

## **The Week at Fuller**

### **February 8<sup>th</sup> – February 14<sup>th</sup>**



#### **Monday, February 8<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.**

**South Shore Internal Medicine Wellness Clinic is open today from 12:00 – 3:00 pm on the second floor at Blue Hill for this week only.** Call 617-361-7900 to schedule an appointment.

**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.

#### **Tuesday, February 9<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.



**Tuesday, February 9<sup>th</sup>:**

**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.

**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.

**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!

**Join historian Paolo DiGregorio on Zoom at 7:00pm this evening for *The House of Hanover: British Monarchs from George to Victoria***- In the early 18<sup>th</sup> century, a new royal dynasty came to the throne of Great Britain. Plucked from the relative obscurity of a small German principality, the Hanoverians helped establish long-lasting political stability in Britain. This lecture will look at the often-colorful characters of the House of Hanover, and their impact on Britain, Europe, and America. If you are on our zoom database a link to be to join will be emailed to you.

**Wednesday, February 10<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.



**Wednesday, February 10<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 NOT open today from 9:30 am– 12:00 pm on the second floor at Blue Hill this week.

**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.

**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.

**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 2:00pm on Senior TV (Channel 222)**

**Thursday, February 11<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 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.



### **Thursday, February 11<sup>th</sup>:**

**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.

**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. This week's hike will be the Tucker Hill Path in the Blue Hills. This 3-mile moderate hike will include some inclines and uneven trail. Park in the lot across the street from the State Police Headquarters at 1:00pm. To sign up please call Muriel at 617-361-7778 – please note that this walk is limited to 8 people.

**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.**

**Join photographer Barry Pell for *Cuba After Castro - A Country in Transition* at 3:00pm this afternoon on Zoom.** Cuba is a nation of paradoxes - a leader in health and education, but with shortages of basic foods and consumer goods; among the highest literacy rates in Latin America, but with constraints on free speech; magnificent restored colonial architecture side by side with blocks of dilapidated and crumbling apartment buildings. Kept in a time warp for decades by an economic system controlled exclusively by the government, and exacerbated by the United States embargo, Cuba is now emerging to allow private businesses, private property ownership, and public internet access. Barry Pell traveled to Cuba in 2000 and returned in 2019 to speak with the Cuban people and observe the changes. In this program, accompanied by his photography, he will discuss how its people are embracing and benefitting from the changes, while remaining devoted to the nation's revolutionary ideals and cultural heritage. If you are on our Zoom database, a invitation to join will be sent 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, February 12<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 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 12<sup>th</sup>:**

**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 historian Paolo DiGregorio on Ch 222 at 3:00pm for *The House of Hanover: British Monarchs from George to Victoria***- In the early 18<sup>th</sup> century, a new royal dynasty came to the throne of Great Britain. Plucked from the relative obscurity of a small German principality, the Hanoverians helped establish long-lasting political stability in Britain. This lecture will look at the often-colorful characters of the House of Hanover, and their impact on Britain, Europe, and America. If you are on our zoom database a link to be to join will be emailed to you.

### **Saturday, February 13<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.

**The Modernistics present *Love Songs for Valentine's Day* on Senior TV (Channel 222) at 7:00pm this evening.** The Modernistics Trio (Ted Powers, guitar and vocals; Peter H. Bloom, flute; and Dave Zox, double-bass) celebrates romance with a new video-concert called *Let's Fall in Love* – swinging hits like *Fly Me to the Moon*, *Pick Yourself Up*, *Sweet and Lovely*, *The Devil and the Deep Blue Sea*, *It Had to Be You*, and other love songs by our great American tunesmiths.

### **Sunday, February 14<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.

***The Great Love Songs of Musical Theater* with Michael Goodwin will be shown on Zoom at 2:30pm this afternoon.** From the classics to today, enjoy the great love songs of musical theatre!

**Sunday, February 14<sup>th</sup>:**

**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**

As many of you know, my grandson Jack is in Washington, DC attending American University. Wanting to send something special to him, I called Green Mountain Chocolate which sometime in the post pandemic future may work with us on a community fundraiser. I had a lovely conversation with Lisa Campbell (Ruth Chandler's niece) and I ordered chocolates to be sent to Jack.

Lisa is willing to donate a percentage of each order from us to her local Food Bank on behalf of Fuller Village Residents' Association. (Just mention where you live when ordering.) Jack and his roommate will have a treat, and I, in a small way, will help less fortunate people.

If you want to send a treat to a special person, for any occasion, feel free to call Lisa at 508 473 9060. She is most helpful.

Green Mountain Chocolate Company has been featured on WCVB, channel 5, "Made in Massachusetts". Browse their Website: [shop.greenmountainchocolate.com](http://shop.greenmountainchocolate.com)

Lois Wasserman

