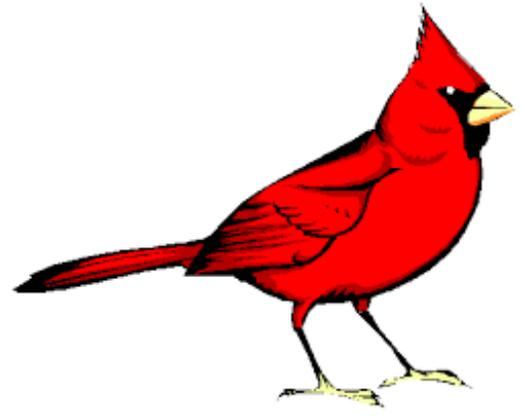


The Week at Fuller Village

January 20th – January 26th



Monday, January 20th: Martin Luther King Day **The Office and Café are Closed**

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.

Chair Yoga Balance will not be held today - meet Jen next week 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 4:00pm in the Card Room at Brush Hill.

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

Pianist Bruce Pratt and his son Elijah will perform at 2:15pm in the Activity Room at Blue Hill. Bring a friend and spend the afternoon being entertained by this talented concert pianist and his son Elijah! Mr. Pratt's performance includes commentaries and humorous anecdotes...Come Enjoy!!

The Lifelong Learning Committee presents Part 2 of *Sinatra: All or Nothing* at 3:30pm 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.

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 latest episode of *Fuller Talks* will be shown at 6:30pm in the Activity Room at Blue 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



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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.

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

Tuesday, January 21st:

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.

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 *Choral Masterworks* at 1:30pm in the Function Room at Brush Hill. This lecture will include masterworks from Baroque to 20th Century, including some familiar and not so familiar selections. Historical background of the composers will be presented as well as the genesis and analysis of the compositions of each masterwork – Bach's *B Minor Mass*, Mozart's *Requiem*, Beethoven's *Missa Solemnis*, Verdi's *Requiem* and Orff's *Carmina Burana*.

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, January 22nd:

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

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



Wednesday, January 22nd:

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 will be open from 9:30am to 12:00am.

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

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.

Get Your Senior Charlie Card and Ride the T at Discounted Rates! Starting at 1:00pm At Brush Hill. People 65 and older are eligible for reduced MBTA fares with a Senior Charlie Card. These cards are valid for 8 years. Normally, you would have to go into downtown Boston to apply for one in person. We are sponsoring a Senior Charlie Card sign up at Fuller Village which will save you the trip! If you would like to apply, please call Muriel at 617-361-7778 to sign up for a 15-minute appointment with Erika Donahue. She will take your application, take your picture and a copy of your valid driver’s license or passport and send it all into the MBTA. Applications will be available at the event. You will receive your Senior Charlie Card in the mail 4 to 6 weeks after the event. Please note, we need 15 people to participate in this to be able to apply remotely.

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.

If you signed up for Cheap Eats Night, you will enjoy homemade beef chili and a baked potato bar at 5:30pm in the Lounge at the Gordon House.

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.



Wednesday, January 22nd:

Join historian Paolo DiGregorio at 7:00pm in the Function Room at Brush Hill for *Beyond Borders: The World in the 15th Century*. The 15th century was a transformative period in world history. The period that began with a global recovery from the chaos of the 1300s would end with the creation of new trade networks and empires and lay the foundations for the

modern world.

Thursday, January 23rd:

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 a morning of shopping at the South Shore Plaza, please meet the van at 10:00am at Brush Hill and 10:10am 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 Senior Ballerina at 3:00pm in the Fitness Studio at Brush Hill.

The Fuller Village Lounge at the Gordon House is closed this evening.

Join your friends at the 3rd Annual Fuller Village Derby Night at 6:00pm in the Function Room at Brush Hill. Grab a friend and come experience “the races” like never before! You will have the opportunity to place cash bets on your favorite jockeys and horses. Bring your \$1 bills - winners double their money! All cash prizes will be distributed at the event. Any additional proceeds from each race will be donated to the Milton Food Pantry. We will be accepting monetary donations for the Milton Food Pantry as well. We will have a bartender on hand to mix your favorite cocktails (which can be charged to your account) as well as plenty of free appetizers. Get ready to cheer on your favorite jockeys!

Call 617-361-7778 to arrange transportation.

Friday, January 24th:

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.

Friday, January 24th:

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.

Join your friends in the Activity Room at Blue Hill at 2:00pm for a casual game of Cornhole – no experience necessary! Cornhole is a lawn game that is easy to learn and fun to play!

The Great Decisions Movie will be shown at 2:00pm in the Function Room at Brush Hill. Climate change has become one of the defining issues of our time. As much of the world bands together to come up with a plan, the U.S. remains the notable holdout. What is the rest of the world doing to combat climate change? What impact will the effects of climate change have on global geopolitics? Please note that this movie will be shown again next Friday followed by a facilitated discussion.

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.

Bill Coover and the Rockabilly Trio will perform at 7:00pm in the Activity Room at Blue Hill. The Rockabilly Trio is a three-piece band that plays songs that range from rockabilly, surf instrumentals, rock & roll, hillbilly to rhythm and blues. Stop in tonight for lively hour of upbeat music!

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

Saturday, January 25th:

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, January 26th:

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.

Sunday, January 26th:

Come to the Pizza Party at 6:00pm in the Café 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.

The Susan Reid Trio will perform 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

Best wishes for a happy and healthy year to all.

The Residents' Association Board met last week for its first meeting of 2020. It was noted that the December collection for the Milton Residents' Fund provided many Target gift cards for Milton families with financial need. The Board voted to direct the Residents' Association budgeted donation line to the Fuller Village Benevolent Fund. The Board also voted to donate the cost of one school bus to bring a group of Boston students to the Wakefield Estate. This donation was made in appreciation of a Wakefield Trustee who contributed most generously to the raffle items at the Fair in November. Lisa and Jen are planning the third annual Race Night on January 23rd with all profits going to the Milton Food Pantry. Everyone's generosity is appreciated as Fuller Village continues to support town of Milton organizations.

The Board is following up on ideas from residents about activities or programs the association can support. Much more information will be coming. Feel free to discuss ideas you have with your Building Representative.

