

The Week at Fuller

May 10th – May 16th



Monday, May 10th:

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, and Saturday and Sunday 10:00am – 2:00pm 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 or 11am at Brush Hill, please meet Jen in the Yoga studio at Brush Hill.

Join Carol for *Floor* Yoga on Mondays in the Tent at Brush Hill at 11:00am.

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. Dining In or Taking Out: Orders are now being taken in person at the café counter. Please come to the café to place your order.

Join Carol for *Chair* Yoga on Mondays in the Tent at Brush Hill at 12:00pm.

Chorus (Sopranos) meet at 12:30pm in the Activity Room at Blue Hill. The Fuller Village Chorus will begin rehearsals again today from 12:30-1:30 in the Activity Room at the Blue Hill Campus. As a result of the CDC guidelines, we will not be able to meet in full at this time. All Fuller Residents who want to be in chorus must be vaccinated and masked. The first rehearsal will be with the Altos, the next with the Sopranos and the third with the Bass and Tenors. We will be singing the songs we were preparing last spring, so please bring your folders! If there are any chorus members who no longer wish to participate, please drop off your folder at the front desk. New members are always welcome!

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, May 10th:

The Good Times Banjo Band will perform at 2:00pm in the Tent at Brush Hill. The Good Tymes Banjo Band is a non-profit band of volunteer musicians who love the music of the "Great American Songbook", the fun they get from the band, and the wonderful feeling they get from entertaining people. The four-string tenor banjo was very popular in the teens, twenties and thirties, but faded from the music scene with the advent of the big bands. However, the happy toe-tapping music of that bygone era is still alive and well. We can seat 30 people in the tent for this concert – call Muriel at 617-361-7778 to reserve a seat. Please note that we have set benches up around the perimeter of the green for additional, unreserved seating if you would like to drop in.

Enjoy the Sheffield Chamber Players courtesy of Sparrow Live at 7:00pm on Ch 222. Today's program is *Musica Cordis, Op. 3* - Music for strings by Franz Schubert, Johan Sebastian Bach, James Lee III, Jeffrey Mumford, Manuel Ponce, Daniel Bernard Roumain, and Akshaya Tucker. This program can also be found on www.residentapps.com anytime.

Tuesday, May 11th:

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.

If you've signed up for the Beginners Birding course with Jack Lash, please meet at 8:30am in the Tent at Brush Hill.

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.

Pickleball at 9:30am 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.

We are excited to present guided tours of the many of trees at Fuller Village. Join resident docents for an easy walk around the property to learn about our many trees. You will receive a copy of their newly published, beautiful Tree Book for you to enjoy at your leisure. Sandy Kirchner will lead a tour at 10:00am this morning. Call her at 828-545-2852 to sign up.

Chair Aerobics: Join Jen on Senior TV (Channel 222) at 10:00am.

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

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

Back to Basics will be held at 11:00am in the Tent at Brush Hill.



Tuesday, May 11th:

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. Dining In or Taking Out: Orders are now being taken in person at the café counter. Please come to the café to place your order.

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

Join Jen for Chair Aerobics on Senior TV (Channel 222) at 2:00pm.

A Reaching Out celebration will be held in the tent in appreciation for the volunteers who made the program a success during the pandemic. Due to tent capacity numbers we will hold the Brush Hill gathering at 2:00 and the Blue Hill gathering at 3:00. If you live on the Blue Hill campus and need a ride to the tent by the Fuller van, please call Muriel at 617-361-7778 to arrange transportation.

Join Jen for Dance Party on Senior TV (Channel 222) at 4:00pm.

Men's Poker Club will meet at 7:00pm in the Card Room at Brush Hill. There is an 8-person limit.

Wednesday, May 12th:

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).

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 meet at 10:15am at Blue Hill.

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

Total Body Blast: Join Jen on Senior TV (Channel 222) at 11:00am.

Join Carol for *Floor* Yoga on Mondays in the Tent at Brush Hill at 11:00am.

We are excited to present guided tours of the many of trees at Fuller Village. Join resident docents for an easy walk around the property to learn about our many trees. You



Wednesday, May 12th:

will receive a copy of their newly published, beautiful Tree Book for you to enjoy at your leisure. Margaret Lind will lead a tour at 11:00am. Call her at 617-272-3208 to sign up.

