



Monday, August 2, 2021

- 9:00:** ☕ **Coffee Hour (BR)**
- 10:00:** 🚶 **Cardio Dance (BR)**
- 10:00:** ☕ **Coffee Hour (BL)**
Coffee Room at Blue Hill
- 10:30:** **News Current (BL)**
News Current meets for a lively and informative morning in the Activity Room at Blue Hill.
- 11:00:** 🚶 **Floor Yoga w/ Carol (BR)**
Meet in the Function Room at Brush Hill.
- 11:00:** 🚶 **Senior Ballet (BR)**
- 12:00:** 🚶 **Chair Yoga w/ Carol (BR)**
Meet in the Function Room at Brush Hill.
- 1:00:** **Bridge (BR)**
Meet in the Card Room at Brush Hill.
- 2:00:** **Handcrafters (BL)**
Meet at 2:00pm in the Library at Blue Hill.
- 3:45:** 🏊 **Water Aerobics (BR)**

Tuesday, August 3, 2021

- 8:30:** 🚶 **Adventure Club**
Members will be sent the hike's location and sign-up instructions.

9:00: ☕ Coffee Hour (BR)

9:00: The Bank of Canton (BR)

The Bank of Canton will be in the Function Room at Brush Hill from 9:00am to 10:00am.

9:30: Massage (BL)

Jen B, a Certified Massage Therapist, will be offering massages on Tuesdays and Thursdays in the Mind Body Studio at Blue Hill from 9:30am-1:00pm. You can contact her at 508-535-5675.

10:00: 🧘 Seated Zumba Gold (BL)

Activity Room at Blue Hill

11:00: The Bank of Canton (BL)

The Bank of Canton will be Dining Room at Blue Hill from 11:00am to 12:00pm.

1:00: Group Meditation (BR)

Join Andy Kelly, Certified Meditation Instructor, for a Free 30 Minute Guided Group Meditation in the Function Room at Brush Hill.

2:00: ★ Intro to Touchtown (BR)

Daniel will be teaching a class on how to use the Touchtown App in the Function Room at Brush Hill. Limit 8 people. Call 617-361-7778 to sign up for this lesson.

3:30: Bocce (BR)

Bocce players meet at the Bocce Court (located behind the Tennis Courts) for games.

7:00: Bingo! (BL)

Join your friends for an evening of Bingo in the Activity Room at Blue Hill. \$5 per person.

7:00: Men's Poker Club (BR)

Poker at Brush Hill this evening in the Card Room. Looking for new members.

Wednesday, August 4, 2021

Silver Lining Hair Salon closed today

9:00: ☕ **Coffee Hour (BR)**

9:30: ⊕ **South Shore Internal Medicine Clinic**

Is open from 9:30am-12:00pm on the second floor at Blue Hill. Call 617-361-7900 to schedule an appointment.

9:45: **Cornhole (BL)**

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 with Jeanne Bronk at 617-910-9936.

10:00: 🦿 **Mobility & Stability (BR)**

11:00: 🦿 **Back to Basics (BL)**

11:00: 🦿 **Floor Yoga w/ Carol (BR)**

Function Room at Brush Hill.

12:00: 🦿 **Chair Yoga w/ Carol (BR)**

Function Room at Brush Hill.

12:00: ⊕ **Blood Pressure Clinic**

Blood Pressure Screening by Best of Care will be in the Activity Room at Blue Hill from 12:00-1:00pm and in the Library at Brush Hill from 1:00-2:00pm.

1:30: **Catholic Mass (BR)**

Catholic Mass with Father Andreas or Father Bennett in the Function Room at Brush Hill.

3:00: **Rosary (BL)**

Activity Room at Blue Hill

7:00: **Knitters and Sewers (BR)**

Card Room at Brush Hill

Thursday, August 5, 2021

Silver Lining Hair Salon closed today

9:00: ☕ **Coffee Hour (BR)**

9:30: **Massage (BL)**

Jen B, a Certified Massage Therapist, will be offering massages on Tuesdays and Thursdays in the Mind Body Studio at Blue Hill from 9:30am-1:00pm. You can contact her at 508-535-5675.

10:00: 🧘 **Towel Cardio (BR)**

11:00: **Bocce (BR)**

Bocce players meet at the Bocce Court (located behind the Tennis Courts) for games.

11:00: 🧘 **Nuts & Bolts of Movement (BR)**

1:00: ★ **Milton Farmer's Market**

We'll depart Brush Hill at 1:00pm and Blue Hill at 1:10pm. Call 617-361-7778 to sign up.

1:00: 🧘 **Zumba Gold (BR)**

Yoga Studio at Brush Hill

3:00: 🧘 **Chair Yin Yoga (BL)**

Activity Room at Blue Hill

3:45: 🏊 **Water Aerobics (BR)**

4:00: 🧘 **Restorative Yoga (Zoom)**

Join Carol for Restorative Yoga via Zoom.

7:00: **Brush Hill Bingo (BR)**

Join Brush Hill residents Lorraine Allen, Libby Kaplan and Anne Piacentini this evening in the Function Room at Brush Hill - \$5 to play.

Friday, August 6, 2021

Silver Lining Hair Salon closed today

9:00: ☕ **Coffee Hour (BR)**

10:00: 🧘 **Core on the Floor (BR)**

Yoga Studio at Brush Hill

11:00: 🧘 **Mobility & Stability (BL)**

Activity Room at Blue Hill

12:30: 🧘 **Line Dancing with Cris (BR)**

Dancing with Cris Kindelan, former professional dancer at Blinstrubs and Monticellos. The class is \$5 per person, payable at class.

2:00: 🎵 **Rich Travers (BL)**

Activity Room at Blue Hill The Great American Songbook:
With a Song in My Heart

6:30: 🎵 **Baseball & Jazz – the Early Days (BL)**

Activity Room at Blue Hill

Mel Springer, co-author of the award-winning book “The Year the Red Sox Won the Series,” and claimed jazz and classical pianist, will entertain you with “Baseball & Jazz—the Early Days.” Mel will highlight the great Babe Ruth’s years in Boston, during which the Babe was recognized as one of the outstanding pitchers in baseball and emerged as the premiere slugger in the game. Baseball talk will alternate with early Jazz selections—ragtime and sing-along favorites, performed by Mel live on the piano and theatrical performances by his wife, Alice.

7:00: **Cribbage (BR)**

Card Room at Brush Hill

Saturday, August 7, 2021

7:00: **Movie Night (BR/BL)**

Function Room at Brush Hill at 7:00pm. Activity Room at Blue Hill at 7:00pm.

Sunday, August 8, 2021

2:00: **Fuller Quilting Bees (BL)**






Join the Fuller Quilting Bees on Sundays from 2:00 to 4:00 pm in the Activity Room at Blue Hill. For more information call Pat Adamczyk at 617-333-0754.

6:30: **Black Velvet Band (BR)**

Function Room at Brush Hill

One of the premier dance and show bands in the Boston area, the Black Velvet Band has entertained audiences for 30 years. With a lively mix of Irish and American music, this talented group will have your feet tapping, hands clapping, and voices singing. The band loves to have the crowd join in a line dance or sing-along while it makes new fans and long-lasting memories.

Key

-  Music
-  Speakers
-  Fitness
-  Water Fitness
-  Coffee Hour
-  Health/Medical
-  Trips and Special Events