

## The Week at Fuller

### October 12<sup>th</sup> – October 18<sup>th</sup>



**Monday, October 12<sup>th</sup>: Columbus Day**  
**The Office, Café and Fitness Center are Closed.**

**The Pool will be open from 10:00am – 2:00pm.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**Chair Yoga Balance will be shown at 10am on Senior TV (Channels 222 or 30):** 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.

**Floor Yoga with Carol will meet at 11:00am under the tent at Brush Hill.** Please call Muriel at 617-361-7778 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 12pm.** 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.

**Chair Yoga Balance will be shown at 2pm on Senior TV (Channels 222 or 30):** 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.

**Tuesday, October 13<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 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 (Channels 222 or 30) 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.

**Tuesday, October 13<sup>th</sup>:**



**Chair Aerobics: Join Jen on Senior TV (Channels 222 or 30) 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. (Music is played during this class)

**Reaching Out introductory meeting with the current and future Board members and Building Representatives will be held in the tent at 10:00am.** Because of Covid restrictive attendee numbers, another meeting will be held on Friday, October 23 at 2:00. Please call Ellen Dunn (617) 413-4923 or Pat Kelleher (617) 306-0665 to choose a date.

**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.

**Join Andy Kelly, Certified Meditation Instructor for *A Free 30 Minute Guided Group Meditation* at 1:00pm in the Tent at Brush Hill.** Please make your reservation with Muriel at 617-361-7778.

**Chair Aerobics: Join Jen on Senior TV (Channels 222 or 30) at 2:00pm 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. (Music is played during this class)

**Seated Strength & Conditioning with Jen will meet at 2:00pm 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.

**The Library Book Club with Milton Library Director Will Adamczyk will be held in the Tent at Brush Hill at 2:00pm this afternoon.** Call Muriel at 617-361-7778 to sign up.

**Pickleball Players meet at 4:00pm at the Tennis Courts at Brush Hill.**

**Dance Party: Join Jen on Senior TV (Channels 222 or 30) 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!

**Zoom with historian Paolo DiGregorio at 7:00pm. *The End of Good Feelings: Adams, Jackson, and the Electoral Crisis of the 1820s.*** The late 1810s and early 1820s are often referred to as “The Era of Good Feeling”, a period in US history when there was apparent political and social unity. However, by the time of the election of 1824, that unity had dissolved, and bitter political rancor and partisanship had become the model of national politics. This lecture will examine the elections of 1824 and 1828, and the birth of modern American politics. If you are in our Zoom database the link for this program will be emailed to you.



**Wednesday, October 14<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 Fuller Van will take you to Milton Hospital on Wednesday and Friday from 8:45am to 4:00pm for doctors' appointments and lab work. To make a van reservation, call 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.

**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 (Channels 222 or 30)**

**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 (Channels 222 or 30) 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.

**Yoga under the Tent! Bring your positive vibes and join Carol for Chair Yoga under the tent at Brush Hill at 11:00am.** Please call Muriel at 617-361-7778 to reserve your spot and to arrange transportation if you need it.

**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.

**Yoga under the Tent! Bring your positive vibes and join Carol for Chair Yoga under the tent at Brush Hill at 12:00pm.** Call Muriel at 617-361-7778 to reserve your spot and to arrange transportation if you need it.

**Chair Yoga Balance with Jen will be shown at 2pm on Senior TV (Channels 222 or 30)**

**Total Body Blast with Jen will meet at 2:00pm 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.



**Thursday, October 15<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 (Channels 222 or 30) 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 (Channels 222 or 30) 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 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 Stolen Moments Duo will perform live at 1:00pm in the Tent at Brush Hill.**

