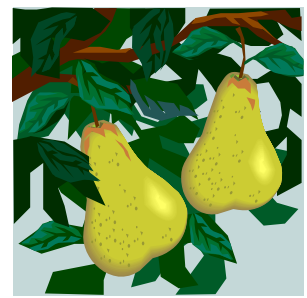


The Week at Fuller

September 14th – September 20th



Monday, September 14th:

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.

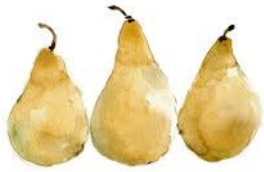
Chair Yoga with Jen will meet at 3:00pm in front of the Foster Building Entrance for a 30-minute class. No equipment required, just a positive attitude! Class is weather-dependent. Please call Muriel at 617-361-7778 to sign up. Priority for sign-ups will be given to Foster and Depoyan residents.

Tuesday, September 15th:

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 15th:

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.

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.

Reverend Martha Swanson will be leading us in Bible Reflections at 2:15pm in the Tent at Brush Hill. Reverend Martha is the pastor at Christ Evangelical Church in Wollaston. All are welcomed to come and share their reflections. Please call Patricia Kelleher at 857-703-8908 if you are able to attend. In these challenging times, the Bible can be a source of strength.

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 16th:

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.

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.



Wednesday, September 16th:

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.

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 17th:

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 18th: Rosh Hashanah

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.

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' CORNER

The title of this message is “Looking Back and Moving Forward”! For the past two years the members of the Residents’ Board have been very busy along with the members of various committees helping to make Fuller Village such well respected and vibrant community.

Let’s take a quick look at some of the things that went on in the past two years. The Milton Food Pantry and the Greater Boston Food Bank have received generous donations from activities such as the Derby Night and individual donations. The 50’s night where we danced to our favorite songs, ate food that brought back memories and dressed up in 50’s clothes. A new electric piano was purchased for the Blue Hill Campus and we brought our “treasures” out for the Skinner Auction team to evaluate.

Saying thank you to our outstanding staff who help us on a daily basis, we hosted a Thank You luncheon. A group of people brought meals to the police and firefighters to enjoy as they do so much for us here. We also enjoyed concerts, lectures and a one- woman show about a local heroine.

None of these activities would happen without our November Village Fair headed by Nancy Kearns and dozens of resident volunteers. In November 2019 we made the most money in the history of the fairs! That money has been wisely used as there will be no fair this year.

There are some new members of the executive board and we welcome them and wish them continued success. New members are: Dick Fannon, Barbara Cocci, Charlie Stamm, Anne Segal, Irene Brannelly, and Pat Kelliher. We also say thank you to the following people: Gerry Blake, Anne Underwood, Roz Vineberg, Sara Moyer, Bob Gorfinkle, and Jane Bent.