

The Week at Fuller

March 1st – March 7th



Monday, March 1st:

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.

Spring is Coming! Join Lisa Ramsay, Program Director, at 3:00pm on Zoom this afternoon for a brainstorming meeting – what would you like to do this spring and summer? Who would you like to see speak and perform in the tent? What resident groups would like to start planning gatherings? If you are on our Zoom database and invitation to join will be emailed to you. Please note that a second meeting will be held on Thursday at the same time.



Monday, March 1st:

Join historian Paolo DiGregorio on Senior TV (Channel 222) at 4:30pm this afternoon 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.

Tuesday, March 2nd:

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.

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.

Deborah Felton wants to hear from you! Join her zoom call today at 3:00pm and share your thoughts on all things at Fuller Village. You can sign up with Muriel at Brush Hill - call 617 361-7778 to reserve your spot. Please note that she will also hold meetings on Friday, March 12th at 3:00 p.m. and Monday, March 15th at 1:00 p.m.

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!



Tuesday, March 2nd:

***Duet All Night* with Sparrow Live on Senior TV (Channel 222) will be shown at 7:00pm this evening.** Duet All Night Cabaret was created by friends and singers, Jennifer Caraluzzi and Eduardo Ramos. Born in the Napoleon Room in Boston's historic Club Cafe, Duet All Night features an exciting collaboration between two passionate artists who

have always enjoyed being on stage with each other. At home in both the classical and musical theater repertoire, Jennifer and Eduardo will charm and entertain you. The program showcases hits from Bernstein and Bareilles to Sondheim and Schwartz with some of the most beloved, show stopping musical theater favorites from the Golden Age to today. Backed by piano, bass, and cajon, join this dynamic duo for an evening of your favorites complete with mischief, wit, and charm.

Wednesday, March 3rd:

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.

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 Winter Outdoor Adventure Club will meet today at 1:00pm. Members will be sent the hike's location and sign-up instructions.



Wednesday, March 3rd:

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

If you signed up, the 4-week *Coping with Covid* support group begins today on Zoom at 2:30pm. The group will be led counselors from the Riverside Trauma Center in partnership with MassSupport and will offer you strategies on healthy coping skills and ways to manage stress. Participants highly encouraged to stay for the entirety, about 60 minutes. The group is structured to allow participants to share and do most of the talking. You will explore a variety of topics about the self-care practices you can use to address the stress, anxiety and uncertainty we have all experienced through the pandemic. MassSupport is a statewide program funded by the Federal Emergency Management Administration (FEMA) and managed in partnership between the Massachusetts Department of Mental Health and Riverside Trauma Center, a service of Riverside Community Care.

Thursday, March 4th:

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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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Spring is Coming! Join Lisa Ramsay, Program Director, at 3:00pm on Zoom this afternoon for a brainstorming meeting – what would you like to do this spring and summer? Who would you like to see speak and perform in the tent? What resident groups would like to start planning gatherings? If you are on our Zoom database and invitation to join will be emailed to you.



Thursday, March 4th:

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.

Ensemble Chaconne: *The Splendid Music of the French Court* will be shown on Senior TV (Channel 222) at 7:00pm this evening. The

acclaimed trio Ensemble Chaconne (Peter H. Bloom, baroque flute; Carol Lewis, viola da gamba; and Olav Chris Henriksen, baroque lute, baroque guitar and theorbo) performs *The Splendid Century: Music of the French Court 1650-1750*. The concert features masterpieces by Marin Marais, François Couperin, Jean Marie Leclair, Elisabeth-Claude Jacquet de la Guerre, and other leading composers of the era. Ensemble Chaconne, now in its 35th season, has been called "a powerhouse of great playing" (Classical Voice of North Carolina).

Friday, March 5th:

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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).

Join Professor Robert Allison of Suffolk University on Zoom at 3:00pm this afternoon for *March 17th - Is it St. Patrick's Day or Evacuation Day?* What is the connection between St. Patrick and George Washington's army? How did this holiday in Boston evolve, with Boston's biggest parade and most unique political event, the St.

Friday, March 5th:

Patrick's Day Breakfast? Find out with Robert Allison, historian at Suffolk University, chair of the Revolution 250 Co-ordinating Committee, and president of the South Boston Historical Society. If you are on our Zoom database and invitation to join will be sent to you.

