

# The Week at Fuller Village

March 4<sup>th</sup> – March 10<sup>th</sup>



## Monday, March 4<sup>th</sup>:

The Pool is open for Open Swim from 8:00am – 12:00pm.

The Fitness Center is open from 8:00am to 5:00pm today.

Meet Guiliana for Aqua Zumba at 9:15am in the Pool at Brush Hill.

**Blue Hill Wii Players need you! Bowlers meet at 9:30am in the Activity Room at Blue Hill and are looking for a few more folks that would like to join the group. Stop by and give it a try!**

**Please join the Norfolk Sheriff's Office and meet Norfolk County's new Sheriff, Jerome P. McDermott.** Sheriff McDermott looks forward to meeting the residents of Fuller Village and discussing senior programs available to all. You will find him in the Café at Brush Hill at 9:30am and in the Coffee Room at Blue Hill at 10:30am.

Massage Therapy with Jen B. is available from 10am – 2pm in the Mind Body Studio at Blue Hill. Call her at 508-535-5675 to schedule an appointment.

News Currents meets at 10:30am in the Coffee/Card Room at Blue Hill this morning.

Join Carol for Floor Yoga at 11:00am in the Fitness Studio at Brush Hill.

Join Jen for Chair Yoga Balance at 11:15am in the Activity Room at Blue Hill.

Join Carol for Chair Yoga at 12:00pm in the Fitness Studio at Brush Hill.

Bridge players meet from 1:00pm to 4:00pm in the Card Room at Brush Hill.

**Spring is just around the corner! Join Lisa Ramsay, Program Director, to brainstorm ideas for the coming months at 2:00 in the Activity Room at Blue Hill.** Learn what is happening now and discuss ideas for the future. Is there a trip you would like to take or a club you would like to start? Is there a speaker you would like to hear or an entertainer you have heard enough from? Feedback is encouraged and everyone is welcome! Call 617-361-7778 to arrange transportation. Please note that this meeting will be held at Brush Hill on Monday, March 11<sup>th</sup> at 3:00pm as well.

Blue Hill Knitters meet in the Library at Blue Hill at 2:00pm.

The Pool is open for Resident and Guest Swim from 3:30pm – 5:00pm.

The Pool is open for Family Swim from 5:00pm – 7:00pm.

Join Joel Krensky for Team Trivia at 7:00pm in the Card Room at Brush Hill.

## Tuesday, March 5<sup>th</sup>:

The Pool is open for Open Swim from 8:00am to 12:00pm.

The Fitness Center is open from 8:00am to 7:00pm.

The Bank of Canton will hold banking hours in the Dining Room at Blue Hill from 9:00am to 10:00am and in the Function Room at Brush Hill from 11:00am to 12:00pm.



**Tuesday, March 5<sup>th</sup>:**

**Chair Massage with Jen B. is available from 10:00am to 1:00pm in the Yoga Studio at Brush Hill.** Call her at 508-535-5675 to schedule an appointment.

**If you signed up for Cobbs Corner, please meet the van at 10:00am from Brush Hill and at 10:10am from Blue Hill.**

Meet Jen at 10:00am in the Function Room at Brush Hill for Functional Fitness.

Meet Jen at 11:15am in the Activity Room at Blue Hill for Chair Aerobics.

Cribbage Players meet at 2:00pm in the Parlor at Brush Hill for organized games.

**UMass Boston OLLI Scholar Elizabeth Quinlan presents Part I of *Myth, Magic and Material Culture of New England* at 2:30pm in the Function Room at Brush Hill.** How do we see witches in the archaeological record? How did people in the past deal with the very real threat of magical curses and spells? This course will explore these questions, and many more, through analysis of archaeological materials and historical accounts, and will debunk a few myths along the way. It will also discuss how archaeologists use myth, legend, and folklore to interpret material culture, especially in relation to the historical archaeology of Massachusetts and the greater New England area. Elizabeth Quinlan is a master's candidate in the UMass Boston Historical Archaeology Program.

The Pool is open for Resident & Guest Swim from 3:00 – 5:00pm.

Cribbage Players meet at 3:00pm in the Activity Room at Blue Hill for organized games.

Bingo Players meet at 7:00pm in the Activity Room at Blue Hill this evening.

**The Men's Poker Club meets at 7:00pm in the Card Room at Brush Hill.** New members are welcome!

Wii Sports meets at 7:30pm in the Café at Brush Hill.

**Wednesday, March 6<sup>th</sup>:**

The Pool is open for Open Swim from 8:00am – 12:00pm.

The Fitness Center is open from 8:00am to 5:00pm.

Weights on Wednesdays will be held in the Fitness Center today at 8:50am or 9:50am for the "10 Workout".

The South Shore Internal Medicine Wellness Clinic at Blue Hill is open today from 9:30am to 12:00 noon on the second floor of the Gordon House.

Water Aerobics with Jen will be held at 10:00am in the Pool.

Floor Yoga with Carol will be held at 11:00am in the Fitness Studio at Brush Hill.

Billiard Players meet around the Pool Table at Blue Hill at 11:30am for organized games.