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

Join Carol for *Chair* Yoga on Mondays in the Tent at Brush Hill at 12:00pm.

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. Dining In or Taking Out: Orders are now being taken in person at the café counter. Please come to the café to place your order.

New Resident's Meet with Deborah Felton at 1:30pm in the Tent at Brush Hill. Join our Executive Director and her staff to learn about Fuller Village. If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

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

Rosary is held in the Activity Room at Blue Hill every Wednesday at 3:00pm.

Knitters and Sewers will meet in the Card Room at Brush Hill at 7:00pm.

Thursday, May 13th:

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.

There will be an informal "Meet and Greet" at the Blue Hill Garden at 10:00am to give this season's gardeners a chance to meet each other.

Towel Cardio will be held in the Tent at Brush Hill at 10:00am.

Nuts & Bolts of Movement will be held in the Tent at Brush Hill at 11:00am.

Towel Cardio with Jen will be shown on Senior TV (Channel 222) at 11:00am.

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. Dining In or Taking Out: Orders are now being taken in person at the café counter. Please come to the café to place your order.

The Race Discussion Group will meet at 1:00pm in the Function Room at Brush Hill.

Chair Aerobics: Join Jen on Senior TV (Channel 222) at 2:00pm.



Thursday, May 13th:

The Fuller Village Bike Club meets this afternoon. Bikers meet at 2:15pm at the Back Patio at Brush Hill to have your bike transported to Unquity House for a ride on the bike path. Please call Muriel at 617-361-7778 to sign up.

Need some time for yourself? Join Carol for Restorative Yoga on Thursdays via Zoom at 4:00pm.

Friday, May 14th:

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.

We are excited to present guided tours of the many of trees at Fuller Village. Join resident docents for an easy walk around the property to learn about our many trees. You will receive a copy of their newly published, beautiful Tree Book for you to enjoy at your leisure. Sara Moyer will lead a tour at 10:00am. Call her at 914-523-0785 to sign up.

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.

There will be an informal "Meet and Greet" at the Brush Hill Garden at 10:00am to give this season's gardeners a chance to meet each other.

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.

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. Dining in or taking out: Orders are now being taken in person at the café counter. Please come to the café to place your order.

***Dancing with Cris* will be held at 12:30pm in the Tent at Brush Hill. The class is \$5 per person, payable at class.**

Join Rich Travers at 2:00pm in the Tent at Brush Hill for Baseball: The Music and History. American's favorite pastime is explained throughout its history from the 1850's to today's Baseball teams. Along with a historical perspective, baseball and music will be discussed in a new way you might not have envisioned. All the Baseball songs will be discussed such as Take Me Out to the Ball Game, 'Joltin' Joe DiMaggio, Dodger Blue and Tea for Two. Tea for Two is a baseball song? It is (sadly) for Red Sox fans.



Friday, May 14th:

Join Rev. Martha Swanson for Bible Study at 2:00pm in the Function at Brush Hill.

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

Movie Night! 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.

Cribbage Players meet in the Card Room at Brush Hill at 7:00pm. The game is limited to 8 people.

Saturday, May 15th:

Join Jen on Senior TV (Channel 222) at 9:00am for Chair Yoga.

The Pool and Fitness Center are open from 10:00am to 2:00pm.

Join Jen on Senior TV (Channel 222) at 11:00am for Senior Ballet.

Movie Night! 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.

Sunday, May 16th:

Join Jen on Senior TV (Channel 222) for Seated Strength at 11:00am.

The Pool and Fitness Center are open from 10:00am to 2:00pm.

Join Jen on Senior TV (Channel 222) for Stretching for Stress Relief at 4:00pm.

Enjoy Andrew Egbuchiem, Countertenor courtesy of Sparrow Live at 7:00pm on Ch 222. This program can also be found on www.residentapps.com anytime.

Movie Night! 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.

Please save vases & colored stones, etc. for collection the first week of June. We will be arranging silk flowers in vases to sell at Fair. Committee members are Barbara Flaherty, Ellen Dunn, Lois Wasserman & Patricia Kelleher.

