

## The Week at Fuller December 7<sup>th</sup> – December 13<sup>th</sup>



**Monday, December 7<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.

**2020 marks the 400<sup>th</sup> Anniversary of the landing of the Pilgrims and NY Times Bestselling Author Michael Tougias tells the full story of the colonial period with his exciting slide presentation: *From the Mayflower to King Philip's Indian War* at 7:00pm on Zoom.** November of 2020 marks the 400<sup>th</sup> Anniversary of the Pilgrims landing in Plymouth and establishing the first permanent colonial settlement in the New World. Crucial to their success was the friendship of Wampanoag leader Massasoit. Ironically, Massasoit's son Metacom, also known as Philip, went to war with the colonies to try and regain their tribal land. This war, known as King Philip's War, had the highest casualty rate per capita of any war fought by Americans including the Civil War. The war was also the first major war in America. While most Americans understand the significance of the landing of the Mayflower and the first Thanksgiving with Massasoit,



### **Monday, December 7<sup>th</sup>:**

few are aware of the war and its ramifications. If you are in our Zoom database an invitation will be sent to you.

### **Tuesday, December 8<sup>th</sup>:**

**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.

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**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.

**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 9<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.



### Wednesday, December 9<sup>th</sup>:

**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.

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**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 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.

### Thursday, December 10<sup>th</sup>: Happy Hanukkah

**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.

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**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.



### Friday, December 11<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. 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.

**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).**

**Rich Travers presents *Holiday Songs and Stories* on Zoom at 3:00pm this afternoon.**

### Saturday, December 12<sup>th</sup>:

**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.

**2020 marks the 400<sup>th</sup> Anniversary of the landing of the Pilgrims and NY Times Bestselling Author Michael Tougias tells the full story of the colonial period with his exciting slide presentation: *From the Mayflower to King Philip's Indian War* at 7:00pm Channel 222.** November of 2020 marks the 400<sup>th</sup> Anniversary of the Pilgrims landing in Plymouth and establishing the first permanent colonial settlement in the New World. Crucial to their success was the friendship of Wampanoag leader Massasoit. Ironically, Massasoit's son Metacom, also known as Philip, went to war with the colonies to try and regain their tribal land. This war, known as King Philip's War, had the highest casualty rate per capita of any war fought by Americans including the Civil War. The war was also the first major war in America. While most Americans understand the significance of the landing of the Mayflower and the first Thanksgiving with Massasoit, few are aware of the war and its ramifications.

**Sunday, December 13<sup>th</sup>:**

**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.

**2020 marks the 400<sup>th</sup> Anniversary of the landing of the Pilgrims and NY Times Bestselling Author Michael Tougias tells the full story of the colonial period with his exciting slide presentation: *From the Mayflower to King Philip's Indian War* at 2:00pm Channel 222.**

**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.

