

August Fitness & Aquatics Update



With the arrival of August, we say goodbye to many of our longtime high school lifeguards who will be leaving soon for college. We wish them success in their new endeavors!

I'd also like to extend a sincere **THANK YOU** to Claire Kelly, who took on the role of full-time summer lifeguard for us. We hope you have a wonderful year at college!

We have a promising full-time lifeguard candidate! Stay tuned for more information!

Due to our summer lifeguards moving on, our weekend pool schedule will be changing accordingly. Please note the following:

Saturday pool hours for August will ONLY be 8am-12pm.

Sunday pool hours for August will ONLY be 12-4pm.

There will be no Family Swim or Resident & Guest Swim *for August*.

For the Week of July 31st-August 4th the Pool WILL NOT be open Wednesday – Friday afternoons.

Please welcome Crystal as our new Aqua Fit instructor. She will be teaching on Wednesdays @ 2:30pm and Fridays @ 10am. Traditional Water Aerobics class will continue on Mondays @ 11am.



The next Forest Therapy Walk will be on Friday, August 25th @ 10am! Be on the lookout for more information and how to sign up!

SUN	MON	TUE	WED	THUR	FRI	SAT
30	31	1	2	3	4	5
2:30 Bridge (BL) 7:00 Rivers Between Duo (BR)	9:00 Pickleball 10:00 Seated Zumba Gold (BL) 10:00 Whole Foods in Dedham 10:30 Blue Hill Coffee Hour 11:00 Floor Yoga w/ Carol (BR) 11:00 Water Aerobics (BR) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL) 7:00 History with Paolo (BR)	9:30 Twin River Casino 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Mobility & Stability (BR) 10:00 Seated Zumba Gold (BL) 10:00 Stop & Shop in Hyde Park 11:00 Cornhole (BL) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 12:30 Hikers' Send Off (BL/BR) 2:00 Catholic Mass (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)	10:30 News, Conversation (BL) 12:00 Mobility & Stability with Carol (BL) 12:30 Line Dancing with Jean (BR) 4:30 Pickleball with MacKenzie (BR) 4:30 Evening on the Deck (BL)	9:00 Walking Club with Joey 10:00 Aqua Fit (BR) 10:00 Stop & Shop in Hyde Park 10:30 Chair Yoga with Carol (BL) 1:00 Rich Travers (BL) 6:30 Cribbage (BR) 7:00 Ron Cote (BL)	9:00 Pickleball 7:00 Movie Night (BR/BL)
<p>The Silver Linings Hair Salon at the Gordon House is open Thursday - Friday starting at 9am. Please call 617-361-8746 to make an appointment.</p> <p>Massage Therapist, Jen Borges, is available on Monday and Thursday at Blue Hill from 10am until 3pm. Please call 508-535-5675 to schedule an appointment.</p> <p>To schedule an appointment with the Podiatrist please call 617-986-3668.</p> <p>The Wellness Clinic is open weekly. Please call 617-361-7900 to schedule an appointment.</p> <p>Blood Pressure Clinic are Wednesday 12pm - 1pm at Blue Hill and 1pm - 2pm at Brush Hill</p> <p>The Bank of Canton holds office hours on Tuesday at Brush Hill from 9am to 10am and Blue Hill from 11am - 12pm</p>						

August 2023

If you need transportation between campuses please call 617-361-7778

Weekly Highlights

Friday, July 28, 2023

7:00 PM: ***Lenny Weiner (BL)*** Come enjoy some beautiful after dinner music in the Blue Hill Activity Room! Lenny's voice is very memorable and you won't want to miss it!

Saturday, July 29, 2023

3:00 PM: ***Bill Selvitelle Comedy Performance (BR)*** *Navigating Life Over 60 "Stories of the Grey Gang: A Comedy Performance"* Attendees are encouraged to bring a donation of a non-perishable food item to benefit the unhoused.

