

The Week at Fuller Village

March 2nd – March 8th



Monday, March 2nd:

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.

What is the Happiness Fair? Find out at 1:30pm in the Parlor at Brush Hill. Join Professor John Hill and colleagues to learn about the Happiness Fair (taking place on Wednesday, March 25th at Curry College). Prof. Hill thinks Curry students would benefit from hearing you talk about what has given you joy, life satisfaction, and/or a feeling of a life well-lived. They would also benefit from hearing about what caused unhappiness, and how you responded to that.

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!

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

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, March 3rd:

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

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



Tuesday, March 3rd:

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.

The Fuller Van will take you to the polls to vote this morning starting at 9:30am. Please call 617-361-7778 to sign up. We will make multiple runs if necessary, to get everyone to the polls. The van will be loaded in the order that you call.

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.

The Fuller Village Resident's Association is sponsoring a very special event today at 2:00pm in the Function Room at Brush Hill! Today's performance of *A REVOLUTION OF HER OWN!*™ features History At Play's Founder and Artistic Director Judith Kalaora in an immersive solo performance as Deborah Samson [Sampson], the first woman to enlist, to fight, and to be honorably discharged from the American Military. This hour-long program chronicles her life: An indentured servant by age five, Deborah grew up in a man's world, where women were naught but second-class citizens. Without the ability to vote or to own property, Deborah knew her options were limited; breaking the rules may be necessary to accomplish a greater goal in life. Experience Deborah Sampson's arduous upbringing, one and a half years of active combat, and success as the first female professional soldier, through interactive stories and authentic colonial attire. Deborah's passion will take you back in time!

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, March 4th:

The Silver Linings Salon is closed today.

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

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



Wednesday, March 4th:

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

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.

The Fuller Village Newcomers Club will meet in the Function Room at Brush 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.

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, March 5th:

The Silver Linings Salon is closed today.

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.



Thursday, March 5th:

Join Curry Faculty and nursing students for the second of four intergenerational classes held here at Fuller Village at 10:45am in the Function Room at Brush Hill. 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.

If you signed up for the South Shore Plaza trip, please meet your van at 9:30am from Brush Hill and 10:00am from 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 and Resident & Guest Swim from 1:00pm to 3:00pm.

Come to the Square Dance at Brush Hill at 2:00pm in the Function Room! Beth Parks, Square Dance Caller, will get people together and show you everything you need to know – a little at a time – to enjoy a variety of dances in circles, squares, and lines. She will share her favorite dances from the past 300 years, from many regions of our country – and a few from other countries too. No experience or partner is necessary to enjoy an afternoon of music and dance! This event is sponsored in part by a generous donation by the Fuller Village Resident's Association.

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

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

Friday, March 6th:

The Silver Linings Salon is closed today.

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

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 will not be held this Friday.

Join Jen for Chair Aerobics in the Fitness Studio at Brush Hill at 11:45am.



Friday, March 6th:

Dancing with Cris will be held at 12:30pm in the Fitness Studio at Brush Hill. \$5 per person payable to Cris at class.

Join Milton's Fire Department for an informative program on fire safety at Fuller Village at 1:00pm in the Activity Room at Blue Hill. They will leave time for questions from the

audience. If you would like to attend and need a ride, call 617-361-7778

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.

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

The Lifelong Learning Committee presents *The Statue of Liberty* at 7:00pm in the Activity Room at Blue Hill. For more than 100 years, the Statue of Liberty has been a symbol of hope and refuge for generations of immigrants. In this lyrical, compelling and provocative portrait of the statue, Ken Burns explores both the history of the America's premier symbol and the meaning of liberty itself. Featuring rare archival photographs, paintings and drawings, readings from actual diaries, letters and newspapers of the day the fascinating story of this universally admired monument is told.

Saturday, March 7th:

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, March 8th: Daylight Savings – Spring Ahead!

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, March 8th: Daylight Savings – Spring Ahead!

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

Join the Peter Smith Trio at 7:00pm in the Function Room at Brush Hill. Backed by the immensely talented Jeff Williams on Piano and the sweet-swinging John Hagerty on bass, the trio is a must see if you enjoy the songs of *Frank Sinatra*, *Tony Bennett* and *Nat King Cole*. They may even surprise you with a little *Elvis* every now and again.

Lifelong Learning DVD's – a message from Lisa Ramsay

The Lifelong Learning Committee researches and purchases DVD's to be shown at Brush Hill and Blue Hill each month with Resident Association funds. After the films are shown, they are put in the Brush Hill Library for folks to borrow. I have noticed that our entire collection is missing (about 3 to 4 years' worth of DVD's).

Please contact me if you know where they might be – we would like to return them to the library for everyone to use. Thank you.

Residents' Association Corner

Coming to you....

Two events sponsored by the Residents' Association are coming up this, the first week of March!

History at Play on Tuesday, March 3 at 2:00 will be a live performance honoring the life and contribution of Deborah Sampson. She was an eighteenth-century woman with courage and initiative. Interestingly, Deborah lived in Sharon, Ma and is memorialized in that town.

Also, next week on Thursday afternoon, March 5 at 2:00 there will be square dancing in the Brush Hill Function Room (Co-sponsored with Fuller Village).

We hope to see many of you at both of these activities. Both are funded through the Residents' Association budget with funds raised by all participants in the annual Fall Fair.

