

The Week at Fuller

October 5th – October 11th



Monday, October 5th:

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 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): 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.

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 6th:

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)

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.

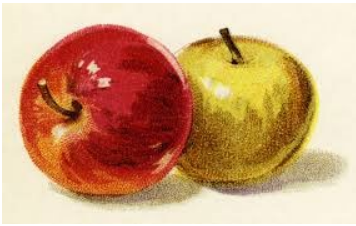
Chair Aerobics: Join Jen on Senior TV (Channels 222 or 30) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity. While sitting, participants enjoy a cardiovascular challenge, free weights, exercise balls and resistance bands to get a non-impact, 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.

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.

Pickleball with Lori meets at 3:00pm 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!



Wednesday, October 7th:

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.

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.

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.

The Podiatrist Dr. Joel Chariton D.P.M. will be seeing patients today beginning 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 (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 8th:

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.

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.

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.

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 9th:

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)



Friday, October 9th:

The Blue Hill Book Club meets at 10:00am on the Deck at Blue Hill – this event can hold 10 people. The group reviews books they have read as well as a book of the month. Please call Roz Spigel at 617-690-3611 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.

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)

Saturday, October 10th:

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.

Sunday, October 11th:

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. (21 minutes)

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.

The resident staff of the newsletter, *Voices of Fuller*, would like to thank The Women's Club (a.k.a. The Red Hats) for providing the prizes for the contest to name our new newsletter. We appreciate their generous contribution. Thank you!

Learn How To Zoom!

Nancy Wilbur & Patricia Kelleher are volunteering to work 1:1 with residents to help you access zoom. You would bring your computer or iPad to the training session. It will be for 30 minutes. You can call Nancy at 617-418-9468 or email her at nrwilber@gmail.com. Nancy will help people at Blue Hills or the Villas. Patricia can be reached at 857-703-8908 or at patkell607@comcast.net. Please call before 7 P.M.