

# **The Week at Fuller**

## **October 26<sup>th</sup> – November 1<sup>st</sup>**



### **Monday, October 26<sup>th</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 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.

**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 Fuller Van will take 4 people to Town Hall for early voting today at 1:00pm.** Call Muriel at 617-361-7778 to reserve your spot. Please note we will also be running to Town Hall on Wednesday and Friday this week

**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.

**Chair Yoga Balance at 2pm on Senior TV (Channels 222 or 30)** See 10:00am for class description.

**Chair Yoga with Jen will meet at 2:00pm in front of the Foster Building Entrance for a 30-minute class.** 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, October 27<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.

**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)

**The Reaching Out Program:** Association representatives will be reaching out to volunteers this weekend. Volunteer meetings will be held today at 10:00am and 2:00pm in the Tent at Brush Hill. Please call Ellen Dunn (617) 413-4923 or Pat Kelleher (617) 306-0665 to sign up.

**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 (Channels 222 or 30) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.** See 10:00am for class description.

**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 Reaching Out Program:** Association representatives will be reaching out to volunteers this weekend. Volunteer meetings will be held today at 2:00pm in the Tent at Brush Hill. Please call Ellen Dunn (617) 413-4923 or Pat Kelleher (617) 306-0665 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!

**Join Historian Paolo DiGregorio for *The Scandalous Adventures of Aaron Burr* on Zoom at 7:00pm.** Aaron Burr is often portrayed as one of the villains in American History, remembered most for his infamous duel with Alexander Hamilton. The story of Burr, however, is much deeper than just that fateful morning in Weehawken, NJ. This talk will explore behind the headlines and reveal the remarkable adventures of one of America's most colorful figures. If you are on our Zoom database, an invite will be mailed to you.



**Wednesday, October 28<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.

**The Fuller Van will take 4 people to Town Hall for early voting today at 9:30am.** Call 617-361-7778 to sign up. Please note we will also be running to Town Hall on Friday this week.

**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.** Call 617-361-7778 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.

**Yoga under the Tent! Bring your positive vibes and join Carol for Chair Yoga under the tent at Brush Hill at 12:00pm.** Call 617-361-7778 to sign up.

**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.

***We Did It For You! on Zoom at 7:00pm.*** Women's Journey Through History is an engaging play that tells of the struggles and triumphs women have undergone to get their basic rights in America told by the women who were there. In this live staged reading, high school student Melanie must write about the most influential woman in history – the play provides her with an entertaining and quick tour through that journey, starting with the struggle women had in the 17<sup>th</sup> century Puritan Revolution through to our 21<sup>st</sup> century empowered women politicians. If you are in our Zoom database, a link to join this program will be emailed to you.



### **Thursday, October 29<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.

**Towel Cardio with Jen will meet at 2:00pm 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 (Channels 222 or 30) 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 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 30<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.

**The Fuller Van will take 4 people to Town Hall for early voting today at 10:00am.** Call Muriel at 617-361-7778 to reserve your spot.

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



### **Friday, October 30<sup>th</sup>:**

**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 2pm on Senior TV (Channels 222 or 30)

### **Saturday, October 31<sup>st</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.

**Join Historian Paolo DiGregorio for *The Scandalous Adventures of Aaron Burr* on Channel 222 at 7:00pm.** Aaron Burr is often portrayed as one of the villains in American History, remembered most for his infamous duel with Alexander Hamilton. The story of Burr, however, is much deeper than just that fateful morning in Weehawken, NJ. This talk will explore behind the headlines and reveal the remarkable adventures of one of America's most colorful figures.

### **Sunday, November 1<sup>st</sup>:**

**Fall Back – Clocks turn back one hour to Standard Time**

**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.

**Join Historian Paolo DiGregorio for *The Scandalous Adventures of Aaron Burr* on Channel 222 at 2:00pm.** See Saturday for program description

**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.