Free Blood Pressure Screening by Best of Care will be held in the Blue Hill Library from 11:30 am – 12:30 pm, and in the Brush Hill Library from 1:00 pm – 2:00pm.

Chair Yoga Balance will be held at 12:00pm in the Fitness Studio at Brush Hill with Carol.



**Wednesday, March 6<sup>th</sup>:**

**The Fuller Village Chorus meets for rehearsal at 12:45pm in the Activity Room at Blue Hill.**

**Podiatrist Dr. Joel Chariton D.P.M will be seeing patients in the Wellness Clinic at Blue Hill starting at 1:00pm.** Dr. Chariton has been practicing Podiatry in Milton and Randolph for 27 years. After graduating from Brandeis University he

attended the New York School of Podiatry in New York and did his residency in New York as well. Upon completion he moved to Boston to open his practice. He is board certified in surgery and has an excellent relationship with the medical community. To book an appointment, please call his office directly at 781-986-3668.

**Learn to Play Bridge at 2:15pm in the Coffee Room at Blue Hill.** Bridge instructor, Mr. Gautam Merchant, will continue teaching at 2:15pm in the Coffee Room at Blue Hill. If you have never played bridge or need a refresher, come join us. This is for beginners or those who have not played for a long time. Call 617-361-7778 to arrange transportation.

**Come for Honey Cake at 3:00pm in the Activity Room at Blue Hill.** Join Beekeeper Seb Wright and his mother Michelle to hear about Milton's Billion Backyard Bee Project at Fuller Village while enjoying a piece of honey cake baked with our first batch of honey from the Fuller Hives! Milton's Billion Backyard Bee Project is the creation of Sebastian Wright also known as Beekeeper Seb. After losing his first hive 6 years ago he founded the project to spread awareness about the challenges honeybees face, including the need for more bee-friendly flowers and the hazards of using pesticides. For Milton's Billion Backyard Bee Project, Seb and his parents, tend to a total of 12 hives sprinkled throughout Milton. Each beehive houses approximately 60,000 honeybees at the height of the summer. Today, you will hear how our hives did over last spring, summer and fall, get updates on our queens, Victoria and Elizabeth, and learn about the busy bee season ahead! **This event is limited to 35 people, and though it is free, you do need to sign up. Call 617-361-7778 to reserve your seat.**

Join Guiliana for Zumba Gold at 3:00pm in the Fitness Studio at Brush Hill.

The Pool is open for Resident and Guest Swim from 3:30pm – 5:00pm.

Rosary is held in the Mind Body Studio on the second floor of the Gordon House at 4:00pm.

**The Blue Hill Book Club meets at 4:30pm followed by dinner in the Gordon House Dining Room at 5:30pm.** New members are welcome to attend. The group does book reviews as well as a book of the month. Reservations for dinner are required. Please call Roz Spigel at 617-690-3611 to let her know you will be attending.

The Pool will be open for Family Swim from 5:00pm – 7:00pm.

If you signed up for Cheap Eats Night at 5:30pm in the Lounge at the Gordon House, you will enjoy a Vegetable and Fresh Mozzarella Flat Bread Pizza served with a Tossed Garden Salad with choice of dressing. Reservations are required – call 617-361-7900 to make yours.

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

Poker Players meet in the Café at Brush Hill at 7:00pm.



### **Thursday, March 7<sup>th</sup>:**

The Pool is open for Open Swim from 8:00am – 12:00pm.

The Fitness Center is open from 8:00am to 7:00pm.

Join Jen for Chair Yoga Balance at 10:00am in the Fitness Studio at Brush Hill.

Chair Aerobics with Jen will be held in the Activity Room at Blue Hill at 11:15am.

**Come to the Square Dance at Brush Hill at 1:30pm in the Function Room!** Square dancing, contra dancing, barn dancing, American folk dancing – call it what you will, it's for everybody. It's a way "just plain folks" have had fun for hundreds of years. Basically, it's a group of people moving together to lively, inspiring music, aided by directions from a caller. It doesn't have to be difficult – the dances that have stood the test of time are simple and satisfying. Join your friends this afternoon and see how easy it is to dance, and how much fun it can be! Professional Caller Beth Parks will get you together and show you everything you need to know – a little at a time – to enjoy a variety of dances in circles, squares, and lines. Water and light refreshments will be served. Many thanks to the Fuller Village Residents Association for co-sponsoring this late winter event. Call 617-361-7778 to arrange transportation.

The Pool is open for Senior Swim from 1:00pm to 3:00pm.

The Pool will be open for Resident and Guest Swim from 3:00pm to 5:00pm.

The Fuller Village Lounge at the Gordon House will be open for business this evening from 5:00pm to 7:00pm.

**Join the Community Dinner at the Gordon House Dining Room at 6:00pm.** Would you like to meet other residents for dinner? Mark Bornheim is hosting this month's community dinner on Thursday, March 7. Call Joey DiGiano for more information at 617-361-3231.

