

The Week at Fuller

April 19th – April 25th



Monday, April 19th: Patriot's Day

The Office, Café, Pool & Fitness are Closed.

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.

Small Group Training at 10:00am will not be held this morning.

Small Group Training at 11:00am will not be held this morning.

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.

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

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

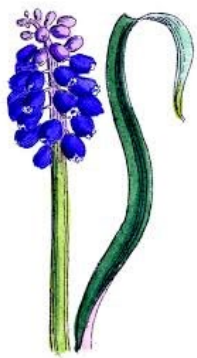
Big Violin Player with Sparrow Live will be shown at 3:00pm on Senior TV (Channel 222). Big Violin Player, Lisa Yihwan Lim, is a contemporary-based cellist, composer and improviser from South Korea. She performs her own electric mix of Korean, contemporary jazz, blues, funk, and groovy style. As a string player it's very hard to perform solo. But Big Violin Player develops various grooves, harmonies and melodies through her special looping and percussive sound. This program can also be found on www.residentapps.com anytime.

***Between the World and Us: Race Still Matters* with Professor Bailey will be held at 4:00pm on Zoom.**

Tuesday, April 20th:

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 must be worn to and from the pool and while waiting on the pool deck.



Tuesday, April 20th:

The Fitness Center and Yoga Studio will be open from 8:00am - 4:00pm Monday – Friday. 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 Bank of Canton will be at Brush Hill from 9:00am - 10:00am and at Blue Hill from 11:00am to 12:00pm. Appointments are no longer needed.

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 9:30am 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.

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.

Total Body Blast at 10:00am in the Tent at Brush Hill. 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.

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

Back to Basics at 11:00am in the Tent at Brush Hill. 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 and limited inside seating 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.

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.

The Fair Steering Committee will meet at 3:00pm in the Tent at Brush Hill. Word is out that we are going forward with plans to have a Fall Craft Fair on Saturday, September 25th and excitement is in the air! At this point our research shows that we should be able to invite outside vendors to sell their high-quality crafts as well as the wonderful items made by Fuller talents. We also are planning to invite family members to shop and probably invite shoppers from outside the Fuller community. It's a fabulous community builder so we hope that new residents as well as seasoned ones will let us know that they



Tuesday, April 20th

would like to become involved to whatever degree they would like. There will be a general meeting in the tent on Tuesday, May 4th for those who would like more information.

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.

Big Violin Player with Sparrow Live will be shown at 7:00pm on Senior TV (Channel 222). See Monday for the program description. This program can also be found on www.residentapps.com anytime.

Wednesday, April 21st:

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 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.

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 *closed* today. Donna will be back from 9:30am – 12:00 pm on the second floor at Blue Hill next week. Call 617-361-7900 to schedule an appointment.

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

If you signed up for Small Group Training, please meet Jen in the Yoga Studio at Brush Hill 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 by email at fhop78@yahoo.com or with Jeanne Bronk at 617-910-9936 or by email at jeannembronk@gmail.com.

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



Wednesday, April 21st:

The Caring Committee will meet at 11:00am in the Tent at Brush Hill. Please join Betsy Buchbinder, under the tent, to share experiences in the new reality we share with friends and neighbors here in Fuller Village. Every resident is welcomed at the Caring Committee meetings. Please join a “sharing” conversation with your friends and neighbors!

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.

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.

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

The Café at Brush Hill is open for outdoor dining and limited indoor seating 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.

The Residents’ Association Board Meeting will be held at 1:00pm in the Tent at Brush Hill. Unfortunately, we will not be able to hold a general meeting this spring due to Covid restrictions. Please see Residents’ Association memo attached in this packet.

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.

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

The Brush Hill Knitters and Sewers will meet in the Function Room at Brush Hill at 3:00pm.

Rosary will be held in the Activity Room at Blue Hill at 3:00pm.

Thursday, April 22nd:

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 22nd:

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.

Come to a Pickleball Demonstration with Lori at 10:00am at the Tennis Courts at Brush Hill. So, what exactly is Pickleball? Join our wonderful instructor, Lori Casinghino, and our stellar group of resident “Picklers” to find out! Lori will go over a brief explanation of the game and our residents will demonstrate how it is played.”

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 and limited indoor seating 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.

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 Historian Paolo DiGregorio at 7:00pm on Zoom for *Post-War America: Prosperity, Paranoia, and Transformation (1945-1970)*. In the decades following the end of the Second World War, the United States was in a position of unprecedented global power and domestic prosperity. Yet, that period was also marked by Cold War fear and growing calls for social change. This talk will discuss the transformative era from 1945 to 1970. If you would like to attend and need a ride, call 617-361-7778 to arrange transportation. If you are on our Zoom mailing list a link will be emailed 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. 10 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 23rd:

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

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If you signed up for Small Group Training, please meet Jen in the Activity Room at Blue Hill at 10:00am.

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The Café at Brush Hill is open for outdoor dining and limited indoor seating 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.

***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.

Join Rev. Martha Swanson for Bible Study at 2:00pm in the Tent at Brush Hill. Everyone is welcome!

Looking for culinary inspiration? Join local chef Connie Spiros for a virtual cooking demonstration via Zoom, on Friday, April 23, from 2- 3pm. Connie will share recipes from a new cookbook called *Food from Friends*, created by the Friends of the Milton Public Library. And be sure to bring paper and pencil, since Connie loves to share time-saving and helpful cooking tips, along with the recipes. The menu will include 3 easy and tasty recipes from the cookbook: *Shrimp with Artichokes and Wine*, *Broccoli Salad with a Honey Mustard Dressing*, *Oatmeal Lace Cookies*. During the zoom session, you can watch Connie cook, or you can buy the ingredients in advance and cook alongside Connie. Registration is required and upon registration you will be sent the zoom link, the recipes, and a shopping list in case you decide to cook along with Connie. To register, email or call Muriel at 617-361-7778 or mpellegrino@fullervillage.org *Food from Friends* offers more than 190 tasty recipes, covering a wide range of categories, and can be purchased at the Milton Library for \$14.95. Not only will you find new inspiration, but you will also be supporting the Library.

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Saturday, April 24th

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.

***Big Violin Player* with Sparrow Live will be shown at 3:00pm on Senior TV (Channel 222).** See Monday for the program description. This program can also be found on 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.

Sunday, April 25th

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.

Friends Reunited with Sparrow Live will be shown at 3:00pm on Senior TV (Channel 222). Soprano Brenna Markey and Baritone Samuel McDonald perform some of opera's most beloved arias and duets featuring Internationally acclaimed pianist Mary Pinto. Ms. Markey and Mr. McDonald will be performing showcase of classics including selections from Verdi's *La Traviata*, Donizetti's *Don Pasquale*, Tchaikovsky *Queen of Spades*, Puccini's *Madame Butterfly* and more! 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.

Join Historian Paolo DiGregorio at 7:00pm on Senior TV for *Post-War America: Prosperity, Paranoia, and Transformation (1945-1970)*. See Thursday for the program description. This program can also be found on www.residentapps.com anytime.

