

— LIVE A FULLER LIFE —

### Monday, September 6, 2021 – Labor Day

- **10:30:** News Current (BL) Activity Room at Blue Hill
  - **1:00: Bridge (BR)** Card Room at Brush Hill
  - 2:00: Handcrafters (BL) Library at Blue Hill

## Tuesday, September 7, 2021

9:00: Coffee Hour (BR)

### **9:00:** The Bank of Canton (*BR/BL*) The Bank of Canton will be in the Function Room at Brush Hill from 9:00am to 10:00am and in the Dining Room at Blue Hill from 11:00am to 12:00pm.

### 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:** Cardio Dance (BR) Yoga Studio at Brush Hill
- 10:00: Seated Zumba Gold (BL) Activity Room at Blue Hill

10:30: Bocce (BR)

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

- **11:00:** Senior Ballet (BR) Yoga Studio at Brush Hill
- **11:00:** The Bank of Canton (*BR/BL*) The Bank of Canton will be in the Function Room at Brush Hill from 9:00am to 10:00am and in the Dining Room at Blue Hill from 11:00am to 12:00pm.
- 12:00: Back to Basics (BL) Activity Room at Blue Hill
  - 1:00: Group Meditation (BR) Yoga Studio at Brush Hill
  - **4:00: Pickleball with Lori** *(BR)* Tennis Court at Brush Hill weather permitting
  - **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) Card Room at Brush Hill

# Wednesday, September 8, 2021

- 9:00: Coffee Hour (BR)
- 9:00: Hairdresser (BL)

The Silver Lining Hair Salon at the Gordon House is open Wednesday, Thursday and Friday starting at 9:00am. Call Sue Prata at 617-361-8746 to make an appointment.

**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)

Register with either Fred Hopkinson at 781-901-1923 or with Jeanne Bronk at 617-910-9936.

### 10:30: Water Aerobics (BR)

#### 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.

- 12:45: Chorus Sopranos & Altos Tent at Brush Hill
  - **1:00:** Podiatrist Dr. Joel Chariton (*BL*) To book an appointment, please call his office directly at 781-986-3668.
  - **3:00:** Rosary (*BL*) Activity Room at Blue Hill
  - 7:00: Knitters and Sewers (BR) Card Room at Brush Hill

## Thursday, September 9, 2021

- 9:00: Coffee Hour (BR)
- 9:00: Hairdresser (BL)

The Silver Lining Hair Salon at the Gordon House is open Wednesday, Thursday and Friday starting at 9:00am. Call Sue Prata at 617-361-8746 to make an appointment.

#### 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)

### **10:30:** Bocce (BR) Bocce players meet at the Bocce Court (located behind the Tennis Courts) for games.

- **11:00:** Core on the Floor (*BR*) Yoga Studio at Brush Hill
- 11:00: Smartphone 101 Class (BL)
- **12:00:** Chair Yin Yoga (*BL*) Activity Room at Blue Hill
- 12:30: Technology Help Drop-In (BR)
  - **1:30:** Jazz Lovers Club (BR) Function Room at Brush Hill
  - **4:00:** Restorative Yoga (*Zoom*) Join Carol for Restorative Yoga via Zoom

# Friday, September 10, 2021

8:45: 9/11 Commemoration (BL & BR)

Please join us for a moment of silence to mark the 20th anniversary of the September 11th attacks. Coffee and pastries will be provided.

9:00: Coffee Hour (BR)

### 9:00: Hairdresser (BL)

The Silver Lining Hair Salon at the Gordon House is open Wednesday, Thursday and Friday starting at 9:00am. Call Sue Prata at 617-361-8746 to make an appointment.

- **12:30:** Line Dancing with Cris (*BR*) Yoga Studio at Brush Hill. The class is \$5 per person, payable at class.
- 4:30: Shabbat for 9/11 Remembrance (BR)

6:45: Cribbage (BR)

Card Room at Brush Hill

## Saturday, September 11, 2021

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

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

# Sunday, September 12, 2021

- **2:00:** Fuller Quilting Bees (*BL*) Activity Room at Blue Hill. For more information call Pat Adamczyk at 617-333-0754.
- 7:00: Will McMillan & Joe Reid (BR) Function Room at Brush Hill