

The Week at Fuller Village

January 27th – February 2nd



Monday, January 27th:

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.

Bridge players meet from 1:00pm to 4:00pm in the Card Room at Brush Hill.

Wii Bowlers meet at 1:00pm in the Activity Room at Blue Hill.

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

Join Milton Library Director Will Adamczyk to discuss *Boston on Fire* by Stephanie Schorow 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 February's selection, *Above and Beyond*, by Casey Sherman 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.

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 28th:

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.



Tuesday, January 28th:

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

If you signed up for the Lunch at Legal Seafoods, please meet the van at 11:15am at Brush Hill and at 11:25am at Blue Hill.

Meet Jen at 11:15am in the Activity Room at Blue Hill for Chair Aerobics.

Cribbage Players meet at 2:00pm in the Parlor at Brush Hill for organized games.

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

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 29th:

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 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.

Come to the Camera Club Slide Show and Fuller Village Dance Demonstration at 2:30pm in the Function Room at Brush Hill. The Fuller Village Camera Club slide show will include pictures taken by camera club members of Fuller village, Fuller village residents, and the surrounding areas. After the Slide Show, experience the joy of movement and learn



Wednesday, January 29th:

about the benefits of dancing! Participants from Chair Aerobics, Senior Ballerinas, and our new Cardio Dance class will demonstrate portions of the classes for your enjoyment. Dancers will move and dance to sounds of doo-wop, classical piano, and modern hits. After the dance demonstration, please stay to learn more about the benefits of dance, courtesy of a video made by resident Celina Schreiber's granddaughter, Molly.

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 open for business this evening from 5:00pm to 7:00pm.

This Just In! The Milton Players will present a preview of their current production *One Slight Hitch* at 7:00pm in the Function Room at Brush Hill. It is Courtney's wedding day in 1981 at her family's idyllic upper-class conservative home. Her parents are trying to make everything perfect for the day they have long dreamed of, however when her old boyfriend shows up, a chain reaction starts and all hell breaks loose in this hysterical comedy.

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 30th:

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.

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.

Join Professor John Hill of Curry College for Happiness & Politics at 2:00pm in the Function Room at Brush Hill. Today's program is the first in a series of Presidential Election Year discussions of political/economic ideas for having a good society. Can politics contribute to the Good Life? This series will focus on ideas of Adam Smith, the "Father of Capitalism." Spoiler alert: he did not advocate the savage capitalism we have today in the US. Based on Professor Hill's book: *Adam Smith's Equality and the Pursuit of Happiness*.

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

Restorative Yoga with Carol will be held at 3:30pm in the Fitness Studio at Brush Hill.



Thursday, January 30th:

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

Join historian Paolo DiGregorio for *The Gunpowder Empires* at 6:30pm in the Activity Room at Blue Hill. Between the 14th and 15th centuries, three powerful Islamic empires dominated a region

stretching from the Mediterranean to the Himalayas. Though bound by similar religions, the three states were bitter rivals. Yet, the interactions among the empires would have a profound impact on the shape of global society. This talk will discuss the story of the three Gunpowder Empires.

Friday, January 31st:

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.

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 followed by a facilitated discussion in the Parlor.

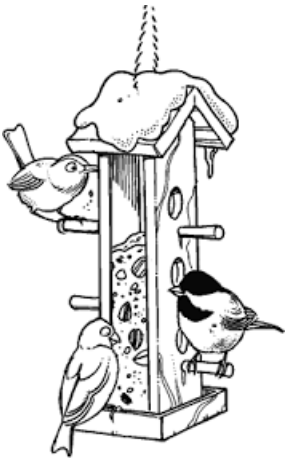
The Pool is open for Resident and Guest Swim from 3:30pm – 5:00pm.

Friday Night Services with Rabbi Benjamin Of Congregation 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.

Classical, Ragtime & Jazz Piano with Mark West will be held at 7:00pm in the Activity Room at Blue Hill. Included in the classical are immortal pieces by Bach, Mozart, Beethoven, Schubert, Chopin, Schumann, Debussy and more! Famous rags by American composer Scott Joplin include classics like “The Maple Leaf Rag” and “The Entertainer”.



Friday, January 31st:

Famous jazz standards include the works of Duke Ellington, Hoagy Carmichael, the Gershwin brothers, Cole Porter, Harold Arlen, and more! Call 617-361-7778 to arrange transportation

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

Saturday, February 1st:

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, February 2nd:

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 PBS's *Secrets of Noah's Ark* at 7:00pm in the Function Room at Brush Hill. In 1948, a British Pilot serving in Iraq acquired a clay tablet with an intriguing, 3,700-year-old inscription. The ancient writing tells the story of how the god Enki warns a Sumerain king named Atra-Hasis of a future flood that will destroy mankind; Enki gives him instructions for building a boat to save his family and livestock. If that sounds like a familiar tale, it's because this was one of several ancient flood traditions that, centuries later, would inspire the biblical story of Noah. But the tablet's inscription describes a boat very different from the traditional image of the Ark – it's said to be circular and made of reeds. Is this nothing more than a fanciful myth? Or could such a reed boat have carried Altra-Hasis's family of more than one hundred and his many animals? Join NOVA as a team of historians and expert boat builders investigates this fascinating flood legend and sets out to rebuild a tantalizing, ancient forerunner of the Ark.