

The Week at Fuller

November 30th – December 6th



Monday, November 30th:

The Pool will be closed this week.

The Fitness Center and Yoga Studio will be closed this week.

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 not meet this week.

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 takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home for the week of November 30th.

Join Jen under the Tent at Brush Hill 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.

Join Rich Travers on Zoom at 1:30pm for Opera Verdi. Giuseppe Verdi was an Italian Romantic composer primarily known for his operas. He is considered, with Richard Wagner, the preeminent opera composer of the 19th century. Verdi dominated the Italian opera scene after the eras of Bellini, Donizetti and Rossini. His works are frequently performed in opera houses throughout the world. This lecture includes scenes from Aida, Macbeth, Rigoletto, La Traviata and Nabucco.

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



Tuesday, December 1st:

The Pool will be closed this week.

The Fitness Center and Yoga Studio will be closed this week.

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 takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home for the week of November 30th.

The Fuller Village Camera Club would like to share their pictures with you today on Zoom at 2:00pm. The slide show includes pictures contributed by members of the camera club as well as pictures from other residents from Fuller Village. They have included pictures taken during this past year as well as other pictures that make them happy. The slide show is about 20 minutes, but they will continue to meet to talk and to discuss future potential photo trips when we can go out. You are welcome to join them! If you are on our Zoom database, an invitation to join will be sent to you.

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, December 2nd:

The Pool will be closed this week.

The Fitness Center and Yoga Studio will be closed this week.

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)



Wednesday, December 2nd:

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 takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home for the week of November 30th.

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

Join historian Paolo DiGregorio at 7:00pm on Zoom for *Sculpture in the Ancient World: Power, Piety, and Art*. For millennia, humans have created representations of the world around them. The art of sculpture has allowed for three-dimensional interpretation of our surroundings. Yet in this interpretation and creation are hidden deeper beliefs and ideas. This talk will look at the evolution of sculpture, and the interplay of art, power, and religion, in the Ancient World. If you are on our Zoom database, an invitation will be sent to you.

Thursday, December 3rd:

The Pool will be closed this week.

The Fitness Center and Yoga Studio will be closed this week.

The Silver Linings Salon is open for business starting at 9:00am. Call Sue at 617-361-8746 to make your appointment.

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.

The Café is open for takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home for the week of November 30th.

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.



Thursday, December 3rd:

Join photographer David Pell for *Iceland in Winter- A Journey Around the Country's Ring Road* at 2:00pm on Zoom.

Iceland, an island nation in the North Atlantic, is about the size of Kentucky but with only 365,000 people. It has captured the imagination since its settlement by the Vikings a thousand years ago to over two million annual visitors today. While most tourists arrive in the warm months, the lecturer, Barry Pell, drove the entire circumference during the challenging winter weather season. At this time, Iceland's attractions, its volcanoes, steaming hot springs and geysers, towering glaciers, black lava fields, and remote farms and churches, are dusted and glazed in a winter wonderland of snow and ice. Add to this the wild reindeer herds, the hardy pony-sized Icelandic horses, and the surreal colors of the Northern Lights make winter a very special (and uncrowded) time to see the country. The program will be accompanied by Mr. Pell's photography.

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, December 4th:

The Pool will be closed this week.

The Fitness Center and Yoga Studio will be closed this week.

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 takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home for the week of November 30th.

New this month! Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation on Channel 222 at 1:00pm. Andy will send us 3 new meditations each month, so each week will be different.

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

The Fuller Village Camera Club would like to share their pictures with you today on Channel 222 at 2:00pm. The slide show includes pictures contributed by members of the camera club as well as pictures from other residents from Fuller Village. They have included pictures taken during this past year as well as other pictures that make them happy. The slide show is about 20 minutes.



Saturday, December 5th:

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 historian Paolo DiGregorio on Channel 222 on Senior TV at 7:00pm. Join historian Paolo DiGregorio at 7:00pm Channel 222 for *Sculpture in the Ancient World: Power, Piety, and Art*. For millennia, humans have created representations of the world around them. The art of sculpture has allowed for three-dimensional interpretation of our surroundings. Yet in this interpretation and creation are hidden deeper beliefs and ideas. This talk will look at the evolution of sculpture, and the interplay of art, power, and religion, in the Ancient World.

Sunday, December 6th:

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 historian Paolo DiGregorio on Channel 222 on Senior TV at 2:00pm for *Sculpture in the Ancient World: Power, Piety, and Art*. For millennia, humans have created representations of the world around them. The art of sculpture has allowed for three-dimensional interpretation of our surroundings. Yet in this interpretation and creation are hidden deeper beliefs and ideas. This talk will look at the evolution of sculpture, and the interplay of art, power, and religion, in the Ancient World.

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.

The Fuller Village Camera Club Slide Show will be shown at 7:00pm on Channel 222. The slide show includes pictures contributed by members of the camera club as well as pictures from other residents from Fuller Village. They have included pictures taken during this past year as well as other pictures that make them happy. The slide show is about 20 minutes.

Below is Ellen Dunn, one of the honorees at the 2020 Thanks For Giving Service

