

The Week at Fuller

March 29th – April 4th



Monday, March 29th:

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.

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

Explore *Paintings from the American Wing at the Met* will be shown at 3:00pm on Senior TV (Channel 222) this evening. Through a virtual art tour, you will explore



Monday, March 29th:

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 Guttell's and Ruth Gersman's niece!) This program can also be found on www.residentapps.com anytime.

Join historian Paolo DiGregorio for *The End of Empires: Imperial Decline and Decolonization, 1945-2000* on Zoom at 7:00pm. Between the 16th and 20th centuries, European nations created global empires that controlled vast swaths of territory and hundreds of millions of people. Yet, these empires that had, in many cases, taken centuries to build, fell apart, suddenly and dramatically, during the second half of the 20th century. This talk will look at the factors that led to the end of empires. If you are on our Zoom database a link to join will be emailed to you.

Tuesday, March 30th:

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.

Give Pickleball a Try! A hearty group of "picklers" managed to play through most of the winter. We are hoping many new people will give Pickleball a try. For now, the group plans to play every Tuesday morning at 9:30 weather permitting. Some players will certainly find some additional times to play. All are welcome anytime to join in to play or to learn the game. All levels of players are welcome, especially first timers. Please wear comfortable clothing, and good sneakers or court shoes for your safety. Water is also a good idea, especially if it's warm, and sunscreen of course!

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.

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



Tuesday, March 30th:

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 David Small, baritone & Jean Anderson with Sparrow Live for *An Evening Hymn: A Night of Sacred Music* at 3:00pm this afternoon 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.

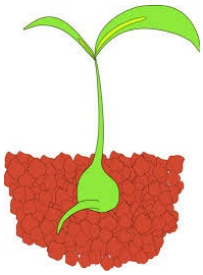
Dance Party: Join Jen on Senior TV (Channel 222) at 4:00pm for a very upbeat and vigorous class that focuses on rhythm, balance, and cardiorespiratory health.

Wednesday, March 31st:

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.



Wednesday, March 31st:

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.

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

The 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 Professor Allison for *Was 2020 the Worst Year Ever?* at 7:00pm this evening on Senior TV (Channel 222). 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. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org.

Thursday, April 1st:

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.

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, April 1st:



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

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.

Join the Fuller Village Bike Club! Bikers meet at 2:00pm at the Back Patio at Brush Hill. The Fuller Village Bike Club is open to new members this spring. We will start the season slowly, riding on site at Brush Hill and Flatley Field to get into shape. Anyone with a bike is welcome to join. As the season progresses and we get our bike legs back, we will venture out on the Bike Path from Mattapan Square to Boston Harbor and possibly more. Bike Club runs weekly from the spring to the fall – now is the time to join! If you would like to learn more about the group or would like to sign up, call Lisa Ramsay at 617-361-2116.

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.

***A Salute to Duke Ellington* will be shown at 7:00pm this evening on Senior TV (Channel 222).** The acclaimed jazz duo Peter H. Bloom, flute, and John Funkhouser, piano, salute Duke Ellington with an exuberant video-concert, including *Take the A Train, In a Sentimental Mood, Cottontail, Caravan, I'm Beginning to See the Light*, and other great music. Peter and John have performed together for almost 30 years. They've been praised as jazz masters, and they've captivated audiences with their swinging celebrations of the great Duke Ellington. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org.

Friday, April 2nd: Good Friday

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.

Friday, April 2nd: Good Friday

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

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

Join historian Paolo DiGregorio for *The End of Empires: Imperial Decline and Decolonization, 1945-2000* at 3:00pm this afternoon on Senior TV (Channel 222).

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

Saturday, April 3rd:

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.

Join Professor Allison for *Was 2020 the Worst Year Ever?* at 2:00pm this afternoon on Senior TV (Channel 222). See Wednesday for the program description.

***A Salute to Duke Ellington* at 7:00pm this evening on Senior TV (Channel 222).** See Thursday for program description.

Sunday, April 4th: Easter 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 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.

Join historian Paolo DiGregorio for *The End of Empires: Imperial Decline and Decolonization, 1945-2000* at 7:00pm this evening on Senior TV (Channel 222). See Monday for program description.

