

# The Week at Fuller

## August 17<sup>th</sup> – August 23<sup>rd</sup>



### Monday, August 17<sup>th</sup>:

**The Pool will be open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising, Monday – Friday.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Fitness Center and Yoga Studio** will be open from 8:00am -12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

**The Fuller Van will take you to Milton Hospital on Mondays, Wednesdays, and Fridays from 8:45am to 4:00pm for doctors' appointments and lab work. To make a van reservation, call 617-361-7778.**

**Floor Yoga with Carol will meet at 9:30am under the tent at Brush Hill.** Please call Muriel at 617-361-7778 to reserve your spot and arrange transportation if you need it.

**News Currents will meet at Blue Hill on the Deck at 10:30am this morning to discuss local, state and federal politics.** Please call 617-361-7900 to reserve your spot and arrange transportation if you need it.

**Enhance your yoga practice...virtually! Join Carol for Floor Yoga on Mondays via Zoom at 11am.** She will guide you through 45 minutes of yoga from the comfort of your own home. If you are on our Zoom email list, the link to join the class has been sent to you.

**The Café is open** for outdoor dining at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

### Tuesday, August 18<sup>th</sup>:

**The Pool is open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**Pickleball Players meet at 8:30am at the Tennis Courts at Brush Hill!**

**The Bank of Canton will be at Brush Hill from 9:00am - 10:00am and at Blue Hill from 11:00am to 12:00pm by appointment only.** Call Muriel at 617-361-7778 for a Brush Hill appointment and Claire or Erika at 617-361-7900 for an appointment at Blue Hill.

**Blue Hill Knitters will meet at 11:00am at Blue Hill on the Deck this morning.** Please call 617-361-7900 to reserve your spot.



### **Tuesday, August 18<sup>th</sup>:**

**Join Andy Kelly, Certified Meditation Instructor for *A Free 30 Minute Guided Group Meditation* at 11:30am in the Tent at Brush Hill.** Please make your reservation with Muriel at 617-361-7778.

**The Café is open** for outdoor dining at 11:30 a.m. or 1:00 p.m.

If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

### **Wednesday, August 19<sup>th</sup>:**

**The Pool is open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Fitness Center and Yoga Studio** will be open from 8:00am -12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

**Bocce Players meet at 8:00am at the court at Brush Hill.** Call Jeanne Bronk at 617-910-9936 to sign up.

**The Silver Linings Salon is open for business starting at 9:00am.** Please call Sue at 617-361-8746 to make your appointment. If you need a ride to and from the salon, please call Muriel at 617-361-7778 to arrange transportation.

**Yoga under the Tent! Bring your positive vibes and join Carol for Chair Yoga under the tent at Brush Hill at 9:30am.** Please call Muriel at 617-361-7778 to reserve your spot and to arrange transportation if you need it.

**South Shore Internal Medicine Wellness Clinic** is open today from 9:30 am– 12:00 pm on the second floor at Blue Hill. Call 617-361-7900 to schedule an appointment.

**The Café is open** for outdoor dining at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

**The Brush Hill Knitters will meet under the tent at Brush Hill at 6:30pm this evening.** Please call Nancy Kearns at 857-222-9920 to sign up.

### **Thursday, August 20<sup>th</sup>:**

**The Pool is open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Silver Linings Salon is open for business starting at 9:00am.** Please call Sue at 617-361-8746 to make your appointment. If you need a ride to and from the salon, please call Muriel at 617-361-7778 to arrange transportation.



**Thursday, August 20<sup>th</sup>:**

**Join Lori Casinghino, a local fitness instructor, today at 9:30am at the tent at for some fun and functional movements.** If you have small (1-3 pound) hand weights, feel free to bring them to class. If you don't have any, or would prefer to not use them, don't worry, your own bodyweight will do the trick too! Call Muriel at 617.361.7778 to reserve your spot.

**Bocce Players meet at 11:00am at the court at Brush Hill.** Call Jeanne Bronk at 617-910-9936 to sign up. Please remember your water bottle and sunscreen.

**The Café is open** for outdoor dining at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

**The Library Book Club with Milton Library Director Will Adamczyk will be held in the Tent at Brush Hill at 3:00pm this afternoon.** Today you will discuss *Leviathan* by Eric Jay Dolin. Call Muriel at 617-361-7778 to sign up.

**Need some time for yourself? Join Carol for Restorative Yoga on Thursdays via Zoom at 4pm.** Class is designed to help you slow down and spend more time in restful poses. If you are on our Zoom email list, the link to join the class has been to you.

**Friday, August 21<sup>st</sup>:**

**The Pool is open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Fitness Center and Yoga Studio** will be open from 8:00am -12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

**The Silver Linings Salon is open for business starting at 9:00am.** Please call Sue at 617-361-8746 to make your appointment. If you need a ride to and from the salon, please call Muriel at 617-361-7778 to arrange transportation.

**Team Trivia with Joel Krensky will be held in the tent at 10:00am this morning.** Please call Muriel to sign up at 617-361-7778.

**The Café is open** for outdoor dining at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

**Dancing with Cris** will be held at 12:30pm under the Tent at Brush Hill. Class size is limited to 14 participants and requires a sign-up in advance. Please call Muriel at 617-361-7778 to reserve your spot and arrange transportation if you need it.

## **Calling All Tree Lovers!**

Would you like to join a small group interested in identifying and labeling trees on our property? Pat Kelleher has purchased tags from Amazon. There is an app for iPhone users call Leafsnap that you can download for free. It enables us to identify trees from their leaves. The labels are environmentally safe. Call Patricia Kelleher at 857-703-8908 if you would like to participate. We will commence the project in September when we have cooler days.

