

## The Week at Fuller July 27<sup>th</sup> – August 2<sup>nd</sup>



**We continue to offer small group classes, resident run activities and welcome back some of our outside providers. We have increased the capacity of our outdoor classes and events in the tent at Brush Hill to 15 participants.** You will be required to wear a mask that covers your nose and mouth, as well as following the 6-foot social distancing guidelines while participating in any group activity. We ask that you always leave your home with freshly washed and sanitized hands.

### **Monday, July 27<sup>th</sup>:**

The Pool will be open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising, Monday – Friday. A maximum of 2 residents may use the pool at the same time for 30 minutes. You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**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.** When you make your doctor's appointment, please be sure to let their office know that you will need to wait in the medical office before and after your appointment.

**Floor Yoga with Carol will meet at 9:30am under the tent at Brush Hill.** Please bring a water bottle to class. 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.

**News Currents will meet at Blue Hill on the Deck at 10:30am this morning to discuss local, state and federal politics.** This group is opened to all but is limited to 10 people and requires a sign-up in advance. 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 will be sent to you. Please try to sign in to Zoom a few minutes early so that you are on your mat and ready to find some inner zen.

**The Fuller Village Caring Committee will meet at 11:00am in the Tent at Brush Hill.** This meeting is limited up to 14 people who did not attend the previous Caring Committee meeting on July 14<sup>th</sup>. At this meeting, participants can share how they are handling the quarantine.



### **Monday, July 27<sup>th</sup>:**

Betsy Buchbinder will disseminate informative research on stress. Please call Muriel at 617-361-7778 to sign up.

**The Café is open** – Corrinne, 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 or place a takeout order call 617-361-6958.

### **Tuesday, July 28<sup>th</sup>:**

**The Pool is open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising.** A maximum of 2 residents may use the pool at the same time for 30 minutes. 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 - 10:30am and at Blue Hill from 11:00am to 12:30pm 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.

**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.

**Join Andy Kelly, Certified Meditation Instructor for *A Free 30 Minute Guided Group Meditation* at 11:30am in the Tent at Brush Hill.** The meditation technique that is taught uses your breath and a sound, or mantra that helps you to direct your attention inward and go beyond your turbulent thoughts. To sign up for this class, please make your reservation with Muriel at 617-361-7778.

**The Café is open** – Corrinne, 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 or place a takeout order call 617-361-6958.

### **Wednesday, July 29<sup>th</sup>:**

**The Pool is open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising.** A maximum of 2 residents may use the pool at the same time for 30 minutes. You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**Bocce Players meet at 8:00am at the court at Brush Hill.** This group is limited to 15 people. Call Jean Bronk at 617-910-9936 to sign up. Please remember your water bottle and sunscreen.



**Wednesday, July 29<sup>th</sup>:**

**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 bring a water bottle to class. 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 to arrange transportation if you need it.

**The Café is open** - Corrinne 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. 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 or place a takeout order call 617-361-6958.

**The Brush Hill Knitters will meet under the tent at Brush Hill at 6:30pm this evening.** This group is limited to 15 people and requires a sign-up in advance. Please call Nancy Kearns at 857-222-9920 to sign up.

**Thursday, July 30<sup>th</sup>:**

**The Pool is open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising.** A maximum of 2 residents may use the pool at the same time for 30 minutes. You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

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**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, on Thursdays 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.** This group is limited to 15 people. Call Jean Bronk at 617-910-9936 to sign up. Please remember your water bottle and sunscreen.

**Thursday, July 30<sup>th</sup>:**

**The Café is open** – Corrinne, 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 or place a takeout order call 617-361-6958

**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 will be sent to you. Please try to sign in to Zoom a few minutes early to allow the class to start on time.

**Friday, July 31<sup>st</sup>:**

**The Pool is open from 8am – 10am for lap swim and 10am-12pm for water walking & exercising.** A maximum of 2 residents may use the pool at the same time for 30 minutes. 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.

**Team Trivia with Joel Krensky will be held in the tent at 10:00am this morning.** This event is limited to 14 people. Please call Muriel to sign up at 617-361-7778.

**The Café is open** - Corrinne 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. 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 or place a takeout order call 617-361-6958

