

## The Week at Fuller

### March 15<sup>th</sup> – March 21<sup>st</sup>



#### **Monday, March 15<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** We no longer require a sign-up for pool times. A maximum of 3 swimmers/exercisers may use the pool at one time. You may wait on the pool deck until space opens. A maximum of 6 people can wait on the pool deck at one time. Masks must be worn to and from the pool and while waiting on the pool deck. If you are in the pool and people are waiting, please limit your time in the water to no longer than 45 minutes. Please be respectful of other resident's personal space both in and out of the water.

**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.

**Deborah Felton wants to hear from you!** Join her zoom call today at 1:00pm 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.



### **Monday, March 15<sup>th</sup>:**

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

**Join historian Paolo DiGregorio for *Empires of the Nile* on Zoom at 7:00pm this evening.** For thousands of years, the Nile River has been the lifeblood of cultures, kingdoms, and empires in northeast

Africa. The societies of Egypt and Nubia were centered on the flow of the river. And it is because of the Nile that Egypt and Nubia prospered and flourished. This lecture will examine the long, complex and intertwined histories of the empires of the Nile. If you are on our Zoom database a link to join will be sent to you.

### **Tuesday, March 16<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** We no longer require a sign-up for pool times. See Monday for current pool guidelines.

**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 will be at Brush Hill from 9:00am - 10:00am and at Blue Hill from 11:00am to 12:00pm by appointment only.** Call Muriel at 617-361-7778 for a Brush Hill appointment and Claire or Erika at 617-361-7900 for an appointment at Blue Hill.

**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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**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.**

**Concert for Equity in the Arts with Sparrow Live will be shown on Senior TV (Channel 222) at 7:00pm.** Join Bass Morris Robinson and special guests for an unforgettable concert to benefit the Sphinx Organization. This concert also kicks off a quarterly series on Sparrow Live highlighting under-represented voices in the arts. The



### **Tuesday, March 16<sup>th</sup>:**

Sphinx Organization is the social justice organization dedicated to transforming lives through the power of diversity in the arts. Sphinx's four program areas – Education & Access, Artist Development, Performing Artists, and Arts Leadership – form a pipeline that develops and supports diversity and inclusion in classical music at every level: music education, artists performing on stage, the repertoire and programming being performed, the communities represented in audiences,

and the artistic and administrative leadership within the field. Sphinx was founded in 1997 by Aaron P. Dworkin with the goal of addressing the underrepresentation of people of color in classical music. The name Sphinx, inspired by the mythical creature and legendary statue, reflects the power, wisdom and persistence that characterize Sphinx's participants, as well as the enigmatic and interpretive nature of music and art. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

### **Wednesday, March 17<sup>th</sup>:** Happy St. Patrick's Day!

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** We no longer require a sign-up for pool times. See Monday for current pool guidelines.

**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.**

**Enhance your yoga practice...virtually! Join Carol for *Chair* Yoga on Mondays via Zoom at 12:00pm.**

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**Wednesday, March 17<sup>th</sup>:** Happy St. Patrick's Day!

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

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

**Join Michael Goodwin at 2:30pm on Zoom for the *Songs and Stories of Ireland*.**

**Thursday, March 18<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** We no longer require a sign-up for pool times. See Monday for current pool guidelines.

**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.

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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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**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.**

**Explore *Paintings from the American Wing at the Met* on Zoom at 3:00pm this afternoon.** Through a virtual art tour, you will explore paintings from the American Wing at the Metropolitan Museum of art. From colonial portraits to folk artists to Hudson River School paintings, we will gain a better understanding and appreciation of early American art. The powerpoint will be presented by Elana Kaplan, educator and lecturer at the Metropolitan Museum of Art (and Isabelle Gutell's niece!) If you are on our Zoom database and invitation will be emailed 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.





### **Thursday, March 18<sup>th</sup>:**

Join historian Paolo DiGregorio for *Empires of the Nile* on Ch222 at 7:00pm this evening. See Monday for program description. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

### **Friday, March 19<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** We no longer require a sign-up for pool times. See Monday for current pool guidelines.

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**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 Michael Goodwin for the *Songs and Stories of Ireland* on Senior TV (Channel 222) at 7:00pm this evening.** This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

### **Saturday, March 20<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.

**Concert for Equity in the Arts with Sparrow Live will be shown on Senior TV (Channel 222) at 2:00pm.** See Tuesday for the program's description. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

**Paintings from the American Wing at the Met will be shown at 7:00 pm on Senior TV (Channel 222).** See Thursday for the program description. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

**Sunday, March 21<sup>st</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.

**Join historian Paolo DiGregorio for *Empires of the Nile* on Ch 222 at 2:00pm this afternoon.** See Monday for the program's description. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

**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.

***Concert for Equity in the Arts* with Sparrow Live on Senior TV (Channel 222) at 7:00pm.** See Tuesday for the program's description. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

