

The Week at Fuller

March 22nd – March 28th



Monday, March 22nd:

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.

The Fuller Village Community Gardeners (and new folks who would like to be community gardeners) will meet on Zoom at 2:00pm this afternoon. Join fellow gardeners for an organizational meeting and a chance to find out what's new in the



Monday, March 22nd:

gardens! Anyone who had a garden last year will keep their spot if you want to garden. We will need to know who is keeping their spots and who will not be using them. Any empty spots will be given to new gardeners or used for the Food Pantry Garden. Please attend this meeting to claim your spot. If you are unable to attend please call Lisa at 617-361-2116 to reserve your spot or put yourself on a waitlist for unclaimed spots. If you are on our Zoom database a link will be emailed to you to join.

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 *Cod: A Biography of the Fish that Changed the World* by Mark Kurlansky. 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 of April's book *Paul Revere's Ride* by David Hackett Fischer.

***Between the World and US: Race Still Matters* with Prof. Gary Bailey will be held on Zoom at 4:00pm this afternoon.** 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). If you have signed up for the class, a Zoom room address will be emailed to you.

Tuesday, March 23rd:

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.



Tuesday, March 23rd:

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. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org.

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 Theatre* on Zoom at 3:00pm. Let's polka with *The King and I* and dance with Lola in *Damn Yankees*. Then you can try your luck with *Guys and Dolls* followed by *Gypsy*. You'll finish up with *The Sound of Music*. If you are on our Zoom database a link to join will be emailed to you.

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.

Wednesday, March 24th:

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.

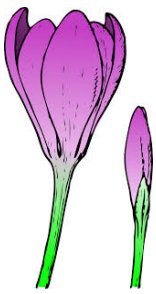
South Shore Internal Medicine Wellness Clinic is open today from 9:30am – 12:00 pm on the second floor at Blue Hill for this week only. Call 617-361-7900 to schedule an appointment.

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.



Wednesday, March 24th:

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.

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 David Small, baritone & Jean Anderson with Sparrow Live for *An Evening Hymn: A Night of Sacred Music* at 7:00pm this evening on Senior TV (Channel 222).

Like so many couples during this pandemic, Jean and David had to make the difficult decision to postpone their wedding indefinitely. Weddings are markers in time for extended families; they bring everyone together, cement bonds, and create new memories as a couple begins their life together. Weddings are a time you think about family, especially those loved ones who cannot be physically present. As a way to honor David's late parents, whose faith was immensely important to them, the artists decided to dedicate an evening of sacred music to the benefit of St. Luke's Episcopal Church in Scituate, MA - a picturesque New England town on the seacoast just south of Boston. And on what better date to hold such an event than the one they originally chose to begin their own journey together? Dr. Jean Anderson Collier is a nationally known vocal coach and pianist, the principal opera coach at Boston Conservatory, and a diction and art song professor at New England Conservatory of Music. She is also the organist and choir director at St. Luke's. David Small's prolific opera career includes performances of 65 roles in 54 different operas. His repertoire includes Rigoletto, Germont, Scarpia, and he has appeared with the St. Louis Symphony, Rochester Philharmonic, Cincinnati May Festival Orchestra, Austin Symphony in works such as Brahms' Requiem, Durufle Requiem, Elijah and collaborated with pianists such as Anton Nel, Jean Anderson Collier, Claude Cymerman, and Joachim Reinhuber. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org.

Thursday, March 25th:

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.



Thursday, March 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.

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.

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 David Small, baritone & Jean Anderson with Sparrow Live for *An Evening Hymn: A Night of Sacred Music* at 7:00pm this evening on Senior TV (Channel 222). See Wednesday for the program description. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org.

Friday, March 26th:

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 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).

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.

The Café is open for delivery only Monday - Friday. To place your order call 617-361-3987 between 11:00am to 12:00pm.

Friday, March 26th:

Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation on Senior TV (Channel 222) at 1:00pm. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org.

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

Join Professor Bob Allison of Suffolk University on Zoom at 3:00pm for *Was 2020 Really the Worst Year Ever?* It was a memorable year, not for the right reasons. But we have been through worse! Join us for a look at some truly catastrophic years in humankind's long history. Think of your own good years and bad and think about what shapes history and memory.

Interlude with Judy will be shown at 4:30pm this afternoon on Senior TV (Channel 222). Enjoy a short program of piano music by Brush Hill resident Judy Cobble. This program can also be found on www.residentapps.com anytime.

Join Michael Goodwin for *The Golden Age of Musical Theatre* on Senior TV (Channel 222) at 7:00pm this evening. See Tuesday for the program description. This program can also be found on www.residentapps.com anytime.

Saturday, March 27th: **Passover Begins**

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 at 2:00pm this afternoon on Senior TV (Channel 222). This program can also be found on www.residentapps.com anytime

Sunday, March 28th: **Palm Sunday**

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 Michael Goodwin for *Golden Age of Musical Theatre* on Senior TV (Channel 222) at 2:00pm this afternoon. See Tuesday for the program description. This program can also be found on www.residentapps.com anytime

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 at 4:30pm this afternoon on Senior TV (Channel 222). This program can also be found on www.residentapps.com anytime.

