

The Week at Fuller Village

March 9th – March 15th



Monday, March 9th:

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

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

Aqua Zumba at 9:15am is Cancelled.

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.

Join Milton's Fire Department for an informative program on fire safety at Fuller Village at 2:00pm in the Function Room at Brush Hill. They will leave time for questions from the audience. If you would like to attend and need a ride, call 617-361-7778.

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

John Clark presents *The Music of Paul Simon* at 3:30pm in the Activity Room at Blue Hill. Like his contemporaries, Bob Dylan and Leonard Cohen, Paul Simon (with partner Art Garfunkel) began as a strongly confessional singer/songwriter, but unlike them has insisted on presenting his lyrics using polished production values and exceptional musicians. And, as this program will illustrate, Simon continues to evolve lyrically and expand musically. The prophetic mode of *Sound of Silence* (1966) resurfaces in his mid-70s masterpiece, *American Tune*. Early ethnic incursions into world music (*El Condor Pasa*) culminate eventually to the world music of the politically controversial *Graceland* album. And gospel music seems to be a major influence throughout his career (*Loves Me Like a Rock*). Drawing less upon his Jewish heritage than either Dylan or Cohen, his more recent songs seem to focus on spiritual questions and discoveries from Christian and Hindu/Buddhist sources (This hour-long program is an overview of the rich and varied career of Paul Simon).

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 10th:

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.

If you signed up for the Dollar Store in Norwood, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.

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 *The Life and Music of George M. Cohan* at 1:30pm in the Function Room at Brush Hill. The musical comedy stage of New York was home to George M. Cohan, vaudeville song and dance man, playwright, manager, director, producer, comic actor and popular songwriter. During the first two decades of the 20th century, Cohan's style of light comedic drama dominated American theater. The songs and lyrics that he composed have been passed from generation to generation as popular tunes celebrating the American spirit.

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!

This Just In! A new episode of *A Fuller Life* will be shown at 7:00pm in the Function Room at Brush Hill. Fuller Village resident Mimi Roos recently visited the South Slavic countries of Bosnia and Herzegovina, Croatia, Montenegro and Slovenia, taking in cultural sites, natural wonders and day-in-the-life experiences making food and drink to share with fellow travelers as well as local hosts. On a new episode of "A Fuller Life," she shares her extensive photographic documentation of the trip while narrating her journey, including all kinds of history and interesting tidbits.



Wednesday, March 11th:

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 March 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.

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 not be seeing patients today.

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.

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 12th:

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.

If you signed up for the Boston Flower Show, please meet your van at 9:15am from Brush Hill and 9:25am 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.



Thursday, March 12th:

The Pool is open for Senior Swim and Resident & Guest Swim from 1:00pm to 3:00pm.

Join Cindy at 1:30pm in the Activity Room at Blue Hill for *Scents of Spring*.

It's that time of year again that the air fills with lovely scents. You will make an assortment of potpourri items with lavender and rose for your closet, drawers or tabletop. This is a free class that can hold 8 people. All the materials you need to create the potpourri will be provided. Call 617-361-7778 to sign up.

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

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 Closed.

Come to Irish Pub Night at 6:00pm in the Function Room at Brush Hill. This evening you will enjoy 2 great shows. The evening begins at 6:00pm sharp with Irish Step Dancers from the Showcase Dance Productions Dance Team. Members range in age from 7 to 17 and are made up of 31 girls performing the styles of Irish Step and Jazz/Musical Theater. The dance team performs throughout the community at nursing homes, senior centers, fairs, parades, malls, and private venues. Some of the dancers have performed in New York City, Walt Disney World, and in Washington DC! Tim Quinn of the Black Velvet Band will follow the dancers with an evening of upbeat Irish music! A bartender will be on hand to mix your favorite drinks (which are charged to your account) and we will have plenty of free appetizers as well. Feel free to bring additional appetizers for your table if you like.

Call 617-361-7778 to arrange transportation.

Friday, March 13th:

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!

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.

Join your friends in the Activity Room at Blue Hill from 12 noon to 1:30pm for a casual game of Cornhole – no experience necessary!

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!



Friday, March 13th:

The Great Decisions Movie will be shown at 2:00pm in the Function Room at Brush Hill.

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.

Paolo DiGregorio presents *The End of Good Feeling: Adams, Jackson, and the Electoral Crisis of the 1820s* at 7:00pm in the Activity Room at Blue Hill. The late 1810s and early 1820s are often referred to as “The Era of Good Feeling”, a period in US history when there was apparent political and social unity. However, by the time of the election of 1824, that unity had dissolved, and bitter political rancor and partisanship had become the model of national politics. This lecture will examine the elections of 1824 and 1828, and the birth of modern American politics.

Saturday, March 14th:

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.

A Technology Outreach with Jack Goldstein will be held starting at 10:00am 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, March 15th:

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.

Join Will McMillan and Joe Reid for *When Irish Eyes Are Smiling* at 7:00pm in the Function Room at Brush Hill. Many beloved songs have been written by Irish-American



Sunday, March 15th:

composers and lyricists. One of the most famous was George M. Cohan, a multi-talented mover and shaker who worked as an actor, singer, dancer, comedian, director, composer,

lyricist, book writer, and producer for decades on Broadway — and on tour around the entire United States. His songs include “Give My Regards to Broadway,” “You’re a Grand Old Flag,” “Mary’s a Grand Old Name,”

“Yankee Doodle Dandy,” “Nelly Kelly, I Love You,” “Harrigan,” “Over There,” and “Life’s A Funny Proposition After All.” It turns out Cohan had many connections with New England — including being born in Providence, RI in 1878, and spending many happy summers in North Brookfield, MA. Will and Joe will breathe new life into Cohan’s songs and share a few stories about how certain songs came to be created.

Shopping Carts in the Brush Hill Garages

Residents are asked to keep all personal property in the garages in their storage unit, with the exception of shopping carts. Resident shopping carts can be left in your assigned parking space. **Please note – any shopping cart that is left in a parking spot is personal property and should not be borrowed or used without the permission of the owner.** The Brush Hill Concierge desk has a medium sized wagon that can be used by residents to move bulky items. Call Muriel at 617-361-7778 to borrow it.

Residents’ Association Corner Fuller Village Volunteers

There are numerous residents who work quietly behind the scenes to make life at Fuller Village even fuller.

Both Blue Hill and Brush Hill host weekly Saturday evening movies thanks to the management of Foster resident, Roz Spigel, who keeps up on interesting movies offered on Netflix. Roz initiated these movie offerings with the financial support of the Residents’ Association budget to maintain a Netflix account. Many residents enjoy getting together weekly at each location.

Judy Cobble from Brush Hill shares her love of music in many ways including starting a Jazz Lovers Club. This group meets monthly to enjoy music and explore the world of jazz. Additionally, Judy is the accomplished accompanist to the Fuller Village Chorus.

Nancy Kearns from Brush Hill, and Pat Adamczyk from Foster, organize knitting groups which create and socialize together weekly. These knitters and sewers contribute generously to the Fuller Village Annual Fair.

The spirit of volunteerism is strong among the residents of Fuller Village.

