

The Week at Fuller

February 22nd – February 28th



Monday, February 22nd:

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.

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.

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.

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.

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

The Library Book Club with Milton Library Director Will Adamczyk will be held on Zoom at 3:00pm this afternoon. Today you will discuss *American Jezebel: The Uncommon Life of Anne Hutchinson, the Woman Who Defied the Puritans*, by Eve LaPlante. If you are in our Zoom database, an invitation will be emailed to you. Once you are done with your book, please return it to the front desk. We will drop it off at the Library for you. Call Muriel at 617-361-7778 to get a copy March's book *Cod: A Biography of the Fish that Changed the World* by Mark Kurlansky.



Tuesday, February 23rd:

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.

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 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.

Join Michael Goodwin for *The Golden Age of Musical Theater Part 2* on Zoom at 3:00pm this afternoon.

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, February 24th:

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



Wednesday, February 24th:

South Shore Internal Medicine Wellness Clinic is open today from 9:30am – 12:00 pm on the second floor at Blue Hill for this week only. 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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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.

***Rocky Mountain High: A Fourteener Foray* with Prof. Robert Reenan on Zoom at 1:00pm this afternoon.** Robert spent many years as a competitive mountain biker. At 50, he came to his senses and started climbing mountains on foot. In the last 8 years, he has climbed over 350 mountains: all 4000ft peaks in the Northeast, over 60 14,000ft peaks in the Rockies, and Mount Rainier. He's still doing it. Robert is affiliated with the New Hampshire Chapter of the Appalachian Mountain Club (AMC) where he serves as a Class I (all-season) Trip Leader, and Instructor in AMC Mountaineering's Advanced Winter Travel, Glacier Travel and Crevasse Rescues courses. He has a "real job" at Brown University as a professor and researcher. If you are on our Zoom database, an email to join this talk will be emailed to you.

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

Thursday, February 25th:

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.



Thursday, February 25th:

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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Winter Outdoor Adventure Club – This is a group designed specifically for residents who can safely and independently hike on rocky, rooty, un-paved, hilly trails for longer than 1 hour, and who want to continue to train for more challenging winter hiking and snow shoeing adventures. Proper outerwear & footwear is required (hiking boots or shoes). If you did not attend the initial meeting of the Winter Adventure Club, have questions or concerns, and are interested in participating, please call Lisa or Jen first before signing up. Members will be emailed today's itinerary and sign-up details on Monday, February 22nd.

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.

Join historian Paolo DiGregorio on Zoom at 7:00pm this evening for *The End of Old Europe: War, Revolution, and the Collapse of European Monarchy*. In 1914, four emperors dominated Europe, and much of the globe. Within five years, two would be dead and one forced from his throne. This lecture will discuss why the ruling houses of Europe fell from power, and how the new era that emerged created the modern world. If you are on our Zoom database an invitation to join the program will be emailed to you.

Friday, February 26th:

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.



Friday, February 26th:

Chair Yoga Balance with Jen will be shown at 10:00am 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.

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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).

***Interlude with Judy* will be shown on Senior TV (Channel 222) at 4:30pm this afternoon.** Today's program is a recording of Judy's February 2019 Debussy concert at Fuller Village.

***Rocky Mountain High: A Fourteener Foray* with Prof. Robert Reenan on Senior TV (Channel 222) at 7:00pm this evening.** Robert spent many years as a competitive mountain biker. At 50, he came to his senses and started climbing mountains on foot. In the last 8 years, he has climbed over 350 mountains: all 4000ft peaks in the Northeast, over 60 14,000ft peaks in the Rockies, and Mount Rainier. He's still doing it. Robert is affiliated with the New Hampshire Chapter of the Appalachian Mountain Club (AMC) where he serves as a Class I (all-season) Trip Leader, and Instructor in AMC Mountaineering's Advanced Winter Travel, Glacier Travel and Crevasse Rescues courses. He has a "real job" at Brown University as a professor and researcher.

Saturday, February 27th:

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.

***Interlude with Judy* will be shown on Senior TV (Channel 222) at 2:00pm this afternoon.** Today's program is a recording of Judy's February 2019 Debussy concert at Fuller Village.

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Saturday, February 27th:

be dead and one forced from his throne. This lecture will discuss why the ruling houses of Europe fell from power, and how the new era that emerged created the modern world.

Sunday, February 28th:

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.

Rocky Mountain High: A Fourteener Foray with Prof. Robert Reenan on Senior TV (Channel 222) at 2:00pm this afternoon. Robert spent many years as a competitive mountain biker. At 50, he came to his senses and started climbing mountains on foot. In the last 8 years, he has climbed over 350 mountains; all 4000ft peaks in the Northeast, over 60 14,000ft peaks in the Rockies, and Mount Rainier. He's still doing it. Robert is affiliated with the New Hampshire Chapter of the Appalachian Mountain Club (AMC) where he serves as a Class I (all-season) Trip Leader, and Instructor in AMC Mountaineering's Advanced Winter Travel, Glacier Travel and Crevasse Rescues courses. He has a "real job" at Brown University as a professor and researcher.

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.

Interlude with Judy will be shown on Senior TV (Channel 222) at 4:30pm this afternoon. Today's program is a recording of Judy's February 2019 Debussy concert at Fuller Village.

Condolences to the friends and family of Jim McCarthy. Jim was Villa resident who had a lot of fun living at Fuller Village.

Residents Association Corner

Hurrah! February 17th was the date. Deborah and her extraordinary team organized a vaccine clinic here and many people received the first dose of the Covid19 vaccine. Deborah was relentless in finding a partner to work with and engaged Sullivan Pharmacy in Roslindale to come to Fuller. Countless details of scheduling, verifying and transporting were handled expertly by Joey DiGiano and Daniel McGarr. Our own Nurse Practitioner, Donna Cullinane, brought Boston College nursing students to assist.

One person stated, "It was so easy. So organized. And I have an appointment for March 17th." This is a monumental step in looking forward and our appreciation is boundless. We are grateful for Deborah's leadership in making this Clinic happen.