7:00 PM: Movie Night- Brush Hill Function Room: *Jesus Christ Superstar* - A Shakespeare Henri the 5th theme about Jesus and Judah. Andrew Lloyd Webber and Tim Rice won awards for this movie. Cast: Ted Neely, Carl Anderson. Blue Hill Activity Room: *The Good Burger* - 5 star comedy about 2 teens with summer jobs at a burger restaurant. A big burger restaurant opens up across the street and the teens are determined to stop that burger place from overtaking the small restaurant. Cast: Keenan Thompson, Kai Mitchell, Shaquille O'Neil, Sinbad, and Abe Vigoda.

Sunday, July 30, 2023

7:00 PM: Rivers Between Duo (BR) - The Rivers Between Duo frequently play at Blue Hill but for this month will be bringing their musical talents to the Brush Hill Function Room! If you haven't gotten the chance to hear their music you will want to stop by!

Monday, July 31, 2023

7:00 PM: History with Paolo (BR) - Paolo returns to Fuller Village to deliver one of his beloved lectures.

Tuesday, August 1, 2023

9:30 AM: Twin River Casino If you signed up for the Twin River Casino Trip, please meet your van at 9:30am at Brush Hill and at 9:40am at Blue Hill. **There are still spots available!**

Wednesday, August 2, 2023

12:30 PM: Hikers' Send Off (BL/BR Main Entrances) Our hikers have worked incredibly hard to prepare themselves for the big one! Join us as we send them off in style!

2:00 PM: Catholic Mass (BR)

Thursday, August 3, 2023

4:30 PM: Evening on the Deck (BL) - See attached flyer for more details.

Friday, August 4, 2023

1:00 PM: Rich Travers (BL) - Richard Travers returns to Fuller Village to give one of his musical lectures!

7:00 PM: Ron Cote (BL) - Ron Cote returns to Fuller Village to play your favorite tunes!

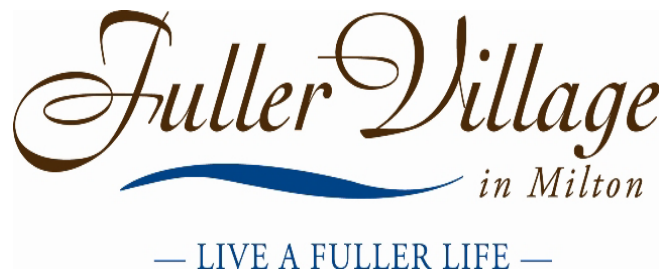
Saturday, August 5, 2023

7:00 PM: Movie Night (BR/BL) - To Be Announced

Sunday, August 6, 2023

2:00 PM: Piano Recital with Judy Cobble (BR) Join Judy Cobble in the Function Room at Brush Hill this afternoon for a Piano Recital.

7:00 PM: David Won & Tim Steele (BR) David and Tim return to Fuller Village by popular demand!



Evening On the Deck at Blue Hill
Celebrate National Watermelon Day



Thursday, August 3rd – 4:30 pm until 6:00 pm

Appetizers

Watermelon Skewers with Mint and Feta
Watermelon Radish and Goat Cheese Crostini

Main Course

Blackened Fish and/or Chicken taco (2) with
Mango Watermelon Salsa
Layered with Creamy Avocado Cilantro Sauce

Dessert

Watermelon Sorbet with Fresh Berries

\$15.95 per person

(CANCELLATIONS WILL BE CHARGED)

Call Joey to make a reservation – 617-361-3231

SPACE IS LIMITED TO 20 PEOPLE

Lounge Night Wednesday

Reservations Required

This will be
first come first serve
for this offering.

**Cancellations will be
charged.**

Please Call

617-361-6958

Monday – Friday 1-3pm

August 16th 5:30pm

Seafood



Fried Calamari



Mini Lobster Roll



Bacon Wrapped Scallops

Dessert

Lemon Sorbet

\$15.95

Fuller Village
in Milton