

The Week at Fuller

November 9th – November 15th



Monday, November 9th:

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.

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 2:00pm on Senior TV (Channel 222) See 10:00am for class description.

Tuesday, November 10th:

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 (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 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 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 (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, November 11th: Veteran's Day

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.



Wednesday, November 11th: Veteran's Day

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, 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 (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 during the hours of 11:00am to 2:00pm.

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

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.

Historian Paolo DiGregorio presents *How Do We Elect a President? A Look at the Electoral College on Zoom at 7:00pm.* The election of the President of the United States is regarded as a celebration of our democracy. But the mechanism by which we make our choice is the product of compromise, and often subject to scrutiny and controversy. This lecture will examine the history, structure, and quirks of the electoral college. If you are on our Zoom database, a link to join in will be emailed to you.

Thursday, November 12th:

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.



Thursday, November 12th:

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.

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 (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 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.

Rich Travers presents *Music & the Military* on Zoom at 1:30pm. This lecture examines the use of music and its important role in the military, not just simply for ‘therapeutic’ reasons or for marching. From sunrise to sunset, from the battlefield to the final resting place, music is front and center in all branches of the military. If you are on our Zoom database, a link to join in will be emailed to you.

Towel Cardio with Jen will meet at 1:00pm 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 (Channel 222) 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 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.

***The Colby Eight* a Capella Group will perform on Zoom at 7:00pm.** Founded in 1947, the Colby Eight is Colby College’s oldest all-male a Cappella group (though this year they are 10). They take pride in performing on campus and in the greater Waterville, Maine, community, and across the Northeast at colleges and universities, community events and fundraisers, and regional competitions. They have arranged their own music for many years, and continue to incorporate barbershop pieces, classic hits, and contemporary music into their repertoire. Thank you to Bill and Virginia Lane for arranging this special performance – their grandson Ben Lawler is one of the eight! If you are on our Zoom database, a link to join in will be emailed to you.



Friday, November 13th:

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 10:00am on Senior TV (Channel 222)

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 2:00pm on Senior TV (Channel 222)

Saturday, November 14th:

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.

Historian Paolo DiGregorio presents *How Do We Elect a President? A Look at the Electoral College* on Channel 222 at 7:00pm. The election of the President of the United States is regarded as a celebration of our democracy. But the mechanism by which we make our choice is the product of compromise, and often subject to scrutiny and controversy. This lecture will examine the history, structure, and quirks of the electoral college.

Sunday, November 15th:

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.

Historian Paolo DiGregorio presents *How Do We Elect a President? A Look at the Electoral College* on Channel 222 at 2:00pm.

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.