**Join Brush Hill residents Lorraine Allen and Libby Kaplan for Bingo at 7:00pm the Function Room at Brush Hill! Everyone is welcome.**

### **Friday, March 8<sup>th</sup>:**

The Pool is open for Open Swim from 8:00am – 12:00pm.

The Fitness Center is open from 8:00am – 5:00pm.

Water Aerobics with Jen will be held in the Pool at Brush Hill at 10:00am.

**Celebrate Catholic Mass with Father Bennett at 10:00am in the Activity Room at Blue Hill.**

Join Jen for Chair Aerobics in the Fitness Studio at Brush Hill at 11:45am.

*Dancing with Cris* will be held at 12:30pm in the Fitness Studio at Brush Hill.

**The Great Decisions Movie *Rethinking the Nuclear Framework* will be shown at 2:00pm in the Function Room at Brush Hill.** As traditional nuclear powers debate what to do with aging stock piles, the existing nuclear order faces new challenges from countries such as Iran and North Korea. This movie will be shown again next Friday when it will be followed by a facilitated discussion.

The Pool is open for Resident and Guest Swim from 3:30pm – 5:00pm.



### **Friday, March 8<sup>th</sup>:**

The Pool is open for Family Swim from 5:00pm – 7:00pm.

The Fuller Village Lounge at the Gordon House will be open for business this evening from 5:00pm to 7:00pm.

### **Enjoy Classical, Ragtime & Jazz Piano with Mark West in the Activity Room at Blue Hill.**

Included in the classical are immortal pieces by Bach, Mozart, Beethoven, Schubert, Chopin, Schumann, Debussy and more! Famous rags by American composer Scott Joplin include classics like “The Maple Leaf Rag” and “The Entertainer”. Famous jazz standards include the works of Duke Ellington, Hoagy Carmichael, the Gershwin brothers, Cole Porter, Harold Arlen, and more! Call 617-361-7778 to arrange transportation

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

### **Saturday, March 9<sup>th</sup>:**

The Pool is open for Open Swim from 9:00am – 11:00am and for Family Swim from 11:00am – 1:00pm.

The Fitness Center is open 8:00am – 1:00pm.

### **Join Jen for the Senior Ballerina Class at 10:30am in the Fitness Studio at Brush Hill.**

**Discover The Curiosity Stream at 2:00pm in the Library at Brush Hill and in the Coffee/Card Room at Blue Hill. *Today’s program is Around the World in 80 Treasures with Dan Cruickshank.*** Today you will travel from Peru to Brazil. Dan travels from the peaks of the Peruvian mountains, to the distant wilds of Easter Island; deep into the rainforests of Brazil and to its capital, Rio. Surviving crocodile infested rivers and the digestive challenge of fresh guinea pig, Dan reveals treasures celebrated and secret on this journey.

### **Reverend Martha Swanson will hold Bible Study in the Mind Body Studio at Blue Hill at 2:00pm this afternoon.**

### **Come to the Saturday Night Movie at 7:00pm in the Function Room at Brush Hill and in the Activity Room at Blue Hill.**

### **Sunday, March 10<sup>th</sup>: Daylight Savings – Spring Forward!**

The Fitness Center at Brush Hill will be open from 10am-2pm.

The Pool is open for Open swim for residents from 10:00am - 11:00am.

The Pool is open for Family swim for residents and their families from 11:00am – 1:00pm.

The Pool is open for Resident & Guest swim for guests age 16 or older from 1:00pm – 2:00pm.

### **The Sunday Afternoon Movie will be shown at 2:00pm in the Activity Room at Blue Hill.**

**You won’t want to miss The Dueling Pianos at 7:00pm in the Function Room at Brush Hill tonight with classical pianist Adam Bergeron and Jazz Pianist Ethan Stone.** Adam and Ethan have joined forces to present their Dueling Pianos program to rave reviews all over the northeast. The program includes classical, ragtime, jazz, blues, boogie woogie, and other styles. You'll get a taste of each pianist's individual style to begin the program, then an invigorating set of simultaneous two-piano music that is certain to entertain!

## Residents' Association Corner

Judy Cobble contributes tirelessly to the music program as accompanist to the chorus and as chairperson of the Residents' Association Music Committee. On February 17th she treated the residents to an uplifting piano recital of music by Claude Debussy. Everyone in the audience left smiling and enriched.

Last week the Fuller Village Program Director and the Residents' Association collaborated on an event which proved to be another success. With help from many people, a Pub Night was turned into a celebration of the 1950's. Rich Travers was signed on as the DJ, music historian, visual presenter and brought the crowd back many years to memories of youth. The dance floor was packed with dancers who recalled the "moves of the fifties" with the help of Cris Kindelan. Our Dining Services Director and his staff worked with the RA Activities Committee to serve hot and cold appetizers which have been party favorites for decades. The Activities Committee stepped up to decorate, create centerpieces, prepare dozens of cold appetizers, set up and clean up. A special thanks to a new resident who just "happened" to have many '50's decorations to lend. As one party goer exclaimed, "Oh, what a night!"

Mark your calendars for an afternoon of Square Dancing with instruction on March 7th. Be sure to share other ideas you may have for more events with your Residents' Association Representative.

