

The Week at Fuller

June 7th – June 13th



Monday, June 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, 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)

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.

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.

Come to the Annual Dogwood Days Open Gardens at the Wakefield Estate and enjoy a guided tour of the formal gardens at 2:00pm. Come and see the amazing display of several hundred kousa Dogwood trees in full bloom! Don't miss the dogwood bloom - it doesn't last long! The Fuller van will run you across the street for your tour. The van holds 14 people. This is a walking tour, sturdy shoes and socks, a hat and sunblock are a must! Call 617-361-7778 to sign up. This tour is unescorted. If you need assistance, you will need to make arrangements for a companion to accompany you. \$5 donation at the door.



Monday, June 7th:

Classical Pianist Olga Vinokur presents *Piano Adventures from the Great Romantics to American Favorites*. Pieces by Chopin, Tchaikovsky, Rachmaninoff, Gershwin at 3:30pm in the Tent at Brush Hill. The New York Times has described her playing as “an exquisite performance” and BBC magazine called Olga “superlative.”

Olga Vinokur is an acclaimed pianist and a dynamic performer on the classical and contemporary music scene who is gaining recognition for “the strength and consistency of her artistry” as noted by NYTimes. She has appeared in US and internationally as recitalist, with orchestra and chamber musician in major venues including Carnegie Hall, Alice Tully Hall, Merkin Hall, Town Hall in New York, Shanghai Oriental Art Center in Shanghai, Rudolfinum’s Dvorak Hall and Municipal House’s Smetana Hall in Prague, King’s Place in London, among many others. Ms. Vinokur was a featured artist in the London Chamber Music Society, Ms. Vinokur is presented in the film documentary “Women of Music”, a classical music series on Bravo TV station in Canada, which features interviews and performances with today’s top classical performers from around the world. She has been heard on WNYC’s “Soundcheck” in New York, BBC in London, the Israeli “Voice of Music” radio station, Czech National Radio, Dutch radio, National radio of France and Switzerland, Russian National Public Radio among others. She has been a recipient of numerous awards and prizes.

Tuesday, June 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.

Pickleball players meet at 9:30am 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.

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.

Back to Basics with Jen will be held at 11:00am 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



Tuesday, June 8th

leisure. Betty Tamer will lead a tour at 11:00am this morning. Call her at 617-364-1286 to sign up.

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.

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.

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 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.

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).

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.

Join Carol for *Floor* Yoga on Wednesdays 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.

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.



Wednesday, June 9th:

Chorus (Tenors/Bass) 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!

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.

Celebrate Mass with Fr. Andreas at 1:30pm in the Tent at Brush Hill. 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).

Join Elena Kaplan for *Monet, Van Gogh and Seurat* at 2:30pm in the Function Room at Brush Hill. In this art talk, we will explore works of art by three well known 19th Century artists - Claude Monet, Vincent Van Gogh and Georges Seurat. By comparing and contrasting their style, brushstroke, subject matter and personal backgrounds, we will gain a better appreciation of their paintings. The powerpoint and virtual tour will be presented by Elana Kaplan, educator and lecturer at the Metropolitan Museum of Art.

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 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.

The Fuller Village Bike Club meets at 8:30am. Call 617-361-7778 to sign up to transport your bike and yourself.

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.

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!



Thursday, June 10th

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.

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 11:30am 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.

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

Join Rich Travers at 2:00pm in the Tent at Brush Hill for *The Life and Music of Tony Bennett*. Tony Bennett's life and philosophy are the embodiment of the Great American Songbook. His career as the pre-eminent singer of the 20th and 21st centuries is unprecedented. He continues to be embraced and loved by audiences of all generations. If you would like to attend and need

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

Friday, June 11th:

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).

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.



Friday, June 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.

***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 photographer Barry Pell at 2:00pm in the Tent at Brush Hill *A Year in Morocco*. Barry Pell lived one year teaching English in Casablanca and traveling throughout Morocco. In this program, he will take you on a journey through the country's walled cities and their ancient markets, across the rugged Atlas Mountains with traditional Berber villages, and into the desolate and dune-covered Sahara Desert. The presentation, accompanied by Mr. Pell's photography, will highlight Morocco's exquisite historic architecture and the lives, traditions, and ceremonies of its Arab and Berber people.

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! 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 12th:

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 13th:

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.

Sunday, June 13th:

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.

The Fair Committee will be collecting vases on June 8th for the Fair in September. Please call Pat Kelleher at 857-703-8908 for further information. We cannot accept tall vases.

Caring Committee Corner: By Betsy Buchbinder
Summer has finally arrived!

Meteorologists define Summer as comprising the months of June-August here in the northern hemisphere. And with the warmest season of the year, and the heat of the day, comes the concern of “dehydration”. Dehydration suggests a loss of body fluid, possibly due to insufficient fluid consumption. Among the many signs of your being dehydrated is a feeling of lightheadedness. The consequences can be falling! The Mayo Clinic suggests that being dehydrated is of special concern for older adults if they do not drink enough water, especially during hot weather. Besides drinking enough water each day, add foods high in water content such as fruit and vegetables to your daily diet. Don’t wait until you actually feel thirsty, a sign that you might be dehydrated!! Plan on drinking at the very least about 7 glasses of water a day. Start the day with a glass of water even before that first cup of coffee! The CARING COMMITTEE meets monthly on the third Wednesday of each month and everyone is welcome to join our discussions on healthy aging.

Stay well. Stay hydrated!

