

The Week at Fuller Village

October 7th – October 13th

Monday, October 7th:

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

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

Fuller Village Bikers will meet at 8:30am at the back Patio at Brush Hill for a group ride from the Mattapan entrance of the bike path to Pope John Paul Park in Dorchester. We will be back in time for the 11am yoga class. Please call 617-361-7778 to sign up.

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

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.

Wii Bowlers meet at 1:00pm in the Activity Room at Blue Hill.

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

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

Join Professor John Hill and colleagues at 2:30pm in the Library at Blue Hill to learn about the Happiness Fair (taking place on Wednesday, October 30th at Curry College).

Prof. Hill thinks Curry students would benefit from hearing you talk about what has given you joy, life satisfaction, and/or a feeling of a life well-lived. They would also benefit from hearing about what caused unhappiness, and how you responded to that. On Wednesday, October 30th you would have a table at Curry College from 2:00pm to 4:00pm, with space for you to place memorabilia, pictures, posters, symbols of happiness, or sadness. Students would then talk to (“interview”) you to learn about your experiences. They want the students to see the wide range of experiences that contribute to momentary joy and longer-term life satisfaction. The range of topics you might discuss is virtually limitless: family, work, significant accomplishments, travel, hobbies, friends, for just a few examples. (And responding to sad events, and recovery from them, would also be valuable.) Today’s meeting is an opportunity to learn more about the project – you are not committed if you attend this afternoon. If you like what you hear, you will be able to sign up to participate. If you are interested in participating but cannot make today’s meeting, please call Lisa at 617-361-2116.



Bocce players meet at 3:00pm at the Bocce Court at Brush Hill for organized games.

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, October 8th:

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.

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.

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

If you signed up for the Luncheon at Doyles Café, meet the van at 10:45am at Brush Hill and at 10:55am at Blue Hill.

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

Join Rich Travers for The Life and Music of Frank Sinatra at 1:30pm in the Function Room at Brush Hill. Francis Albert Sinatra (born December 12, 1915, Hoboken, NJ – died May 14, 1998, Los Angeles, California) was an American singer and motion-picture actor who, through a long career and a very public personal life, became one of the most sought-after performers in the entertainment industry. Sinatra is often hailed as the greatest American singer of popular music in the 20th-century.

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

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

Celebrate Catholic Mass with Father Brennan at 3:00pm in the Activity Room at Blue Hill.

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

Pickleball players meet your instructor Lori at 4:00pm at the Tennis Court at Brush Hill for organized games.

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

The Men's Poker group meets at 7:00pm in the Card Room at Brush Hill.



Wednesday, October 9th: Yom Kippur

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 Gordon House second floor.

Come to the Birthday Breakfast at 10:00am in the Activity Room at Blue Hill where we will be celebrating October Birthdays. We will be serving hot coffee, fresh fruit and a pastry assortment thanks to a generous donation from the Bank of Canton. Everyone is welcome whether its your birthday or not – we need you to sing!

New at Fuller Village – Join Jen for Cardio Dance at 10:00am in the Yoga Studio at Brush Hill. Get your “steps” in, get your heartrate up, laugh, move, and dance to current hits. No previous dance experience is needed, just a positive attitude and a willingness to listen to music that your grandchildren might also listen to! Class is 30 minutes long.

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

Floor Yoga with Carol at 11:00am will be held 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 11:45 am – 12:45 pm, and in the Brush Hill Library from 1:00 pm – 2:00pm.

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

The Fuller Village Chorus meets for rehearsal at 12:45pm in the Activity Room at Blue Hill. The Chorus is closed to new members at this time.

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 Pool will be 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.

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, October 10th:

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

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



Thursday, October 10th:

Tennis players meet at 8:00am at the courts at Brush Hill.

If you signed up for Walking the Boardwalk at Nantasket Beach with Jen, please meet the van at 9:30am at Brush Hill and at 9:40am at Blue Hill.

Chair Yoga Balance with Jen will be held 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.

If you are registered for the Elliott PT Balance Clinic, please meet at 12:30pm in the Fitness Room at Brush Hill.

Bridge players meet at 1:00pm in the Coffee Room at Blue Hill for organized games.

