

# The Week at Fuller

## August 31<sup>st</sup> – September 6<sup>th</sup>



### Monday, August 31<sup>st</sup>:

**The Pool will be open from 8am – 10am for lap swim and 10am - 1pm 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.

**Chair Yoga with Jen will meet at 3:00pm in front of the Foster Building Entrance for a 30-minute class.** No equipment required, just a positive attitude! Class is weather-dependent. Please call Muriel at 617-361-7778 to sign up. Priority for sign-ups will be given to Foster and Depoyan residents.

### Tuesday, September 1<sup>st</sup>:

**The Pool is open from 8am – 10am for lap swim and 10am - 1pm 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.

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



## Tuesday, September 1<sup>st</sup>:

**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.

**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.

**Seated Strength & Conditioning with Jen will meet at 3:00pm in front of the Foster Building Entrance for a 30-minute class.** If you have access to hand weights or a resistance band, please bring them, if not then “air weight” will do! Please call Muriel at 617-361-7778 to sign up. Priority for sign-ups will be given to Foster and Depoyan residents. Class is weather-dependent.

## Wednesday, September 2<sup>nd</sup>:

**The Pool is open from 8am – 10am for lap swim and 10am - 1pm 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.

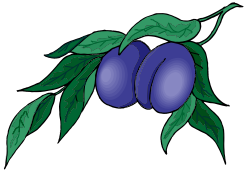
**The Silver Linings Salon is open for business starting at 9:00am.** Please call Sue at 617-361-8746 to make your appointment. If you need a ride to and from the salon, please call Muriel at 617-361-7778 to arrange transportation.

**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.

**Yoga under the Tent! Bring your positive vibes and join Carol for Chair Yoga under the tent at Brush Hill at 10:30am.** 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 serving lunch off the Grill today 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, September 2<sup>nd</sup>:

**Total Body Blast with Jen will meet at 3:00pm under the Tent at Brush Hill for a 30-minute high-energy class.** If you have access to hand weights, please bring them. This class is designed to be done from a standing position, although we will take breaks throughout the class.

Please call Muriel at 617-361-7778 to sign up.

**The Brush Hill Knitters will meet under the tent at Brush Hill at 6:00pm this evening.** Please call Nancy Kearns at 857-222-9920 to sign up.

### Thursday, September 3<sup>rd</sup>:

**The Pool is open from 8am – 10am for lap swim and 10am - 1pm 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.

**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.

**Towel Cardio with Jen will meet at 3:00pm under the Tent at Brush Hill for a 30-minute class.** Please bring a small hand-towel and be prepared to get your heart-rate pumping! Please call Muriel at 617-361-7778 to sign up.

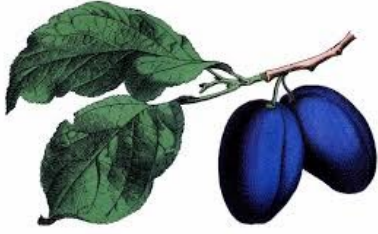
**Need some time for yourself? Join Carol for Restorative Yoga on Thursdays via Zoom at 4pm.** Class is designed to help you slow down and spend more time in restful poses. If you are on our Zoom email list, the link to join the class has been to you.

### Friday, September 4<sup>th</sup>:

**The Pool is open from 8am – 10am for lap swim and 10am - 1pm 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.



**Friday, September 4<sup>th</sup>:**

**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.

**Residents' Association Corner**

After a long pause the Residents' Association Board met on August 12, 2020 in the tent. The previous meeting had been in February with hopes and plans in place for activities to support gardening, cornhole play and celebrations of the passage of the 19<sup>th</sup> Amendment and Women's Suffrage. The last two events planned by the Association were a dramatic presentation of a courageous Revolutionary War woman, Deborah Sampson, and an afternoon square dance. We think longingly of the days when we gathered together and we could see each other's smiles.

So much has happened to change our plans. And so much has happened to alter our lives.

A quick summary of the August meeting: new residents continue to be welcomed by the Association, effort is being made to organize cornhole games on the Blue Hill campus, and a print document acknowledging the opening of the villas and the Blue Hill buildings in 2000 is being prepared for distribution. There are fifteen "original residents" who moved in during the fall of 2000 some of whom have agreed to share their earliest memories of life at Fuller.

In addition, the Nominating Committee has worked tirelessly under difficult pandemic conditions to prepare a slate of officers and representatives to carry out the work of the Association 2020-2022.