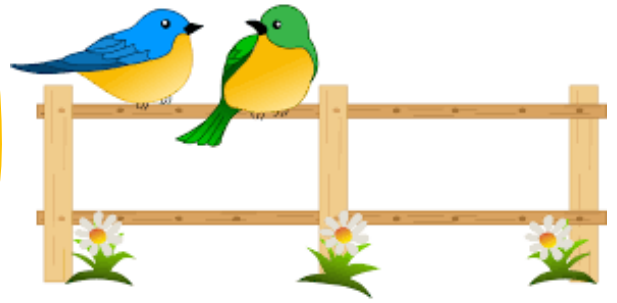


## **The Week at Fuller**

### **April 12<sup>th</sup> – April 18<sup>th</sup>**



#### **Monday, April 12<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** 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 are required on the pool deck.

**The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday.** We no longer require a sign-up for Fitness Center times. A maximum of 10 residents may use the gym at once. If people are waiting for equipment, please limit your time to 30 minutes. Masks must be worn in the gym while exercising.

**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.**

**The Van will also take you to Stop & Shop on Monday, Wednesdays, and Fridays at either 10:00am or at 2:00pm. To make a van reservation, call 617-361-7778.**

**Chair Yoga Balance will be shown at 10:00am on Senior TV (Channel 222)**

**News Currents will meet at 10:30am in the Activity Room at Blue Hill.**

**If you have signed up for Small Group Training at 10:00am at Brush Hill, meet Jen in the Yoga studio.**

**If you have signed up for Small Group Training at 11:00am at Brush Hill, meet Jen in the Yoga Studio.**

**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 at Brush Hill is open for outdoor dining from 11:30am to 2:00pm. The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.**

**Bridge Players meet at 1:00pm in the Function Room at Brush Hill. There is a 16-person limit. First come, first serve and everyone is welcome!**

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



### **Monday, April 12<sup>th</sup>:**

**Join Michael Avitabile, Flute, David Dziardziel, Clarinet, Alyssa Wang, Violin, Jesse Christeson, Cello and guest artist Christina Wright-Ivanova, Piano in partnership with Sparrow Live for *New Music from New England* at 7:00pm on Senior TV (Channel 222).** You will enjoy four works by composers from

New England. The program begins with the world premiere of *Apple Fantasy* by Joseph Sowa, who recently completed his composition studies at Brandeis University. Following Kati Agócs, vibrantly colorful and hyper emotional work, *Rogue Emoji*. For the second half, Wright-Ivanova joins Hub's flutist, Michael Avitabile, in Joseph Schwanter's [a NH native] *Black Anemones*. Originally for voice and piano, the work is based on Agueda Pizarro's poem of the same title. The final work, Pierre Jalbert's *Crossings* features the full Hub quartet and Wright-Ivanova. Currently based in Houston, Jalbert was born in New Hampshire and raised in Vermont. In *Crossings*, the composer pulls musical inspiration from the French-Canadian folk song *Quand j'ai parti du Canada (When I left Canada)*, and creates a fiddle-like quality through the use of open fifths throughout the work. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime.

### **Tuesday, April 13<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** See Monday for current pool guidelines.

**The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday.** See Monday for current guidelines.

**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 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 at 9:00 am** for this week only at the Tennis Courts at Brush Hill. 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. Don't forget your water and sunscreen.

**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.

**Join Jen for Total Body Blast at 10:00am at the Tennis Courts for this week only.** This is a high energy class that will challenge your heart, lungs, and muscles! If you have a set of hand weights, please bring them.

**Tuesday, April 13<sup>th</sup>:**



**The Blue Hill Knitters and Sewers will meet at 10:30am in the Activity Room at Blue Hill.**

**Join Jen for Back to Basics at 11:00am at the Tennis Courts for this week only.** With a combination of seated and standing exercises, this class will focus on restoring strength and stamina. If you have a set of hand weights, please bring them.

**The Café at Brush Hill is open for outdoor dining from 11:30am to 2:00pm.** The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.

**Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation at 1:00pm on Senior TV (Channel 222) for this Session only.**

**Come for Scenic Van Ride on the Fuller Van!** We will depart Brush Hill at 2:00pm and Blue Hill at 2:10pm. Call Muriel to sign up at 617-361-7778.

**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.**

**Men's Poker Club will meet at 7:00pm in the Card Room at Brush Hill.**

**Enjoy a Tri M Performance at 7:00pm on Senior TV (Channel 222).** Tri-M is a music honors society present at many high schools throughout the U.S. The main goal of the organization is to spread joy throughout the local community through music, something that all members love. This performance features members of the Oliver Ames High School's chapter of Tri-M performing various pieces in a virtual format under the common theme of Hope and Unity. We hope you enjoy! Thank you to Anna Galer – Marilyn and Larry Galer's granddaughter - for arranging this performance for us. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime.

