



## The Week at Fuller August 3<sup>rd</sup> – August 9<sup>th</sup>

### **Monday, August 3<sup>rd</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** 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** – Corinne, Carl and the Café Staff would love to see you, please join them at the café for outdoor seating at 11:30 a.m. or 1:00 p.m. Space is available for 18 residents at each seating. You are welcome to make a reservation or stop by the café and be seated if space is available. If you would like to make a reservation call 617-361-6958 or if you want to place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

### **Tuesday, August 4<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 with Lori - 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 4<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** – Corinne, Carl and the Café Staff would love to see you, please join them at the café for outdoor seating at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation call 617-361-6958 or if you want to place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

**Wednesday, August 5<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** 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** - Corinne and Carl would love to see you, please join them at the café for outdoor seating at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation call 617-361-6958 or if you want to 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 6<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.

**Fitness with Lori – a new Group Fitness class! Thursdays at 9:30am at Brush Hill under the tent.** Join Lori Casinghino, a local fitness instructor, today at 9:30am for some fun and functional movements. Be prepared to get back into shape with exercises that will help you in your daily life. 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! Remember to wear sunscreen and bring a water bottle to class. Class size is limited to 14 participants, so please 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** – Corinne, Carl and the Café Staff would love to see you, please join them at the café for outdoor seating at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation call 617-361-6958 or if you want to place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

**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 7<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** 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** - Corinne and Carl would love to see you, please join them at the café for outdoor seating at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation call 617-361-

**Friday, August 7<sup>th</sup>:**

6958 or if you want to 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.

**Racial Justice....The Conversation Continues**

The residents Racial Justice Committee is organizing small group discussions relating to an article by Peggy McIntoch, (Assoc. Director, Wellesley College Center for Research on Women), addressing various power dynamics relating to gender and race. Her emphasis is on how white people are unknowingly raised with certain privileges and their effect on the power structure and systematic racism.

Join us in the tent on either: Tues., Aug. 11 or Fri., Aug 14 at 2pm

Reservations are Required:

Email or call Jeanne Bronk: [jeannembronk@gmail.com](mailto:jeannembronk@gmail.com) or 617-910-9936

Include your name, address, and your preferred date.

Access and print the article at:

<https://www.racialequitytools.org/resourcefiles/mcintosh.pdf>

To have a copy delivered to your mailbox please let us know.

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*Who we are: A few individuals have joined together to plan activities that will raise awareness among the residents here at Fuller regarding systematic racism and ways to ameliorate it. We hope to generate thoughtful discussions about issues effecting the community at large. The Racial Justice Committee is a volunteer group and is not associated with Fuller Village or the Residents Association.*

**Tennis Anyone?**

The tennis courts are open for independent play. If you are interested in playing, please contact Jen at 617.361.7196 to discuss how to safely return to play according to the USTA's Safe Return to Play Guidelines.

