

The Week at Fuller November 23rd – November 29th



Monday, November 23rd:

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 and takeout 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.



Tuesday, November 24th:

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 25th:

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.

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. 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 and takeout 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 between 11am & 2pm.

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.

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



Wednesday, November 25th:

Feast of Gratitude Zoom Program will be held at 3:00pm today: Gratitude helps us thrive even amid loss, grief, loneliness and pain. This has been a hard year and this Thanksgiving may be difficult. Perhaps this year has also drawn our attention to simple or special things for which we are grateful. Let's share

some of what we are thankful for. Nancy Wilber will lead us with poems, images, music and stories. Others are invited to share something that connects them to gratitude too. There will also be time to briefly hear from one another something that has lifted our spirits during this time.

You may participate on Zoom for whether you have a computer, iPad or smartphone or not. If you are signed up with Muriel for Zoom events, she will send you the link to both see and hear the program as usual with Zoom. Or you can call in by phone (audio only). Dial 1-929-205-6099. Then follow the prompts that tell you what to do after that. (If you pay separately for long distance calls, there will be a charge.) You'll be asked for the meeting ID, which is 82727055495 and the passcode, which is 963619. Please join 10-15 minutes early so that we are all ready to start at 3PM. Nancy hopes that others will share a short reading, photo, or music. If you have something to share, please contact her at 617-418-9468 or nrwilber@gmail.com to be included in the program. Also contact her if you have any other questions, up to 11AM on November 25.

Join Tenor David Won for "You'll Never Walk Alone" on Channel 222 on at 7:00pm. Tenor David Won is a popular recitalist and concert singer in the Greater Boston area. Today's program features English songs written by familiar composers like Mendelsohn, Mozart, Puccini, Rodgers. This program will also air on Friday at 3:00pm on Channel 222

Thursday, November 26th: Thanksgiving Day
The Office, Café, Pool and Fitness are Closed.

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.

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.

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.



Friday, November 27th:

The Office, Café, Pool and Fitness are Closed.

The Silver Linings Salon is closed today.

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

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

Join David Won for “You’ll Never Walk Alone” on Channel 222 at 3:00pm. See Wednesday for a program description

Saturday, November 28th:

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.

Join Andy Kelly, Certified Meditation Instructor for *A Free 30 Minute Guided Group Meditation* at 1:00pm on Channel 222 on Senior TV.

Join historian Paolo DiGregorio on Channel 222 at 7:00pm for *Before the Mayflower*- This year we commemorate the 400th anniversary of the arrival of the Mayflower at Plymouth. That event marked a collision of cultures, peoples, and worlds. But what happened before that fateful journey? This lecture will explore the world of native New England, Puritan England, and the road to 1620.

Sunday, November 29th:

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.

Join Andy Kelly, Certified Meditation Instructor for *A Free 30 Minute Guided Group Meditation* at 1:00pm on Channel 222 on Senior TV.

Join historian Paolo DiGregorio on Channel 222 at 2:00pm for *Before the Mayflower*. See Saturday for a program description.

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.