<sup>th</sup>:**

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 Lifelong Learning Committee presents Part 2 of *Sinatra: All or Nothing* at 7:00pm in the Function Room at Brush Hill.** This film is an up-close and personal examination of the life, music and career of the legendary entertainer. Told in his own words from the hours of archived interviews, along with commentary from those closest to him, the documentary weaves the music and images from Sinatra's life together with rarely seen footage of Sinatra's famous 1971 "Retirement" Concert in Los Angeles.

