

The Week at Fuller

March 8th – March 14th



Monday, March 8th:

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.

***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.



Monday, March 8th:

This Just In! Tenor David Won and pianist Tim Steele present *Voices of America* at 7:00pm on Ch 222. This program introduces some of their favorite American composers who wrote beautiful songs for generations past and coming. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org

Tuesday, March 9th:

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 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.

More Timeless Songs of Broadway with Bonnie Rapp will be held on Zoom at 3:00pm this afternoon. Join Bonnie as she takes you on a journey through the timeless songs of Broadway! Bonnie Rapp had the honor of playing the lead role of Christine Daaé in the National Tour/San Francisco Company of Andrew Lloyd Webber's *The Phantom of the Opera*. Some of Bonnie's favorite roles include Maria in *The Sound of Music*, Kate in *Kiss Me, Kate*, Cinderella in *Rodger and Hammerstein's Cinderella*, Louise in *Gypsy* and Sister Amnesia and Sister Leo in *Nunsense, Nunsense II and Nunsense Jamboree*. In addition, Bonnie has appeared in numerous galas, fundraisers, and Broadway concerts, including performances at Lincoln Center's Avery Fisher Hall. If you are on our Zoom database a link will be emailed to you.



Tuesday, March 9th:

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.

***Danse Macabre* with Sparrow Live will be shown on Senior TV (Channel 222) at 7:00pm this evening.** Join Heather Gallagher and Yukiko Oba for a special concert featuring classics like *Danse Macabre*, *Le spectre de la rose* and a Boston premiere of Rebecca Clarke's ghost story, *Binnorie*. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org

Wednesday, March 10th:

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.

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

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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.



Wednesday, March 10th:

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

Join Professor Robert Allison of Suffolk University on Ch 222 at 7:00pm this evening 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. 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. This program can also be found on www.residentapps.com anytime. For more information email dmcgarr@fullervillage.org

Thursday, March 11th:

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.

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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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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. Please note that she will also hold a meeting on Monday, March 15th 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.

***Naura and Kribati – Two Dots in the Pacific Ocean* with photographer Barry Pell will be presented on Zoom at 3:00pm this afternoon.** The world's refugee crisis and climate change are two issues which affect even the most remote nations of the Pacific



Thursday, March 11th:

Ocean. Nauru, the world's smallest island country, has accepted thousands of African and Middle East asylum seekers, which has produced enormous stresses in their society.

Kiribati, a nation of ring-shaped coral islands, has a maximum elevation of eight feet on the main island where the largest number of its population reside. Thus, it is one of the countries most likely to disappear due to climate change and rising sea levels. Barry Pell traveled in both of these nations, speaking with its residents and documenting with his photography the current conditions of the landscape and lives of their people.

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.

***Danse Macabre* with Sparrow Live will be shown on Senior TV (Channel 222) at 7:00pm this evening.** See Tuesday for the description.

Friday, March 12th:

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***More Timeless Songs of Broadway* with Bonnie Rapp will be shown on Senior TV (Channel 222) at 7:00pm this evening.** See Tuesday for the program's description.

Saturday, March 13th:

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.

Saturday, March 13th:

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.

***Danse Macabre* with Sparrow Live on Senior TV (Channel 222) at 2:00pm this afternoon.** See Tuesday for the program's description.

This Just In! Tenor David Won and pianist Tim Steele present *Voices of America* at 4:00 pm on Ch 222. See Monday for the program's description.

Sunday, March 14th: Daylight Savings – Spring Ahead!

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.

***More Timeless Songs of Broadway* with Bonnie Rapp on Senior TV (Channel 222) at 2:00pm this afternoon.** See Tuesday for the program's 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.

Residents' Association Corner

HURRAY FOR THE VACCINES!!!!

By the time you read this, God willin' and the creek don't rise, I'll have had my second dose of the Moderna vaccine for COVID-19. I AM ECSTATIC! Yes, I got a bit of a reaction after the first jab and will welcome an even more robust reaction to the second one, as it will mean that the vaccine is just doing what it is supposed to do. That is, to create an immune response to the virus.

I'm a retired doc, and I'm not fearful of the vaccine, but I am very afraid of the virus. There is so much that we have all missed over the last year, and vaccinations will be the key we use to once again open the door to these activities. Masking, social distancing, hand washing and hand sanitizer will continue to be with us for months and months to come. But we can now begin to dream, *to dream about an eventual return to what we love*: visiting with families and friends, picking our own produce at the grocery store, getting a longed-for hair styling, visiting our favorite beaches, attending our favorite classes and activities at Fuller Village...

Many of us are old enough to remember how Dr. Salk freed us from the scourge of polio in our youth. Now Moderna, Pfizer, and Johnson and Johnson have all teamed up to rescue us again, this time from COVID-19!

Sandy Kirchner
Foster Resident

