

The Week at Fuller

January 11th – January 17th



Monday, January 11th:

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.

Join Rich Travers for *Politics and Music* on Zoom at 3:00pm this afternoon.

Music and politics have always gone hand in hand – remember the song Charlie and the MTA? This lecture covers the many historical and recent elections where politicians used music to help (or hinder) their political platforms. A zoom invite will be emailed to all who are in our zoom database.



Tuesday, January 12th:

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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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, January 13th:

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.



Wednesday, January 13th 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 not be seeing patients at Fuller Village this month.

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 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).

Thursday, January 14th:

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.

Historian Paolo DiGregorio presents "*In the Beginning...*": *Glaciers, Agriculture, and the Origins of Civilization* on Zoom 7:00pm this evening. - We are all products and participants in civilization. But what does that word actually mean? And how was civilization created? This talk will examine our distant past to look for the beginnings of our modern way of life. A zoom invite will be emailed to all who are in our zoom database.

Friday, January 15th:

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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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).

Historian Paolo DiGregorio presents "*In the Beginning...*": *Glaciers, Agriculture, and the Origins of Civilization* at 3:00pm on Channel 222 this afternoon. We are all products and participants in civilization. But what does that word actually mean? And how was civilization created? This talk will examine our distant past to look for the beginnings of our modern way of life.

Saturday, January 16th:

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.

Saturday, January 16th:

Historian Paolo DiGregorio presents "*In the Beginning...*": *Glaciers, Agriculture, and the Origins of Civilization* at 7:00pm on Channel 222 this evening. We are all products and participants in civilization. But what does that word actually mean? And how was civilization created? This talk will examine our distant past to look for the beginnings of our modern way of life.

Sunday, January 17th:

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 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.

Residents' Association Corner

Welcome to 2021. What a year we have closed out and now it's time to be hopeful for much better things to come. People with whom I have spoken believe that our resolve remains strong. We have given up a great deal to keep our community as "virus free" as we possibly can. Let's help each other to stay focused and get through these next difficult months.

We know Deborah is working on securing our place in line to receive the vaccine. The RA Board is sending a letter to the governor's office echoing her voice that Fuller Village residents request access to immunization as soon as possible. As has happened these past months, we know Deborah will keep us informed of any decisions regarding vaccine distribution.

From the sage, Betsy Buchbinder's prolific email messages:

*"Covid 19 reminds us how fragile we are,
Our friendships prove how strong we can be."*

Warm thoughts to you all,

Peg Riley

