

# The Week at Fuller

## December 28<sup>th</sup> – January 3<sup>rd</sup>



### Monday, December 28<sup>th</sup>:

**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.

### Tuesday, December 29<sup>th</sup>:

**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.



## Tuesday, December 29<sup>th</sup>:

**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 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!

**Join Paolo Di Gregorio on Zoom at 7:00pm this evening for *The Moveable Feast: A Brief History of Paris*** – Paris has long held a romantic image in the minds of many. Yet the “City of Lights” has a long, dramatic history that is rich with color and character. This talk will focus on the history of Paris as reflected in its artistic, architectural, and cultural legacy. If you are on our Zoom database an invitation to join will be emailed to you.

## Wednesday, December 30<sup>th</sup>:

**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).**

**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.

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



**Thursday, December 31<sup>st</sup>: New Year's 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.**

**Rich Travers presents *That Was The Year That Was* on Zoom at 3:00pm this afternoon.**

This lecture presents a review of the unforgettable events of 2020, including a musical comparison of some of the greatest pop hits from 2020 juxtaposing with the pop hit songs from the 1920's. Come enjoy the musical 'Battle of the Century' as we usher in the New Year! If you are in our Zoom database an invitation will be sent to you to attend.

**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.

**This Just In! Baritone James Michael's presents a one-hour New Year's 2021 video, *Music of the Big Band Era, The American Songbook and Broadway* tonight at 7:00pm on Channel 222.**

**Friday, January 1<sup>st</sup>: New Year's Day**

**The Office, Café, Pool & Fitness are Closed**

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

**The Fuller Village Camera Club Slide Show will be shown on Channel 222 at 1:00pm this afternoon.** 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.

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

**Historian Susan Wilson presents *Enterprising Women* at 3:00pm on Channel 222.** Susan Wilson is a highly acclaimed photographer, author, and public historian. She is a Resident Scholar at the Brandeis Women's Studies Research Center. In the six decades between the Civil War and World War I — an era before women earned the right to vote — Boston women proved to be an unusually enterprising group. During a time when ladies were supposed to work quietly in the "domestic sphere" and to avoid the all-male "public sphere," outspoken



### **Friday, January 1st: New Year's Day**

Boston women of all races and classes established schools, settlement houses, journals, associations, and businesses — and even created a world-class museum, a world religion, and a hospital by and for women. Who were these women, and what was it in the Boston water supply that caused such a radical group of talented and determined females to flower, long before they had won

the right to vote in federal elections? The women presented include suffrage journalist Lucy Stone, composer Amy Beach, author Louisa May Alcott, culinary entrepreneur Fannie Farmer, “Battle Hymn of the Republic” lyricist Julia Ward Howe, Swan Boat owner Julia Paget, and Doctors Marie Zakrzewska and Susan Dimock, of the New England Hospital for Women and Children. Special emphasis will be put on Dr. Susan Dimock, the subject of Susan Wilson’s biographical research project at the Women’s Study Research Center. Segments of this talk are taken from the plate/chapter Susan Wilson researched, illustrated, and wrote in collaboration with the Boston Women’s Heritage Trail for the newly-released Atlas of Boston History (edited by Nancy S. Seasholes, University of Chicago Press, 2019).

### **Saturday, January 2nd:**

**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.

**This Just In! Baritone James Michael's presents a one-hour New Year's 2021 video, *Music of the Big Band Era, The American Songbook and Broadway* this afternoon at 2:00pm on Channel 222.**

**Join Paolo Di Gregorio on Channel 222 at 7:00pm this evening for *The Moveable Feast: A Brief History of Paris*** – Paris has long held a romantic image in the minds of many. Yet the “City of Lights” has a long, dramatic history that is rich with color and character. This talk will focus on the history of Paris as reflected in its artistic, architectural, and cultural legacy.

**Sunday, January 3rd:**

**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 Paolo Di Gregorio on Channel 222 at 2:00pm this afternoon for *The Moveable Feast: A Brief History of Paris*** – Paris has long held a romantic image in the minds of many. Yet the “City of Lights” has a long, dramatic history that is rich with color and character. This talk will focus on the history of Paris as reflected in its artistic, architectural, and cultural legacy.

**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.

**A Note from Fred Hopkinson**

Sadly, the Corn hole Players must give into the weather and close for the season. I would be remiss if I didn't give our thanks to the many who contributed to the great success of the outdoor corn hole season. Thanks to Lisa, Jen, and the Residence Association for their help and contributions of the bean bags and boards. Next, I want to give a special thanks to all my helpers. Jean Bronk, Bruce Bennett, Elliott Moses, and Joyce Hannah. They were great helping with phone calls, set up and taking down the boards and scorekeeping. Finally, thanks to all the participants who were so great, supportive, and enthusiastic. I was glad in these difficult times to help everyone forget our troubles and go out, have fun, and socializing a bit with our friends and neighbors. I wish you all happy, healthy holidays. I hope we have a warm early spring so we can restart a new successful season.

