

The Week at Fuller

September 21st – September 27th



Monday, September 21st:

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.

The Library Book Club with Milton Library Director Will Adamczyk will be held in the Tent at Brush Hill at 2:00pm this afternoon. Today you will discuss *Washington's Crossing* by David Hackett Fischer. Call Muriel at 617-361-7778 to sign up.

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 22nd:

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.



Tuesday, September 22nd:

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.

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.

Pickleball with Lori meets at 4:00pm at the Tennis Courts at Brush Hill.

Wednesday, September 23rd:

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

The Town of Milton Flu Clinic for Blue Hill residents will be held from 10:00am – 12:00pm in the Dining Room at Blue Hill. You will need an appointment to get your shot – call 617-361-7900 to sign up. Please present all health insurance cards at time of registration including your Medicare B Card as well as your HMO Card. For ease of vaccination please wear short sleeves. Please note that the Fluzone High Dose flu shot is being offered by the town this year. This is an injected flu vaccine formulated for people age 65 and older. (We will hold a Brush Hill Flu Clinic on Monday, September 28th in the tent from 9am – 12pm – see the flyer in this packet for sign-up instructions)



Wednesday, September 23rd:

The Silver Linings Salon is open for business starting at 9:00am. Please call Sue at 617-361-8746 to make your appointment. Call 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 Fuller Village Cornhole Players meet at Blue Hill at 10:30am, across from the Main Entrance weather dependent. Call Fred Hopkinson at 781-901-1923 or Jeanne Bronk at 617-910-9936 to sign up

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.

The Podiatrist at Fuller Village, Dr. Joel Chariton D.P.M., will be seeing patients today starting at 1:00pm in the Wellness Clinic at Blue Hill. To book an appointment, call his office directly at 781-986-3668. Call at 617-361-7778 to arrange transportation.

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 Book Club will meet at 4:00pm in the Tent at Brush Hill. If you would like to attend please call Nancy Kearns at 617-333-3215.

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.

Join Paolo DiGregorio for a Zoom meeting tonight at 7:00pm *We All Fall Down: A Brief History of Plagues, Pestilence, and Pandemics.* Life in the 21st century has come to a virtual standstill due to a global pandemic. Yet, this is not the first instance of disease impacting global civilization. In fact, throughout human history, infectious diseases have impacted and shaped societies and cultures. Empires have fallen and civilizations have declined due to destructive epidemics and pandemics. This lecture will examine several of these episodes. If you are in our Zoom database, the invitation will be sent to you. If you would like to be added to the Zoom database, call Muriel at 617-361-7778.



Thursday, September 24th:

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.

Join Deborah Felton and her team for a small group discussion on the Deck at Blue Hill at 1:00pm. Bring your thoughts and concerns. Call 617-361-7900 to sign up.

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 Caring Committee invites you to meet at 11:00am in the Tent at Brush Hill. Please join Betsy Buchbinder, under the tent, to share experiences in the new reality we share with friends and neighbors here in Fuller Village. Every resident is welcomed at the Caring Committee meetings. We are now permitting 14 residents to come together under the tent, but each person must register with Muriel first – call 617-361-7778. We each adapt differently to this period of extraordinary change and sharing our experiences can be helpful to one another as we cope with this new reality. The “familiar” differs for all of us and we each adjust differently. Please join a “sharing” conversation with your friends and neighbors!

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.

Join Deborah Felton and her team for a small group discussion in the Tent at Brush Hill at 1:30pm. Bring your thoughts and concerns. Call 617-361-7900 to sign up.

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 25th:

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.

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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.

Join Deborah Felton and her team for a small group discussion in the Tent at Brush Hill at 2:00pm. Bring your thoughts and concerns. Call 617-361-7900 to sign up.

