

# **The Week at Fuller**

## **November 2<sup>nd</sup> – November 8<sup>th</sup>**



### **Monday, November 2<sup>nd</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, 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.**

**Chair Yoga Balance at 10:00am on Senior TV (Channel 222):** Join Jen for a class that focuses on stretching, chair yoga poses, breathing and meditation. Offering a wonderful way to start your week, or check in for a mid-week tune-up, this class will enhance your balance and stability, leaving you feeling stronger and more centered. Class is designed to accommodate all abilities. No previous yoga experience is necessary.

**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 11:00am.** 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.

**Enhance your yoga practice...virtually! Join Carol for Chair Yoga on Mondays via Zoom at 12:00pm.** 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.

**Join Jen under the Tent at Brush Hill on Mondays at 1pm for 30 minutes of dance-inspired fun!** Be prepared to move to your own rhythms as there will not be any choreography to learn. Please call Muriel at 617-361-7779 to sign up. This class is limited to 14 participants.

**The Brush Hill Knitters will meet under the tent at Brush Hill at 2:00pm this afternoon.** Please call Nancy Kearns at 857-222-9920 to sign up.



**Monday, November 2<sup>nd</sup>:**

**Chair Yoga Balance at 2:00pm on Senior TV (Channel 222)** See 10:00am for class description.

**Baritone James Michael performs live on Zoom at 7:00pm.** James Michael, a phenomenal baritone with an engaging performance style that mesmerizes audiences with his resonant singing personal stories, and

wonderful spirit. Not since Robert Goulet, John Raitt and Howard Keel all of whom James has worked with, has anyone performed the beloved Broadway Classics with equal passion and beautiful voice. Tonight's performance captures Broadway's great music in a single show, a riveting experience not to be missed! If you are on our zoom database, a link for this evenings performance will be emailed to you.

**Tuesday, November 3<sup>rd</sup>:** Election Day

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm.** 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 run to the Polls at 9:30am from Brush Hill, at 10:30am from Blue and again at 12:30pm from Brush Hill and at 2:00pm from Blue Hill.** Call Muriel at 617-361-7778 to reserve your spot on the van.

**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.

**Standing Stretching & Strength: Join Jen on Senior TV (Channel 222) at 9:00am for a fully standing class to encourage core stability, flexibility, and mobility.** A theraband is recommended but you can do this class with just your bodyweight too.

**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 10:00am for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.** While sitting, participants enjoy a cardiovascular challenge, free weights, exercise balls and resistance bands to get a non-impact, full-body workout.

**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 Aerobics: Join Jen on Senior TV (Channel 222) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.** See 10:00am for class description.

**Dance Party: Join Jen on Senior TV (Channel 222) at 4:00pm for a very upbeat and vigorous class that focuses on rhythm, balance, and cardiorespiratory health.** No dance experience required, just a willingness to have fun!



**Wednesday, November 4<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm.** 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.

**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.

**Chair Yoga Balance with Jen will be shown at 10am on Senior TV (Channel 222)**

**The Fuller Village Cornhole Players** invite you to join them 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.

**Total Body Blast: Join Jen on Senior TV (Channel 222) at 11:00am for a vigorous class that targets the total body with challenging exercises.** Class is done standing, with hand weights, but many exercises can be done seated with bodyweight.

**Enhance your yoga practice...virtually! Join Carol for *Floor* Yoga on Mondays via Zoom at 11:00am.** If you are on our Zoom email list, the link to join the class has been sent to you.

**Enhance your yoga practice...virtually! Join Carol for *Chair* Yoga on Mondays via Zoom at 12:00pm.** 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 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.

**Chair Yoga Balance with Jen will be shown at 2pm on Senior TV (Channel 222)**

**Total Body Blast with Jen will meet at 1:00pm 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 *Voices of Fuller* newsletter staff meet at the Tent at Brush Hill at 3:30pm.**



### **Thursday, November 5<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm.** 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.

**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 10:00am for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.**

**Bocce Players meet at 11:00am at the court at Brush Hill.** Call Jeanne Bronk at 617-910-9936 to sign up.

**Towel Cardio: Grab a dish towel but keep the dishes in the cupboard! Join Jen on Senior TV (Channel 222) at 11:00am for a challenging full body workout.** Class is done standing but many exercises can be modified for a seated position in a chair.

**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. Call 617-361-7778 to sign up. 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 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 1:00pm 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.

**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.**

**Need some time for yourself? Join Carol for Restorative Yoga on Thursdays via Zoom at 4:00pm.** 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, November 6<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.





**Friday, November 6<sup>th</sup>:**

**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.

**Chair Yoga Balance with Jen will be shown at 10:00am on Senior TV (Channel 222)**

**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 at 617-361-7778.

**Chair Yoga Balance with Jen will be shown at 2:00pm on Senior TV (Channel 222)**

**Saturday, November 7<sup>th</sup>:**

**Join Jen on Senior TV (Channel 222) at 9:00am for Chair Yoga for a gentle routine to encourage you to move and breathe.** A great way to start your day.

**Join Jen on Senior TV (Channel 222) at 11:00am for Senior Ballet for a super fun way to spend 20 minutes of your day!** No dance experience required. Class focuses on core strength and balance while moving to classical music.

**Baritone James Michael performance will be aired on Channel 222 at 7:00pm.**

James Michael, a phenomenal baritone with an engaging performance style that mesmerizes audiences with his resonant singing personal stories, and wonderful spirit. Not since Robert Goulet, John Raitt and Howard Keel all of whom James has worked with, has anyone performed the beloved Broadway Classics with equal passion and beautiful voice. His widely and critically acclaimed production, Tonight's performance captures Broadway's great music in a single show, a riveting experience not to be missed! Please note that this will also be aired on Sunday at 2:00pm on Channel 222.

**Sunday, November 8<sup>th</sup>:**

**Join Jen on Senior TV (Channel 222) for Seated Strength at 11:00am for a quick class to engage the total body while seated.** A set of light hand weights is recommended, but you can do this class with just your own bodyweight too.

**Baritone James Michael performance will be aired on Channel 222 at 2:00pm.**

**Join Jen on Senior TV (Channel 222) for Stretching for Stress Relief at 4:00pm and enjoy a quick class to relieve the body and the mind.** First half of class is seated, second half is supported-standing, with a chair. All stretches are gentle and intended to release those tight areas of the body where we carry stress. A wonderful way to end your day.