Duet All Night with Sparrow Live will be shown on Senior TV (Channel 222) at 4:00pm this afternoon. See Tuesday, March 2nd for program description.

Saturday, March 6th:

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.

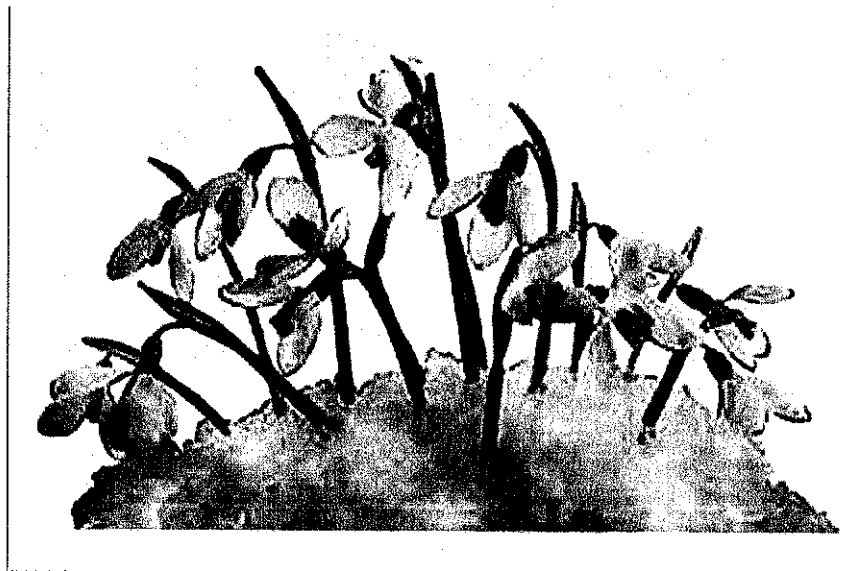
Ensemble Chaconne: *The Splendid Music of the French Court* on Senior TV (Channel 222) will be shown at 2:00pm this afternoon. See Thursday, March 4th for program description.

Sunday, March 7th:

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.

Duet All Night with Sparrow Live will be shown on Senior TV (Channel 222) at 2:00pm this afternoon. See Tuesday, March 5th for 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.





FULLER VILLAGE DINNER MENU

Monday, March 1st

Chicken Cacciatore
Linguine and Parmesan Green Beans
Minestrone OR Salad of Your Choice
Fudge Brownie OR Peanut Butter Cookie

Tuesday March 2nd

Meatloaf
Mashed Potatoes and Steamed Broccoli
Chicken Noodle Soup OR Salad of Your Choice
Apple Pie OR Oatmeal Raisin Cookie

Wednesday, March 3rd

Roasted Salmon
Baked Sweet Potato and Grilled Zucchini & Summer Squash
Broccoli Cheddar OR Salad of Your Choice
Carrot Cake OR Chocolate Chunk Cookie

Thursday, March 4th

Chicken Cordon Bleu
Roasted Potatoes and Steamed Carrots
Butternut Squash Soup OR Salad of Your Choice
Strawberry Rhubarb Pie OR Sugar Cookie

Friday, March 5th

Shrimp & Scallop Scampi
Penne Pasta and Asparagus
Potato Leek Soup OR Salad of Your Choice
Chocolate Cake OR White Chocolate Macadamia Nut Cookie

Saturday, March 6th

Turkey Dinner
Chicken with Rice Soup OR Salad of Your Choice
Pumpkin Pie OR Chocolate Chunk Cookie

Sunday March 7th

Herb Roasted Prime Rib
Scalloped Potatoes with Steamed Peas & Carrots
New England Clam Chowder OR Salad of Your Choice
New York Cheesecake OR Peanut Butter Cookie

***All Entrees are \$17.95 plus tax, which includes Appetizer, Beverage and Dessert
Before ordering, please make your server aware of any Food Allergies***

Appetizers

Fresh Garden Salad

Fresh Fruit Salad

Menu Items

Fresh Baked Haddock \$17.95

Seasoned Baked Haddock with a hint of Lemon and Panko Breadcrumbs
Served with the Evening Side Dishes

***Fuller Village Burger**

Char-grilled with or without Cheese
Served with Lettuce, Tomato, French Fries and Pickle

