

The Week at Fuller

December 21st – December 27th



Monday, December 21st:

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.

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.

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

Join your neighbors for a Winter Solstice Celebration at 3:00pm on Zoom. On this the shortest day of the year, we learn about the solstice and celebrate the return to longer days with music, poetry, video and story. Although the darkness can get us down, it also has its gifts. We will honor them as well. Residents Nancy Wilber and Barbara Cocci will host. Bring bells, spoons, a spoon and pot or similar noisemaker for a participatory ending. Join us on Zoom. Muriel will send the link as usual. If you cannot do the Zoom video and want audio only, phone 1-929-205-6099 (charges apply if you pay separately for long distance calls), follow the prompts to enter meeting ID 798 551 3117 and passcode 296860 when asked.

Happy Holidays with Dan Gabel and The Abletones will feature the authentic vintage sounds of Gabel's 18-piece big band, along with the Moon Maids vocal group and special guests at 7:00pm on Channel 222. The classic appeal of the big band era brings the listener back to the



Monday, December 21st:

1930s and 40s, sitting "By the Fireside" with family and friends. Timeless classics such as *Happy Holidays*, *What Are You Doing New Year's Eve*, and *Let it Snow* were arranged by Gabel, along with some swinging versions of *Boogie Woogie Santa Claus*, and even *The Nutcracker Suite*. With an hour-long program filmed at Worcester's historic Hanover Theatre, the sights and sounds of this classic era come alive again.

Tuesday, December 22nd:

The Bank of Canton has temporarily suspended service to Fuller Village due to rising Covid 19 numbers.

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.

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 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.

Join Executive Director Deborah Felton on Zoom at 3:00pm this afternoon for a cup of tea and conversation. If you are on our Zoom database an invitation will be emailed to you.

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 23rd:

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 23rd:

Fuller Village corn hole players have decided to continue our Wednesday morning at 10:30am. They will continue to play in Winter if temperature is 40 degrees or higher, no rain or snow in the air or on the ground. If you have any doubts please call Fred Hopkinson at 781-901-1923 or Jeanne Bronk at 617-910-9936.

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.

The Podiatrist at Fuller Village, Dr. Joel Chariton D.P.M., will be seeing patients today starting 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 (Channel 222)

Join Baritone James Michael on Senior TV (Channel 222) at 7:00pm this evening for a special Christmas production.

Thursday, December 24th: Christmas Eve

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 closed today.

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.

Join renowned pianist Frederick Moyer on Channel 222 at 3:00pm this afternoon as he celebrates the Holiday season AND Beethoven's 250th birthday! Yes, this December 16 (or 17? -- we're not sure which) is the 250th anniversary of the birth of one of the greatest, most revolutionary composers, whose profound influence reached far beyond music. Fred's recital



Thursday, December 24th: Christmas Eve

includes solo classical and jazz with bassist Peter Tillotson and drummer Jim Gwin. You will enjoy: Bach's (arranged by Myra Hess) *Jesu, Joy of Man's Desiring*, Beethoven's *Waldstein Sonata* (complete), Bartok's *Rumanian Christmas Carols* as well as Jazz arrangements of *Let It Snow*, *The Christmas Song*, *Borukh Ate*, *Zingt Der Tate* (Hannukah song), *Christmas is Coming* and others.

Friday, December 25th: Christmas Day – Merry Christmas!

The Office, Café, Pool & Fitness are Closed

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 Baritone James Michael on Senior TV (Channel 222) at 3:00pm this afternoon for a special Christmas production.

Saturday, December 26th:

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.

Tenor David Won and Pianist Tim Steele present a Holiday Concert on Channel 222 at 7:00pm this evening featuring memorable music of the season with traditional favorites.

Sunday, December 27th:

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.

Happy Holidays with Dan Gabel and The Abletones will feature the authentic vintage sounds of Gabel's 18-piece big band, along with the Moon Maids vocal group and special guests at 2:00pm on Channel 222. The classic appeal of the big band era brings the listener back to the 1930s and 40s, sitting "By the Fireside" with family and friends. Timeless classics such as *Happy Holidays*, *What Are You Doing New Year's Eve*, and *Let it Snow* were arranged by Gabel, along with some swinging versions of *Boogie Woogie Santa Claus*, and even *The Nutcracker Suite*. With an hour-long program filmed at Worcester's historic Hanover Theatre, the sights and sounds of this classic era come alive again.

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.

