

The Week at Fuller Village

February 10th – February 16th



Monday, February 10th:

The Pool is open for Open Swim from 8:00am – 11:00am.

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.

Diane Taraz presents *The Music of Our Lives* at 2:00pm in the Activity Room at Blue Hill. A tour of decades of wonderful music filled with memories. Dressed in a 1927-style dress, Diane presents songs from each decade of the 20th century, including the fascinating details of who wrote them and how they illuminate the times. Diane accompanies her singing on guitar and dulcimer. There are many chances to sing along to melodies in many styles and moods.

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, February 11th:

The Pool is open for Open Swim from 8:00am to 9:45am.

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.



Tuesday, February 11th:

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 Fiddleheads Consignment in Canton, please 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.

Join Rich Travers for *Blow Ye Winds, Blow* at 1:30pm in the Function Room at Brush Hill. This lecture will feature music selections from the woodwind and brass families. Listening examples will be taken from music composed in the Baroque, Classical, Romantic and 20th Century periods.

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 – 4:00pm.

Cribbage Players meet at 3:00pm in the Activity Room at Blue Hill for organized games.

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

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, February 12th:

The Pool is open for Open Swim from 8:00am – 10:00am.

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

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

Come to the Birthday Breakfast at 10:00am in the Activity Room at Blue Hill where we will be celebrating December 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!

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

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.



Wednesday, February 12th:

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 in the Fitness Studio at Brush Hill with Carol.

The Fuller Village Chorus will not meet today. Join Penny next week 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 this evening.

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, February 13th:

The Pool is open for Open Swim from 8:00am – 11:00am.

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

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

The Curry College Nursing Collaborative *Stereotypes of Aging: Myths and Misconceptions Vs. Truth & Reality* will be held at 10:45am in the Function Room at Brush Hill. Join Curry Faculty and nursing students for the first of four intergenerational classes held here at Fuller Village. Curry College School of Nursing Professors will present an Intergenerational Initiative focused on communication and developing relationships throughout the semester. Nursing students gain an appreciation for commonalities in human relationships, as well as insights and perspective on aging. They are really looking forward to being with Fuller Village community, and hope you'll consider joining them on a regular basis.

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 and Resident & Guest Swim from 1:00pm to 4:00pm.



Thursday, February 13th:

Crafts with Cindy at 1:30pm in the Activity Room at Blue Hill. Encore! Stay warm this winter with a stylish doubled sided felt scarf, easy to make and fun to wear. This free class can hold 8 people. Please call 617-361-7778 to sign up

Join Professor Hill for *Happiness & Politics* at 2:00pm in the Function Room at Brush Hill. Part 2 of a series of discussions on Professor Hill's

latest book as it applies to the current Presidential election year. "Universal opulence" including even "the lowest ranks of the people." What is this? Even the lowest class should be wealthy? Sound like Bernie Sanders? WRONG! This was Adam Smith. How Smith's ideas of Wealth for All might apply to the United States will be the focus of this session.

Restorative Yoga with Carol will be held at 3:30pm 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.

Come to Brush Hill Bingo at 7:00pm in the Function Room at Brush Hill. Everyone is welcome! \$5 to play. Thank you to Libby Kaplan and Lorraine Allen for arranging.

Friday, February 14th:

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 Guilana 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. \$5 per person payable to Cris at class.

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.

If you made dinner reservations, you will enjoy a Valentine's Day Dinner at the Gordon House at 4:30pm or 6:30pm. Must make reservations.

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



Friday, February 14th:

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

Classical pianist Michael Leidig presents *For the Love of Music* at 7:00pm in the Activity Room at Blue Hill. Michael will present a variety of romantic music from classical to jazz interpretations of modern pieces.

You'll enjoy samples of Mozart, Schubert, Chopin as well as modern romantic music by Nora Jones, Burt Bacharach, Vince Guaraldi, Riz Ortolani and Philip Aaberg.

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

Saturday, February 15th:

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.

Join Gary Landgren for an hour of Honky Tonk Piano at 2:00pm in the Activity Room at Blue Hill! Everyone is welcome!

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 16th:

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 Sunday Afternoon Movie will be shown at 2:00pm in the Activity Room at Blue Hill.

***Stolen Moments* with Nichole Webster and Jeff Williams will be held at 7:00pm in the Function Room at Brush Hill.** Nicole Webster weaves soul, gospel and jazz times into a sound all her own. Nicole has been singing jazz professionally since 2010. Her love of music extends to many genres. In her words she “was put on this earth to sing”. Jeff Williams has been a fixture on the Boston music scene for over 25 years. He has toured with many acts all over the US, Canada and Caribbean. Some of the acts Jeff has played with include Herb Reed & the Platters, The Drifters, The Four Tops, Harold Melvin & the Blue notes and the Coasters. In addition to performing Jeff is also on the faculty at South Shore Conservatory. Enjoy a night of great piano and song! Call 617-361-7778 to arrange transportation.

Residents' Association Corner

Resident Coffee Hours

Coffee hours are an important way for residents to relax together and have conversations in the Brush Hill café (Monday through Friday at 9:00) or Blue Hill coffee room (Monday and Friday at 10:00). The Residents' Association Treasurer handles funding and reimbursement from the contributions of those who attend. Most important is the staffing; those who prepare and clean up after each "coffee klatch". Some of these residents have worked at coffee times for years while others have been newly recruited. We are grateful to Brush Hill residents: Dot McDermott, Elsa Freeman, Anne Piacentini, Lorraine Allen, Libby Kaplan, Joan Matulis and Betty Tamer. At Blue Hill coffee and refreshments are prepared on Monday and Friday by Roz Spigel and Rita Fornaro. Thanks to Cheryl Manoli who picks up pastry for Blue Hill and Fuller staff who step in when needed. Thanks to all.