

The Week at Fuller

January 4th – January 10th



Monday, January 4th:

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 delivery only. To place your order call 617-361-3987 between 11:00am to 12:00pm. We will deliver all lunch orders to your home between 12:30pm and 1:30pm. You can find the daily specials listed on Channel 222 or by phone when you call your order in to 617-361-3987.

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

Historian Susan Wilson presents *Enterprising Women* at 7:00pm 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 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



Monday, January 4th:

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).

Tuesday, January 5th:

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.

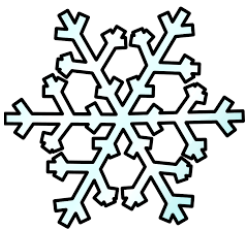
Chair Aerobics: Join Jen on Senior TV (Channel 222) at 10:00am for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity. While sitting, participants enjoy a cardiovascular challenge, free weights, exercise balls and resistance bands to get a non-impact, full-body workout.

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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. 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!

NY Times bestselling author Michael Tougias, author of *Quabbin: A History and Explorers Guide*, will present a narrated slide presentation about Quabbin Reservoir at 7:00pm this evening on Zoom. The program features the demise of the “lost towns” flooded to create the Quabbin, the construction of the massive reservoir, and how the Quabbin works today. In addition, Tougias will take the audience on a natural history tour of the Quabbin and surrounding area with suggestions for day trips. Tougias’ slides include before and after images of the lost towns, workers building the dams and aqueduct, the grand opening of the reservoir, wildlife of the Quabbin, unique natural places, and favorite trails and entrance gates. Tougias also discusses three fascinating events from the region he calls “forgotten history” as well as a couple of surprise findings. When Quabbin was constructed in the late 1920’s and 1930’s, four towns “drowned”, 2,500 residents displaced, and 7,500 graves were moved. Today Quabbin



Tuesday, January 5th:

Reservoir provides water for Boston and 45 other communities, serving over 2.5 million people. Quabbin and the surrounding forest is the largest tract of open space in southern New England, home to nesting loons and bald eagles, coyotes, porcupines, and moose. If you are on our Zoom mailing list an invitation will be sent to you.

Wednesday, January 6th:

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).

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

Thursday, January 7th:

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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Thursday, January 7th:



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.

***Bhutan – Travels in the Land of the Thunder Dragon* with Barry Pell on Zoom at 2:00pm this afternoon.** The small and predominantly

Buddhist kingdom of Bhutan, squeezed between China and India, is tucked within the rugged Himalaya mountains and mostly covered with thick forest. Monasteries, often massive and commanding, abound, with crimson-robed monks performing centuries-old rituals. The country has no traffic lights, smoking is illegal, and employees must wear traditional clothing during work hours. Years ago, Gross National Happiness was identified by the nation as being more important than Gross National Product. Barry Pell recently traveled through the country, meeting its people and learning about their history and culture. Accompanied by his photography, he will discuss insights into a fascinating way of life that has only just begun to change after centuries of isolation. If you are on our Zoom mailing list, an invitation will be emailed to you.

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, January 8th:

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

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

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

Saturday, January 9th:

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.

NY Times bestselling author Michael Tougias, author of *Quabbin: A History and Explorers Guide*, will present a narrated slide presentation about Quabbin Reservoir at 7:00pm this evening on Channel 222. The program features the demise of the “lost towns” flooded to create the Quabbin, the construction of the massive reservoir, and how the Quabbin works today. In addition, Tougias will take the audience on a natural history tour of the Quabbin and surrounding area with suggestions for day trips. Tougias’ slides include before and after images



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of the lost towns, workers building the dams and aqueduct, the grand opening of the reservoir, wildlife of the Quabbin, unique natural places, and favorite trails and entrance gates. Tougias also discusses three fascinating events from the region he calls “forgotten history” as well as a couple of surprise findings. When Quabbin was constructed in the late 1920’s and 1930’s, four towns “drowned”, 2,500 residents displaced, and 7,500 graves were moved. Today Quabbin Reservoir provides water for Boston and 45 other communities, serving over 2.5 million people. Quabbin and the surrounding forest is the largest tract of open space in southern New England, home to nesting loons and bald eagles, coyotes, porcupines, and moose.

Sunday, January 10th:

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.

Author Michael Tougias presents *Quabbin* on Channel 222 at 2:00pm this afternoon. See Saturday for the program description.

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.

We need your input for our special Valentine’s Day story in *The Voices of Fuller* upcoming February newsletter.

How did you meet your spouse?

We’re looking for a few interesting stories on how you met your spouse! If you have a fun or romantic or interesting story to share on this subject, then please contact Marty Allen at 617-312-8058 or email me at martyallentours@gmail.com. I look forward to hearing from you soon. Our editing staff will be happy to assist you, so it’s easy to do!

Your Article Deadline is January 17th.

Thank you.