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

Bob Begin presents *The Rescue of the Submarine Squalus* at 1:30pm in the Activity Room at Blue Hill. Eighty years ago, in May of 1939, at the Portsmouth Navy Yard, a new submarine, the Squalus, was preparing to take a routine test dive off the coast of Portsmouth. A brand-new submarine, she was taking final tests prior to the Navy accepting her into the Fleet. The Squalus had best technology, weaponry, and seaworthy qualities that were available. She would be an answer to the growing threats posed by the Navies of Germany and Japan. Aboard her that day were 59 men; including three civilians. At 8:30 a.m. the order "Rig For Dive" was given. All indications pointed to a routine dive. Within moments, Squalus slipped below the surface, with everything in fine order. Suddenly, she started to sink out of control. She would finally come to rest 243' below the surface. Half the crew appeared to be lost. As the survivors huddled for warmth, each one of them was acutely aware that as of 1939; there had never been a successful rescue of trapped submariners in water of this depth. And yet, in great part to the efforts of one man who had dedicated his career to rescuing men trapped below; 33 men would be rescued. This is a story of incredible risks, a battle against the clock, and a triumph against seemingly overwhelming odds.

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

Join Jen for Senior Ballerina at 3:00pm in the Fitness Studio at Brush Hill.

The Fuller Village Lounge at the Gordon House will be Closed.

Friday, October 11th:

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

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

Come to the Blue Hill Coffee Hour in the Coffee Room at 10:00am this morning – everyone is welcome!



Friday, October 11th:

If you are registered for Jen's Small Group Balance Class, Session 2, please meet her at 10:00am in the Activity Room at Blue Hill. If you are not registered for this session, please *do not* drop in. Call Jen at 617-361-7196 if you would like to register for a future class.

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

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 Jazz Lovers Club will meet at 2:00pm in the Activity Room at Blue Hill. If you are one that loves jazz, bring your favorite jazz CD to listen to and discuss. All are welcome! Thank you to Brush Hill resident Judy Cobble for arranging.

The Bank of Canton presents *Safe Banking for Seniors; Protecting the Elderly from Financial Abuse* at 2:00pm in the Function Room at Brush Hill. Join representatives from Bank of Canton, the Milton Police Department and the Attorney General's Office for an informative discussion about their experiences with financial scams. This interactive presentation will cover: Common Scams and How to Spot Them, How to Report and Recover From Fraud and a Q & A session. Light refreshments will be served. Everyone is welcome.

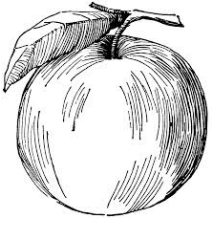
The Pool is open for Resident and Guest Swim from 3:30pm – 5:00pm.

The Pool will be 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.

Historian Paolo Di Gregorio presents *We the People: Creating the Constitution of the United States* at 7:00pm in the Activity Room at Blue Hill. At the end of the Revolutionary War, the newly independent United States were left with the question of how to govern themselves. By 1786, it had become apparent that government under the Articles of Confederation was not effective. So a new form of national government needed to be created. This talk will look at the struggle to create the Constitution of the United States. Please note that this is Part One of a 2-part series on the Constitution to be concluded on October 23rd at Brush Hill.

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



Saturday, October 12th:

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.

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, October 13th:

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.

Come to Bingo with Curry College at 12:00pm in the Activity Room at Blue Hill. Join Curry College students for a lively afternoon of Bingo – you'll have the opportunity to win some fantastic prizes! Hot coffee and delicious goodies will be served as well. The students are hoping for a crowd! Please stop in and say hello to our neighbors next door. This is a free event – everyone is welcome!

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

The Lifelong Learning Committee presents *Supreme Revenge: Inside the Battle for Control of America's Highest Court* at 7:00pm in the Function Room at Brush Hill.

The bitter, partisan battle that played out during Brett Kavanaugh's Supreme Court confirmation hearings reflected deep divisions in Washington that may seem unique to America's current political and social moment. But as this FRONTLINE investigation reveals, the intense politicization on display during the Supreme Court confirmation process – and the transformation of the Court itself – has been a shift decades in the making. In *Supreme Revenge*, FRONTLINE's acclaimed political team draws on dozens of interviews with key current and former U.S. senators – including Sen. Susan Collins (R-ME), Sen. Lindsey Graham (R-SC), Sen. Amy Klobuchar (D-MN) and Heidi Heitkamp (D-ND) – White House and congressional staffers, insiders from multiple presidential administrations, legal experts, authors and journalists to investigate how America reached this moment.