Yma Arington is a native Bostonian, who has performed all over the New England area, including the famed jazz club, Sculler's. Yma will enchant you with her rich, sultry voice. Adept at many genres of music, Yma has a special affinity for the great American standards by composers such as Cole Porter, George Gershwin, Harold Arlen and Hoagy Carmichael just to name a few. While influenced by many of the great singers of the past 50 years Yma has her own inimitable style. Jeff Williams has been a fixture on the Boston music scene for over 25 years. He has toured with many acts all over the US, Canada and Caribbean. Some of the acts Jeff has played with include Herb Reed & the Platters, The Drifters, The Four Tops, Harold Melvin & the Blue notes and the Coasters. In addition to performing Jeff is also on the faculty at South Shore Conservatory. We can accommodate 15 people in the tent for this performance. Call 617-361-7778 to sign up. If you are signed up and need a ride, call 617-361-7778 to arrange transportation. Please note that this concert will also be held at 2:15pm and 3:00pm this afternoon.

**Chair Aerobics: Join Jen on Senior TV (Channels 222 or 30) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.**

**The Stolen Moments Duo will perform at 2:15pm in the Tent at Brush Hill.** We can accommodate 15 people in the tent for this performance. Call 617-361-7778 to sign up. If you are signed up and need a ride, call 617-361-7778 to arrange transportation. Please note that this concert will also be held at 3:00pm this afternoon.





**The Stolen Moments Duo will perform at 3:30pm in the Tent at Brush Hill.** We can accommodate 15 people in the tent for this performance. Call 617-361-7778 to sign up. If you are signed up and need a ride, call 617-361-7778 to arrange transportation.

**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, October 16<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 Yoga Balance with Jen will be shown at 10am on Senior TV (Channels 222 or 30)**

**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.

**Chair Yoga Balance with Jen will be shown at 2pm on Senior TV (Channels 222 or 30)**

**Local Historian Bob Begin presents *Mutiny on the Bounty* on Zoom at 2:30pm.** If you are in our zoom database, you will be emailed the link to join. Imagine a beautiful tropical island in the Pacific with extremely friendly natives, (both male and female), perfect weather, all the fresh fruit and meat anybody would need, and a diminished workload for almost five months. Now consider leaving all this behind to go back to England in a crowded, unventilated ship for a dangerous journey of more than 10,000 miles under the supervision of a captain who placed duty and discipline above all facets of life. Was Bligh in fact a tyrant or was he in fact, no worse than any of his peers? The mutiny shortly after leaving Tahiti saw Bligh and 18 men placed in a 23' open boat with their safest destination over 3000 miles. How did these men fare? And what happened to the mutineers and the Bounty? Lastly, what was the reaction of the Royal Navy to this rebellion?

**Saturday, October 17<sup>th</sup>:**

**Join Jen on Senior TV (Channels 222 or 30) at 9am 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 (Channels 222 or 30) at 11am 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.

**Saturday, October 17<sup>th</sup>:**



**History with Paolo will be shown at 7:00pm on Channel 222 - *The End of Good Feelings: Adams, Jackson, and the Electoral Crisis of the 1820s*.** The late 1810s and early 1820s are often referred to as “The Era of Good Feeling”, a period in US history when there was apparent political and social unity. However, by the time of the election of 1824, that unity had dissolved, and bitter political rancor

and partisanship had become the model of national politics. This lecture will examine the elections of 1824 and 1828, and the birth of modern American politics.

**Sunday, October 18<sup>th</sup>:**

**Join Jen on Senior TV (Channels 222 or 30) for Seated Strength at 11am 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.

**History with Paolo will be shown at 2:00pm on Channel 222 - *The End of Good Feelings: Adams, Jackson, and the Electoral Crisis of the 1820s*.** The late 1810s and early 1820s are often referred to as “The Era of Good Feeling”, a period in US history when there was apparent political and social unity. However, by the time of the election of 1824, that unity had dissolved, and bitter political rancor and partisanship had become the model of national politics. This lecture will examine the elections of 1824 and 1828, and the birth of modern American politics.

**Join Jen on Senior TV (Channels 222 or 30) 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.