

The Week at Fuller

May 24th – May 30th



Monday, May 24th:

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.

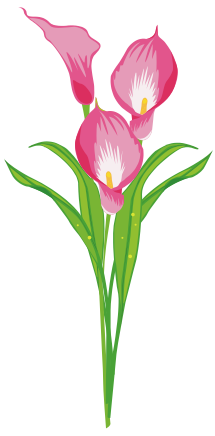
Join Carol for *Chair* Yoga on Mondays in the Tent at Brush Hill at 12:00pm.

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).

The Library Book Club with Milton Library Director Will Adamczyk will be held at 2:00pm in the Tent at Brush Hill. Today you will discuss *Oliver Wendell Holmes: A Life in War, Law and Ideas* by Stephen Budiansky. Please bring your book with you. June's book, *Black Flags, Blue Waters: The Epic History of America's Most Notorious Pirates* by Eric Jay Dolin will be available at today's meeting as well. Call 617-361-7778 to arrange transportation.

***Invitation to a Voyage with Sparrow Live* will be shown at 7:00pm on Ch 222. You are invited to a concert of beautiful arias and songs performed by mezzo-soprano Leandra Ramm. Invitation to a Voyage is a concert of Ms. Ramm's favorite arias including works by Bach, Handel, Mozart, Rossini and Tchaikovsky, virtually accompanied by various accomplished pianists including Eryn Allen and Ragnar Bohlin. A regular performer on**



Monday, May 24th:

California stages, when the shelter-in-place began Ms. Ramm did not stop performing. Her most significant project during this time has been the debut of a song cycle by Grey Grant specifically composed for her voice and debuted by the Gabriela Lena Frank Creative Academy of Music. Ms. Ramm will self-accompany this entire song cycle live at this concert. (see full artist bio below). In this evening's concert, Ms. Ramm will sing from her welcoming living room arias and songs of her heart. This concert is inviting you to join a voyage; a voyage in classical music and her journey through some of the most beautiful music ever written. Relax, unwind, and

be serenaded by the mezzo-soprano voice in an evening of classic favorites. This program can also be found on www.residentapps.com anytime.

Tuesday, May 25th:

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. 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.

Spring has sprung at the Polly Wakefield Estate! Join Erica Max for a guided walking tour and see what's blooming, what's coming up and who is building nests. The Fuller Van can run 14 people across the street at 9:50am from Brush Hill and 9:55am from Blue Hill for a 10:00am tour. There is a recommended donation of \$5 per person payable at the Wakefield Estate. Call 617-361-7778 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.

The Blue 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.

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.



Tuesday, May 25th:

Meet Fire Chief Madden at 2:00pm in the Tent at Brush Hill. Join Milton's Fire Chief for an informative program on fire safety at Fuller Village. Chief Madden will leave time for questions from the audience. If you would like to attend and need a ride, call 617-361-7778

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

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 26th:

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 closed this week. Please call Sue next week 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 the Main Entrance 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 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 this morning. Call her at 617-272-3208 to sign up.

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.



Wednesday, May 26th:

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.

Chorus (Tenors and Bass) meet at 12:30pm in the Library at Blue Hill.

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. 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!

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

Celebrate Mass with Fr. Andreas at 1:30pm in the Tent at Brush Hill. We can seat 30 people in the tent– 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. If you would like to attend and need a ride, call Muriel at 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 27th:

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 closed this week. Please call Sue next week at 617-361-8746 to make your appointment.

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

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.

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



Thursday, May 27th:

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 28th:

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 closed this week. Please call Sue next week 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.

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 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 29th:

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 30th:

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.

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.



Caring Committee Corner

The “Graying of America” is happening now as demographers record “Global Aging” trends

By Betsy Buchbinder

An aging population certainly represents medical triumph over a large number of diseases and disabilities that have plagued the elderly in the past.

As life expectancy is increasing, many chronic diseases now become the medical challenge.

As a result of a longer life span, continuing education becomes significantly more important towards a healthier lifestyle, as does healthy eating, a good night's sleep and daily exercise.

Dr Lewis Lipsitz, professor of medicine at Harvard Medical School, and Director of the Marcus Institute for Aging Research, emphasizes incorporating exercise into our daily life routine. He notes exercise plays an important factor in keeping seniors from falling.

The risk of falling does not need to be an inevitable part of aging.

How fortunate we are here at Fuller Village: a gym with its up to date and varied equipment, a talented instructor in Jennifer DeLeonardis to guide us; an Olympic size pool and Yoga classes.

So much to choose from on a daily basis.

All there for the taking!

The Caring Committee continues to meet under the tent each month. Everyone is welcome to join us.

This month our agenda included these topics:

What is Toxic Positivity?

How Stress effects our body, our mind and our behavior!

The “Joy” list.

An Invitation to a Book Discussion

Members of the community who took the very interesting and stimulating Zoom course “Between the World and Us: Race Still Matters” with Professor Gary Bailey have formed a group to continue getting more information and having discussions about Race and Racism. The group is planning to meet on Friday, June 25 at 10:00 to discuss the book *The Sum of Us: What Racism Costs Everyone and How We Can Prosper Together* by Heather McGhee (2021), and would welcome all residents who have read any or all of the book to come and share their thoughts on it. More information on the location will be announced closer to the date.