FULLER VILLAGE DINNER MENU

Monday, December 21st

Old Fashioned Meat Loaf
Garlic Mashed Idaho Potatoes and Roasted Cauliflower
Vegan Green Split Pea Soup OR Salad of Your Choice
Warm Cinnamon Apple Cobbler OR Chocolate Chunk Cookie

Tuesday, December 22nd

Chicken Cordon Blue Stuffed with Ham, Swiss Cheese and Coated
with Crunchy Golden Breadcrumbs with Dijon Cream Sauce
Fluffy Jasmine Rice with Baked Zucchini
French Onion Soup OR Salad of Your Choice
Fresh Fruit Tart with Vanilla Pastry Cream OR Oatmeal Raisin Cookie

Wednesday, December 23rd

Lemon & Herbed Crusted Grilled Mahi
Crunchy Seasoned Baked Potato Wedges
Sautéed Corn & Tomatoes with Fresh Thyme
Zuppa Toscana (Leafy Greens & Sausage) Soup OR Salad of Your Choice
House made Vanilla Cake with Chocolate Sauce OR Peanut Butter Cookie

Thursday, December 24th - Christmas Eve

Slow Roasted Rosemary Lamb with Pan Au Jus Gravy OR
Baked Parmesan Crusted Salmon with Citrus Cream Sauce
Roasted Asparagus with Olive Oil & Fresh Chives and Holiday Candied Yams
Shrimp Bisque OR French Bistro Salad (Mixed Winter Greens & Fresh Herbs, Pickled Red Onions,
Toasted Almonds & Zesty Lemon Vinaigrette
Iced Gingerbread Cake with Fresh Berries

Friday, December 25th



All Dining Services Closed

Saturday, December 26th

Grilled Pork Chops with Sautéed Apples and Onions
Baked Beans and Sautéed Kale
Butternut & Pumpkin Bisque OR Salad of Your Choice
Rich and Creamy Chocolate Cake OR White Chocolate Macadamia Cookie

Sunday, December 27th

Herb Roasted Prime Rib
Honey Glazed Carrots with Baked Potato
Chef's Choice OR Salad of Your Choice
Coconut Layer Cake OR Chocolate Chunk Cookie

*All Entrees are \$17.95 plus tax, which includes Appetizer, Beverage and Dessert
Before ordering, please make your server aware of any Food Allergies*

Appetizers

Fresh Garden Salad

Fresh Fruit Salad

Menu Items

Fresh Baked Haddock \$17.95

Seasoned Baked Haddock with a hint of Lemon and Panko Breadcrumbs

Served with the Evening Side Dishes

***Fuller Village Burger**

Char-grilled with or without Cheese

Served with Lettuce, Tomato, French Fries and Pickle

Lighter Fare

A Large Garden Salad with choice of adding:

Chicken Salad with Cran-Raisins and Toasted Almonds

Tuna Salad

Marinated Grilled Chicken Breast

Grilled Salmon

Served with a Roll and Butter

Classic Rueben Sandwich

Sliced Corned Beef, Swiss Cheese, Sauerkraut and

Thousand Island Dressing on Marble Rye

Each of the above items are priced at \$9.95 a la carte

A non-alcoholic beverage is included with the above selections

Beverages

Coke, Diet Coke, Ginger Ale, Diet Ginger Ale, V-8, 2% Milk

Desserts a la carte \$2.95

Chef Selection of the Dessert Du Jour

Cookie of the Day OR Fresh Fruit Cup

Sugar Free Jell-O OR Sugar Free Pie

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

*These items may be served raw or undercooked.

*Gluten Free Options Available Upon Request

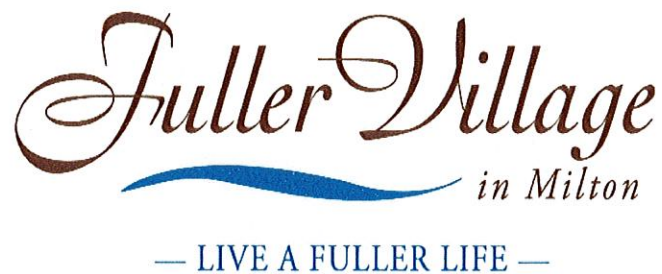
Call 617-361-6958 between 11am and 1pm for Take-Out Orders

DUE TO CONTINUED INCREASING
NUMBERS OF COVID-19 CASES, THE
POOL & FITNESS CENTER WILL CLOSE,
EFFECTIVE MONDAY, DECEMBER 21ST.

WE HOPE TO REOPEN THE WEEK OF
JANUARY 11TH.

THANK YOU FOR YOUR CONTINUED
PARTNERSHIP IN KEEPING THE FULLER
VILLAGE COMMUNITY HEALTHY
DURING THIS CHALLENGING TIME FOR
ALL!





Christmas Eve

Please be sure to place your
Christmas Eve lunch
delivery order no later than
Monday, December 21st at
2:00 pm.

Take-out orders are limited.

Please call 617-361-6958

Happy Holidays!