**Wednesday, April 14<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.**

**The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday.**

**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.



**Wednesday, April 14<sup>th</sup>:**

**Chair Yoga Balance with Jen will be shown at 10am on Senior TV (Channel 222).**

**If you signed up for Small Group Training in the Yoga Studio at Brush Hill please meet Jen at 10:00am.**

**The Fuller Village Cornhole Players invite you to join them at 10:15am at Blue Hill. Register with either Fred Hopkinson at 781-901-1923 or [fhop78@yahoo.com](mailto:fhop78@yahoo.com) or with Jeanne Bronk at 617-910-9936 or [jeannembronk@gmail.com](mailto:jeannembronk@gmail.com).**

**If you signed up for Small Group Training, please meet Jen in the Activity Room at Blue Hill at 11:00am.**

**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.**

**The Café at Brush Hill is open for outdoor dining from 11:30am to 2:00pm. The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.**

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

**Free Blood Pressure Screening by Best of Care will be held in the Blue Hill Activity Room from 12:00 pm – 1:00 pm, and in the Brush Hill Function Room from 1:00 pm – 2:00pm.**

**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).**

**The Brush Hill Knitters and Sewers will meet on the *Back Patio* at Brush Hill for this week only at 3:00pm.**

**Rosary meets at 3:00pm in the Activity Room at Blue Hill – everyone is welcome.**

**Thursday, April 15<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.**

**The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday.**

**The Silver Linings Salon is open for business starting at 9:00am. Call Sue at 617-361-8746 to make your appointment.**





### **Thursday, April 15<sup>th</sup>:**

**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 in the Tent at Brush Hill at 10:00am.** This is a moderately paced class, with exercises that can be done both seated and standing. Focus is on cardiorespiratory health. Please bring a small hand towel, exercise band, or yoga strap.

**Nuts & Bolts of Movement in the Tent at Brush Hill at 11:00am.** Focusing on the 7 Fundamental Human Movements (push, pull, squat, lunge, hinge, rotation, gait), this class will challenge your agility and mobility. Please bring an old pillow and a set of hand weights to class if possible.

**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 at Brush Hill is open for outdoor dining from 11:30am to 2:00pm.** The Café will also be open for takeout – you are welcome to order your lunch for pickup at 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.**

**Join the Fuller Village Bike Club!** Bikers meet at 2:00pm at the Back Patio at Brush Hill.

***Celebrate Andrew Lloyd Webber with Michael Goodwin at 2:30pm on Zoom.***

While *The Phantom of the Opera* is definitely his most enduring work, you will also travel to Argentina with *Evita*, explore the religious tension in *Jesus Christ Superstar* and *Joseph*, and sing in the moonlight with *Cats*. You will enjoy various numbers, lecture, show video clips, and recap some of his most historical musical undertakings. If you are on our Zoom database a link will be emailed to you to join.

**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.

**Movie Night is Back!** 16 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. Call Muriel to sign up at 617-361-7778. 8 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Call the Blue Hill Concierge to sign up at 617-361-7900.

### **Friday, April 16<sup>th</sup>:**

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.**

**Friday, April 16<sup>th</sup>:**

**The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday.**



**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).**

**Small Group Training at 10am and 11am will not be held today. Join Jen in the Fitness Studio next week.**

**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 at Brush Hill is open for outdoor dining from 11:30am to 2:00pm.**

**Reservations are not required – seating will be on a first come, first served basis.**

The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.

***Dancing with Cris* will be held at 12:30pm in the Tent at Brush Hill. The class is \$5 per person, payable at class.** If you want to get some exercise without the hard work, join our class.

**Bible Study will meet at 2:00pm in the Tent at Brush Hill.**

**Blue Hill Book Club will meet at 2:00pm in the Activity Room at Blue Hill.**

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

**Tri M Performance on Senior TV (Channel 222) at 3:00pm this afternoon.** This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime.

**Movie Night is Back!** 16 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. Call Muriel to sign up at 617-361-7778. 8 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Call the Blue Hill Concierge to sign up at 617-361-7900.

**Saturday, April 17<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.**

**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.

**New Music from New England will Sparrow Live will be shown at 3:00pm on Senior TV (Channel 222).** This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime.



**Saturday, April 17<sup>th</sup>:**

**Movie Night is Back!** 16 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. Call Muriel to sign up at 617-361-7778. 8 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Call the

Blue Hill Concierge to sign up at 617-361-7900.

**Sunday, April 18<sup>th</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.

***Celebrate Andrew Lloyd Webber with Michael Goodwin at 2:00pm 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.

**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.

***New Music from New England will Sparrow Live will be shown at 7:00pm on Senior TV (Channel 222).*** See Monday for program description. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime.

## Residents' Association Corner

One year ago, this week life at Fuller Village changed. Activities were already closed down when we learned of two unrelated Coronavirus cases in our community. Reflecting on this critical time, some things did not change at all. Our management team met frequently to understand how this newly identified virus spread. Our managers and residents shared an important goal: to prevent community transmission to keep us all safe. The ingenious idea of ordering a large tent was a major, timely accomplishment by our management.

Techies in the village began mentoring others in the use of Zoom. Members of the community began working virtually. The 2021 "Directory of Residents" was produced with the assistance of Mike Ryan. Mike also led the publication of "The Flora of Fuller Village" which will soon be a part of Tree Tours engaging more residents in property tours to further appreciate the beauty of this property. The Caring Committee led by Betsy Buchbinder launched a new Reaching Out group of many volunteers headed by Ellen Dunn and Pat Kelleher. The Association Welcome Bags assembled by Pat now contain masks made by Irene Brannelly and photo notecards created by Jude McPherson and the bags are delivered by Association members. Marty Allen led the Newcomers Club and launched the "Voices of Fuller" with an active staff of reporters. Judy Cobble moved her beautiful piano performances to TouchTown for all to enjoy.

While looking at the April 2021 calendar this year it is with joy that we see the pool and fitness center reopened, multiple fitness classes and meetings in the tent, the Bike Club, a new Adventure Club, the return of Movie Nights with special thanks to Roz Spigel who selects and orders movies.

Indeed, the events April 2020 will have a lasting effect on us – all in different ways. There have been losses, but our sense of community is strengthened and appreciated.

