

The Week at Fuller

June 14th – June 20th



Monday, June 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, and Saturday and Sunday 10:00am – 2:00pm.

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.

Coffee Hour will be held at 9:00am, Monday – Friday in the Café at Brush Hill.

Coffee Hour will be held at 10:00am on Mondays in the Coffee Room at Blue Hill.

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

Cardio Dance class with Jen at 10:00am in the Yoga Studio at Brush Hill. Call 617-361-7778 to sign up.

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

Senior Ballet class with Jen at 11:00am in the Yoga Studio at Brush Hill. Call 617-361-7778 to sign up.

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 Card Room at Brush Hill.

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

The Fuller Village Handcrafters will meet at 2:00pm in the Library at Blue Hill.

Tuesday, June 15th:

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.



Tuesday, June 15th:

The Fuller Village Bike Club meets at 8:30m at the Back Patio at Brush Hill. Call 617-361-7778 to sign up to transport your bike and yourself.

Pickleball players meet with Coach Lori at 8:30am at the courts 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.

Massage is available with Jen Borges from 9:30am-1:00pm in the Mind Body Studio at Blue Hill. Call Jen directly at 508-535-5675 to book a massage.

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 this morning. Call her at 914-523-0785 to sign up.

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

Fitness with Lori will be held at 10:00am 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.

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. Ellen Dunn will lead a tour at 10:00am this morning. Call her at 617-413-4923 to sign up.

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

Bocce players meet at 3:30pm at the Bocce Court (located behind the Tennis Courts) for organized games. For more information call Villa resident Jean Bronk at 617-910-9936.

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.

Wednesday, June 16th:

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



Wednesday, June 16th:

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 10am on Senior TV (Channel 222).

Mobility & Stability class with Jen at 10:00am in the Yoga Studio at Brush Hill. Call 617-361-7778 to sign up.

The Fuller Village Cornhole Players meet at 10:15am at the Main Entrance at Blue Hill.

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

Back to Basics class with Jen at 11:00am in the Activity Room at Blue Hill. Call 617-361-7778 to sign up.

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

Grill Day at the Café! The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm.

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 Wednesdays in the Tent at Brush Hill at 12:00pm.

Chorus (Altos/Sopranos) meet at 12:30pm in the Activity Room at Blue Hill. As a result of the CDC guidelines, we will not be able to meet in full at this time. 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!

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

The Caring Committee will meet at 3:00pm in the Function Room 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!

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

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

Thursday, June 17th:

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



Thursday, June 17th:

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.

Massage is available with Jen Borges from 9:30am-1:00pm in the Mind Body Studio at Blue Hill. Call Jen directly at 508-535-5675 to book a massage.

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.

The Fuller Van will take you to Wegman’s today at 10:00am. Call 617-361-7778 to sign up.

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.

Bocce Players meet at 11:00am for organized games at the court at Brush Hill. Everyone is welcome!

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.

Join Historian Paolo DiGregorio at 2:00pm in the Tent at Brush Hill for *Velvet Revolutions: Popular Protest and the Fall of the Iron Curtain*. At the end of the 1980s, popular protests in Eastern Europe shook the foundations of Communist dictatorships. From East Germany to Romania to Czechoslovakia and beyond, seismic shifts in society and politics undermined the Soviet domination of the Eastern Bloc and led to the collapse of the Iron Curtain. This talk will look at the causes of the Velvet Revolutions, and the aftermath of the Cold War in Europe.

Chair Yin Yoga class with Jen at 3:00pm in the Activity Room at Blue Hill. Call 617-361-7778 to sign up.

Recent Newcomers Club meet in the Activity Room at Blue Hill at 3:00pm with Brush Hill Resident Marty Allen for an afternoon of fun! Please RSVP to Marty at 617-312-8058.

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

Friday, June 18th:

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).

Core on the Floor with Jen at 10:00am in the Yoga Studio at Brush Hill.

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. Mary Owens will lead a tour at 10:00 am this morning. Call her at 617-233-5902 to sign up.

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

Mobility & Stability class with Jen at 11:00am in the Activity Room at Blue Hill. Call 617-361-7778 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.

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

Bible Study will not be held today.

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

Movie Night! 40 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. 27 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Signups are no longer required.

Cribbage Players meet in the Card Room at Brush Hill at 7:00pm.

Saturday, June 19th:

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! 40 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. 27 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Signups are no longer required.

Sunday, June 20th: Father's Day

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 the Fuller Quilting Bees on Sundays from 2 to 4 p.m. in the Activity Room at Blue Hill. Join other quilters in making a quilt to raffle at the fair. We would love to do a group work with Blue Hill and Brush Hill residents. Hope to see you there. For more information call Pat Adamczyk at 617-333-0754.

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

Movie Night! 40 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. 27 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Signups are no longer required.

Residents' Association Corner

All of us wish Lisa Ramsay the best as she and her husband, Charles, move onto life on the Cape. We truly appreciate all that Lisa has done during her many years at Fuller. There was a very large group gathered on Wednesday afternoon to express their gratitude. There were laughs and smiles as residents, long term and new arrivals, socialized with Lisa and with each other over the cookie table. We also thank the many Association members who volunteered at the reception.

As activities and groups have "restarted" after the 15 month "pause", we want to thank Betty Tamer for her work in getting the morning **Brush Hill café coffee times** restarted. Betty is still looking to build her team of volunteers to have more *hands on deck*. **At Blue Hill**, Cheryl Manoli and Roz Spigel work together to have coffee ready each Monday morning.

The **News Currents** group which meets on Mondays at 10:30 in the Activity Room at Blue Hill will happily welcome new participants. Coffee is available before the discussions.

The newly formed **Handcrafters of Fuller Village** group meets at 2:00 in the Blue Hill Library. Feel free to drop by and be inspired by the work they do. You may decide to join this group and connect with the fabric artists of Fuller.

