

# The Week at Fuller

## January 18<sup>th</sup> – January 24<sup>th</sup>



**Monday, January 18<sup>th</sup>: Martin Luther King Day**  
**The Office, Café, Pool and Fitness are Closed today.**

**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.

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

**Join Mike Goodwin for *The Golden Age of Musical Theatre Part 1* on Zoom at 3:00pm this afternoon.** What makes a Classic a Classic? You'll have fun finding the answer in this first installment of a series on *The Golden Age of Musical Theatre*. There will be singing and lecture complete with video clips from various shows such as *Oklahoma!* *St. Louis Woman*, *South Pacific*, *Annie Get Your Gun* and more!

**Tuesday, January 19<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Fitness Center and Yoga Studio will be open from 8:00am -12:00pm Monday – Friday by reservation only.** Please call 617-361-7196 to make your reservation.

**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.



**Tuesday, January 19<sup>th</sup>:**

**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 delivery only Monday - Friday.** 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.

**Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation on Senior TV (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 20<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Fitness Center and Yoga Studio will be open from 8:00am -12:00pm Monday – Friday by reservation only.** Please call 617-361-7196 to make your reservation.

**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.

**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.



**Wednesday, January 20<sup>th</sup>:**

**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.

**Meet our new Dining Director, Pat LaFore on Zoom.** Call Muriel at 617-361-7778 to make a reservation, we will limit the call to 10 people. Zoom calls with Pat will take place on Wednesday, January 20, January 27, and February 3 at 1:00 p.m. A zoom link will be sent to you the day before the meeting.

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

**Thursday, January 21<sup>st</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Fitness Center and Yoga Studio** will be open Monday – Friday from 8:00am - 12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

**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.



**Thursday, January 21<sup>st</sup>:**

Historian Paolo DiGregorio presents *Reconstruction: Politics, Race, and Society in the Aftermath of the Civil War* on Zoom 7:00pm this evening. The Civil War was the costliest war in American History. In the aftermath of that struggle, national leaders had to figure out how to put the nation back together. The period of Reconstruction was full of political turmoil, racial tension, and social upheaval. Yet the failures of Reconstruction would shape the following 150 years of American history.

**Friday, January 22<sup>nd</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Fitness Center and Yoga Studio** will be open from 8:00am -12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

**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).**

**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.

**Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation on Senior TV (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).**

**Join Mike Goodwin for *The Golden Age of Musical Theatre Part 1* on Senior TV (Channel 222) at 3:00pm this afternoon.**

**This Just In! *Interludes with Judy* will be shown on Channel 222 at 4:30pm this afternoon.** Enjoy 15 minutes of classical piano music with Brush Hill resident Judy Cobble!

**Saturday, January 23<sup>rd</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.



**Saturday, January 23<sup>rd</sup>:**

**This Just In! *Interludes with Judy* will be shown on Channel 222 at 2:00pm this afternoon.** Enjoy 15 minutes of classical piano music with Brush Hill resident Judy Cobble!

**Join Mike Goodwin for *The Golden Age of Musical Theatre Part 1* on Senior TV (Channel 222) at 7:00pm this evening.** What makes a Classic a Classic? You'll have fun finding the answer in this first installment of a series on *The Golden Age of Musical Theatre*. There will be singing and lecture complete

with video clips from various shows such as *Oklahoma! St. Louis Woman, South Pacific, Annie Get Your Gun* and more!

**Sunday, January 24<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.

**Historian Paolo DiGregorio presents *Reconstruction: Politics, Race, and Society in the Aftermath of the Civil War* at 2:00pm on Channel 222.** The Civil War was the costliest war in American History. In the aftermath of that struggle, national leaders had to figure out how to put the nation back together. The period of Reconstruction was full of political turmoil, racial tension, and social upheaval. Yet the failures of Reconstruction would shape the following 150 years of American history.

**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.

**This Just In! *Interludes with Judy* will be shown on Channel 222 at 3:00pm this afternoon.** Enjoy 15 minutes of classical piano music with Brush Hill resident Judy Cobble!