Lighter Fare

A Large Garden Salad with choice of adding:
Chicken Salad with Cran-Raisins and Toasted Almonds
Tuna Salad
Marinated Grilled Chicken Breast
Grilled Salmon
Served with a Roll and Butter

Grilled Chicken Breast with Bacon, Cheddar & Ranch

Each of the above items are priced at \$9.95 a la carte

A non-alcoholic beverage is included with the above selections

Beverages

Coke, Diet Coke, Ginger Ale, Diet Ginger Ale, V-8, 2% Milk

Desserts a la carte \$2.95

Chef Selection of the Dessert Du Jour

Cookie of the Day OR Fresh Fruit Cup

Sugar Free Jell-O OR Sugar Free Pie

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

***These items may be served raw or undercooked.**

***Gluten Free Options Available Upon Request**

Call 617-361-6958 between 11am and 1pm for Take-Out Orders

Fuller Village
in Milton

— LIVE A FULLER LIFE —

CAFÉ LUNCH SPECIALS FOR THE WEEK OF

MONDAY, MARCH 1ST THROUGH

FRIDAY, MARCH 5TH

PLEASE PLACE YOUR LUNCH ORDER BETWEEN

11:00 AM AND 12:00 NOON

YOUR FOOD WILL BE DELIVERED BETWEEN

12:30 PM AND 1:30 PM

Daily Hot Lunch Special

\$8.95

MONDAY, MARCH 1ST

SHAVED PRIME RIB MELT WITH MUSHROOMS

TUESDAY, MARCH 2ND

MAC & CHEESE WITH SIDE SALAD

WEDNESDAY, MARCH 3RD

CHILI IN A BREAD BOWL

THURSDAY, MARCH 4TH

HAM, POTATO & CHEDDAR QUICHE
WITH SIDE SALAD

FRIDAY, MARCH 5TH

GARLIC BREAD TUNA MELT WITH SOUP OF THE DAY

Coming this Spring!
Between the World and Us: Race Still Matters
A Six-Week Educational Opportunity
with Professor Gary Bailey of Simmons College
March 8th and 22nd, April 5th and 19th, May 3rd and 17th
At 4:00pm on Zoom

The times that we are living in have contributed to a sense of disconnectedness for many of us and the issues needing to be dealt with are challenging, and complex (eg. Covid-19 racial health disparities, extra judicial police violence; overt racist and white supremacist activity at local & national levels; national economic recession).

Many BIPOC (Black, Indigenous, People of Color) have experienced not only violence and discrimination, but also live with symptoms of trauma, and have an increased likelihood of developing health related problems as a consequence of this exposure. The physical violence or threat of violence leads to trauma, which leads to poor health outcomes.

As individuals we can no longer afford the avoidance of having real, honest and difficult conversations about racism and imbedded structural realities that undergird our service delivery systems (eg. education), which is not in the best interest of future generations.

In this six-week class you will explore the following topics:

- Difficult Conversations - When to have them & What to do with them?
- Stereotypes and prejudice/Race/cognitive dissonance/cultural humility/cultural competence/intersectionality/privilege /microaggressions
- Bias-conscious and unconscious
- Power and Powerlessness
- The Power of the Narrative (The stories we tell)
- Intergenerational trauma

The class is limited to 20 people – sign-ups are required. Please plan on attending all six classes if possible, as each class builds on the one before. Call Muriel at 617-361-7778 to sign up. A Zoom room address will be emailed to all participants.

Gary Bailey, DHL, MSW, ACSW is the Assistant Dean for Community Engagement and Social Justice in the College of Social Sciences, Policy and Practice (CSSPP) at Simmons University. He and holds the rank of a Professor of Practice at Simmons University School of Social Work and has a secondary appointment at the Simmons University School of Nursing and Health Sciences. Professor Bailey has a Faculty Affiliate appointment at Harvard Medical Schools Center for Primary Care; is a Scholarly Stakeholder, LGBTQ Patient and Family Advisory Council. Brigham and Women's Hospital; and is a consultant to Fenway Health's Department of Behavioral Health. In May 2009 he was selected as a Fulbright Specialist for the United States-Israel Educational Foundation (USIEF), where he gave a series of workshops and speeches throughout Israel as a part of the Funds outreach to African American leaders to visit Israel. In 2017 he was appointed by Massachusetts Governor Charlie Baker as a member of the Massachusetts LGBT-Q Youth Commission.
