

The Week at Fuller

April 5th – April 11th



Monday, April 5th:

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 -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. Please be respectful of other residents' personal space while inside the Fitness Center.

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 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.



Monday, April 5th:

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.

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

***Between the World and Us: Race Still Matters* will be held with Professor Bailey on Zoom at 3:00pm this afternoon.**

***A Salute to Duke Ellington* will be shown at 7:00pm 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.

Tuesday, April 6th:

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 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! 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.



Tuesday, April 6th:

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 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.

Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation at the Tent at Brush Hill at 1:00pm.

Come for Scenic Van Ride on the Fuller Van! Would you like to get out of the house? Hop on the van and enjoy the spring weather with a leisurely ride through the Blue Hills up to the top of Chickatabut, down Burgin Parkway and over to Quincy for a view of Boston Harbor along Quincy Shore Drive. You will come home through Neponset and Lower Mills. This is a driving tour only; we will not be stopping along the way. We can take 4 people on the 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.

Wednesday, April 7th:

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.

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



Wednesday, April 7th:

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. Up to 24 players may join this year. We ask old and new players to register with either Fred Hopkinson at 781-901-1923 or by email at fhop78@yahoo.com or with Jean

Bronk at 617-910-9936 or by email at jeannnembronk@gmail.com. Masks will still be required at all times. Don't forget your water bottle and sunblock as well!

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.

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 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 Outdoor Adventure Club will meet today at 1:00pm. Members will be sent the hike's location and sign-up instructions.

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 Tent at Brush Hill at 3:00pm.

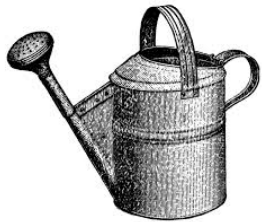
Thursday, April 8th:

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.

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.



Thursday, April 8th:

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.

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.

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.

If you are taking Prof. Gary Bailey's class *Between the World & Us; Race Still Matters*, join your classmates under the tent for further discussion at 1:00pm.

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. If you would like to learn more about the group or would like to sign up, call Lisa Ramsay at 617-361-2116.

Join Elana Kaplan, educator and lecturer at the Metropolitan Museum of Art, for Part 2 of *Paintings from the American Wing at the Metropolitan Museum of Art* at 3:00pm on Zoom. From Hudson River School paintings to early, mid and late 19th C. paintings, we will gain a better understanding and appreciation of American art. (Part 2 is not dependent on Part 1 so please join us even if you missed the first one!) 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! 10 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 9th:

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.

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

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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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.

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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. Dancing with Cris Kindelan, former professional dancer at Blinstrubs and Monticellos, offers an hour of fun and dance for everyone. Come and dance so you can ‘chase your blues away’.

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

Join Barry Pell for *The Seychelles Islands - Natural Splendor in the Indian Ocean* on Zoom at 3:30pm this afternoon. Little known by Americans, the Seychelles is a collection of over one hundred equatorial islands located in the remote Indian Ocean about a thousand miles east of the African mainland. Many visitors come for the country’s world-famous silvery sand beaches, secluded coves, and coral reefs in underwater marine parks. But the islands also contain amazingly lush mountain rainforests and unique plants (including sea coconuts with the biggest seeds in the plant kingdom) and animals (including the world’s largest population of giant tortoises.) The lecturer, Barry Pell, traveled extensively within three of the country’s most diverse islands. Together with his photography, he will discuss the natural wonders of the Seychelles as well as the harmonious blend of African, European, and Asian residents who form its Creole culture.



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Saturday, April 10th:

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.

Join Elana Kaplan, educator and lecturer at the Metropolitan Museum of Art, for Part 2 of *Paintings from the American Wing at the Metropolitan Museum of Art* at 3:00pm on Channel 222. From Hudson River School paintings to early, mid and late 19th C. paintings, we will gain a better understanding and appreciation of American art. (Part 2 is not dependent on Part 1 so please join us even if you missed the first one!) This program can also be found on www.residentapps.com anytime.

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Sunday, April 11th:

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.

Join Elana Kaplan, educator and lecturer at the Metropolitan Museum of Art, for Part 2 of *Paintings from the American Wing at the Metropolitan Museum of Art* at 7:00pm on Channel 222. See Saturday for the program description. This program can also be found on www.residentapps.com anytime.

Package Delivery Update

We are pleased to announce that starting Monday, April 5th you can come to your front desk to pick up your packages. The concierge will call you when a package is delivered for you to pick up. Please note that our staff will continue to deliver groceries to your home for the time being.

