

The Week at Fuller Village

February 3rd – February 9th



Monday, February 3rd:

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.

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 Margaret Sullivan, RN, MSN, ANP-BC from the Curry College School of Nursing to learn about 2020 Curry College Nursing Collaborative Intergenerational Initiative at Fuller Village at 2:00pm in the Function Room at Brush Hill. You will get a chance to hear about this exciting learning opportunity where Fuller residents will join Curry College nursing students for a semester long course – classes will be held at Fuller Village starting in February and will go through the Spring of 2020. Curious? Join Maureen for a brief overview of the class today – you are not obligated to sign up if you attend today's informational gathering. Call 617-361-7778 to arrange transportation.

Join John Clark for *Motown* at 3:30pm in the Activity Room at Blue Hill. Producer and entrepreneur Barry Gordy was the mastermind behind Motown, a hit-making music empire that rivaled the success of the major record labels and even the Beatles in the mid-1960s. Co-founder Smokey Robinson had the first hit with *Shop Around* in 1961 and went on to produce and write for Mary Wells (*My Guy*), the Marvelettes, Marvin Gaye and the Temptations (*My Girl*). The team of Holland, Dozier and Holland had the magic touch for many hits by Martha & the Vandellas and the Four Tops and an incredible ten chart-toppers for the Supremes. Motown started Stevie Wonder out as a Ray Charles imitator but by decade's end he was writing and producing his own hits (like *I Was Made to Love Her*). The Four Tops gave us two iconic hits with *Can't Help Myself* and *Reach Out (I'll Be There)* and Marvin Gaye hit all



Monday, February 3rd:

the right notes on one of the biggest national hits of the decade, *I Heard it Through the Grapevine*. With the success of Motown in the sixties, black music full entered the American mainstream and left behind a trail of unforgettable hits.

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 4th:

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.

Tour of the Milton Council on Aging with Director Christine Stanton - yes, our Christine Stanton! Christine, who is now the new Director of the COA, has invited us over for coffee and a tour of all the COA has to offer. She's looking forward to welcoming you to Milton's Council on Aging. We will depart Brush Hill at 9:00am and Blue Hill at 9:10am.

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.

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

Join Suzanne Scanlan from MetroArtLinks at 2:00pm in the Function Room at Brush Hill for a presentation on the exciting *Raid the Icebox Now* installations at the RISD Museum. To celebrate the 50th anniversary of its exhibition *Raid the Icebox I with Andy Warhol*, the RISD Museum has engaged ten contemporary artists to create new bodies of work or create a unique curatorial project using the museum collection as a basis for the work. A landmark example of artist-curated museum exhibitions, *Raid the Icebox I with Andy Warhol* (1970) presented entire sections of objects as they appeared in storage, with little or no regard for their condition, authenticity, or art historical status. It remains one of the most celebrated and subversive exhibitions in contemporary art history.

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.



Tuesday, February 4th:

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 5th:

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

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

Weights on Wednesdays will be held in the Fitness Center today at 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

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 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.

The Fuller Village Newcomers Club will meet in the Activity Room at Blue Hill from 3:30-4:30pm. We hope to provide you with an opportunity to foster new friendships and to build community – to live a “Fuller” life. Any questions, please contact Marty Allen at 617-312-8058 or Mary Rivers at 508-208-2768.

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 Blue Hill Book Club meets at 4:30pm followed by dinner in the Gordon House Dining Room at 6:00pm. New members are welcome to attend. The group does book reviews as well as a book of the month. Reservations for dinner are required. Please call Roz Spigel at 617-690-3611 to let her know you will be attending.

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



Wednesday, February 5th:

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, February 6th:

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

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

If you signed up for Cobbs Corner Shopping, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.

Chair Yoga Balance with Carol 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 your friends in the Function Room at Brush 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!

Join Gayle Bellotti from the Norfolk County DA's Office for *Scams!* at 2:00pm in the Activity Room at Blue Hill. People lose money to scams and fraud every day. Scammers will say anything to cheat people out of the hard-earned money – and they are good at getting what they want. It is important that elders arm themselves with the knowledge and tools to stay a step ahead of the scams and schemes bombarding them in a multitude of ways – via phone, mail, text, computer and doorstep. Join Norfolk District Attorney Michael W. Morrissey's staff to learn about scams and identity theft and how you can protect yourself from becoming a victim.

The Pool will be open for Resident and Guest Swim from 3:00pm to 4:00pm.

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.

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



Friday, February 7th:

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 Giliana 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. This class is \$5 per person payable to Cris at the class.

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 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.

Lifelong Learning presents *The Secrets of Noah's Ark* at 7:00pm in the Activity Room at Blue 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.

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

Saturday, February 8th:

The Pool is open for Open Swim from 9:00am – 11:00am and for Family Swim from 11:00am – 1:00pm.

Saturday, February 8th:

The Fitness Center is open 8:00am – 1:00pm.

A Technology Outreach with Jack Goldstein will be held starting at 10:00m in the Card Room at Brush Hill. Call Muriel at 617-361-7778 to make an appointment for help with your mobile handheld devices.



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 9th:

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.

The Austin Burns Duo will present *An Evening in Naples* at 7:00pm in the Function Room at Brush Hill. Austin Burns is a Boston-based performer, composer, arranger, and curator of original concert programs. He is the founder of Sole Durato, an ensemble consisting of singers, guitarists and pianists, as well as percussionists on occasion. The group performs a wide-ranging repertoire of works that Austin curates and arranges, including programs highlighting the poetry of Robert Burns, Neapolitan songs, American songs, Irish songs, an exploration of opera arias, and more. Sole Durato performs across the Northeast and in the greater Boston area, including presenting music in private homes using the innovative concert presenting platform, GroupMuse. In addition to exploring its classical roots, the ensemble seeks to expand the boundaries of traditional concerts through popular music, comedy programs, and Austin's arrangements of traditional folk tunes and jazz standards.

Residents' Association Corner

Expressions of thanks

So many residents offer their time and services to support all of the Fuller Community. Last week dozens of people helped Lisa and Jen with the third annual Race Night event. There were jockeys, ticket sellers, runners and bankers on duty to support this activity. The volunteers enjoyed it almost as much as the winners. This week Jeanne Bronk, Secretary of the Residents' Association, delivered lunch to the Milton Police Station and the two Fire Stations which serve Fuller Village. The Association wanted the women and men who answer the call from Fuller to know how much their kindness is appreciated when there is a need for their service. Thanks also to the efforts of Kaye Richardson, with good advice from Jean Powers, as she keeps the Sunday evening Pizza Nights going. Kaye has support from skillful assistants who serve and clean the cafe. Pizza lovers look forward to these evenings.