

The Week at Fuller

September 28th – October 4th



Monday, September 28th: Yom Kippur

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday. You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

The Fitness Center and Yoga Studio will be open from 8:00am -12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

The Fuller Van will take you to Milton Hospital on Mondays, Wednesdays, and Fridays from 8:45am to 4:00pm for doctors' appointments and lab work. To make a van reservation, call 617-361-7778.

The CVS Flu Clinic for Brush Hill residents will be held from 9:00am – 1:00pm in the Tent at Brush Hill. You will need an appointment to get your shot – call 617-361-7778 to be emailed the link to sign up. For ease of vaccination, please wear short sleeves. Please note that this vaccination is the Fluzone High Dose flu shot. This is an injected flu vaccine formulated for people age 65 and older.

Floor Yoga with Carol at 9:30am under the tent at Brush Hill will not be held today. Join Carol next week for class.

Chair Yoga Balance at 10am on Senior TV (Channels 222 or 30): Join Jen for a class that focuses on stretching, chair yoga poses, breathing and meditation. Offering a wonderful way to start your week, or check in for a mid-week tune-up, this class will enhance your balance and stability, leaving you feeling stronger and more centered. Class is designed to accommodate all abilities. No previous yoga experience is necessary.

News Currents will meet at Blue Hill on the Deck at 10:30am this morning to discuss local, state and federal politics. Please call 617-361-7900 to reserve your spot and arrange transportation if you need it.

Enhance your yoga practice...virtually! Join Carol for Floor Yoga on Mondays via Zoom at 11am. She will guide you through 45 minutes of yoga from the comfort of your own home. If you are on our Zoom email list, the link to join the class has been sent to you.

The Café is open for outdoor dining at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

Chair Yoga Balance at 2pm on Senior TV (Channels 222 or 30): Join Jen for a class that focuses on stretching, chair yoga poses, breathing and meditation. Offering a wonderful way to start your week, or check in for a mid-week tune-up, this class will enhance your balance and stability, leaving you feeling stronger and more centered. Class is designed to accommodate all abilities. No previous yoga experience is necessary.



Monday, September 28th:

Chair Yoga with Jen will meet at 2:00pm in front of the Foster Building Entrance for a 30-minute class. Class is weather-dependent. Please call Muriel at 617-361-7778 to sign up. Priority for sign-ups will be given to Foster and Depoyan residents.

Tuesday, September 29th:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm. You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

The Fitness Center and Yoga Studio will be open from 8:00am -12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

The Bank of Canton will be at Brush Hill from 9:00am - 10:00am and at Blue Hill from 11:00am to 12:00pm by appointment only. Call Muriel at 617-361-7778 for a Brush Hill appointment and Claire or Erika at 617-361-7900 for an appointment at Blue Hill.

Chair Aerobics: Join Jen on Senior TV (Channels 222 or 30) at 10:00am for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity. While sitting, participants enjoy a cardiovascular challenge, free weights, exercise balls and resistance bands to get a non-impact, full-body workout. (Music is played during this class)

Blue Hill Knitters will meet at 11:00am at Blue Hill on the Deck this morning. Please call 617-361-7900 to reserve your spot.

Join Andy Kelly, Certified Meditation Instructor for *A Free 30 Minute Guided Group Meditation* at 11:30am in the Tent at Brush Hill. Please make your reservation with Muriel at 617-361-7778.

The Café is open for outdoor dining at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

Reverend Martha Swanson will be leading us in Bible Reflections at 2:15pm in the Tent at Brush Hill. Reverend Martha is the pastor at Christ Evangelical Church in Wollaston. All are welcomed to come and share their reflections. Please call Patricia Kelleher at 857-703-8908 if you are able to attend. In these challenging times, the Bible can be a source of strength.

Chair Aerobics: Join Jen on Senior TV (Channels 222 or 30) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity. While sitting, participants enjoy a cardiovascular challenge, free weights, exercise balls and resistance bands to get a non-impact, full-body workout. (Music is played during this class)

Seated Strength & Conditioning with Jen will meet at 2:00pm in front of the Foster Building Entrance for a 30-minute class. If you have access to hand weights or a resistance band, please bring them, if not then “air weight” will do! Please call Muriel at 617-361-7778 to sign up. Priority for sign-ups will be given to Foster and Depoyan residents.

Pickleball Players meet at 4:00pm at the Tennis Courts at Brush Hill.



Wednesday, September 30th:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm. You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

The Fitness Center and Yoga Studio will be open from 8:00am -12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

Bocce Players meet at 8:00am at the court at Brush Hill.

The Silver Linings Salon is open for business starting at 9:00am. Please call Sue at 617-361-8746 to make your appointment. If you need a ride to and from the salon, please call Muriel at 617-361-7778 to arrange transportation.

Yoga under the Tent! Bring your positive vibes and join Carol for Chair Yoga under the tent at Brush Hill at 9:30am. Please call Muriel at 617-361-7778 to reserve your spot and to arrange transportation if you need it.

Yoga under the Tent! Bring your positive vibes and join Carol for Chair Yoga under the tent at Brush Hill at 10:30am. Please call Muriel at 617-361-7778 to reserve your spot and to arrange transportation if you need it.

South Shore Internal Medicine Wellness Clinic is open today from 9:30 am– 12:00 pm on the second floor at Blue Hill. Call 617-361-7900 to schedule an appointment.

Chair Yoga Balance at 10am on Senior TV (Channels 222 or 30)

The Fuller Village Cornhole Players invite you to join them at Blue Hill at 10:30am, across from the Main Entrance weather dependent. Group gathering size is capped at 14 and face coverings must always be worn while playing. If you are interested in playing or learning to play, please call Fred Hopkinson at 781-901-1923 or Jeanne Bronk at 617-910-9936.

The Café is open for outdoor dining at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

Chair Yoga Balance at 2pm on Senior TV (Channels 222 or 30)

Total Body Blast with Jen will meet at 2:00pm under the Tent at Brush Hill for a 30-minute high-energy class. If you have access to hand weights, please bring them. This class is designed to be done from a standing position, although we will take breaks throughout the class. Please call Muriel at 617-361-7778 to sign up.

The Brush Hill Knitters will meet under the tent at Brush Hill at 6:00pm this evening. Please call Nancy Kearns at 857-222-9920 to sign up.

Thursday, October 1st:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm. You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.



Thursday, October 1st:

The Fitness Center and Yoga Studio will be open from 8:00am - 12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

The Silver Linings Salon is open for business starting at 9:00am. Please call Sue at 617-361-8746 to make your appointment. If you need a ride to and from the salon, please call Muriel at 617-361-7778 to arrange transportation.

Chair Aerobics: Join Jen on Senior TV (Channels 222 or 30) at 10:00am for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.

Bocce Players meet at 11:00am at the court at Brush Hill. Call Jeanne Bronk at 617-910-9936 to sign up. Please remember your water bottle and sunscreen.

The Café is serving lunch off the Grill today at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

Chair Aerobics: Join Jen on Senior TV (Channels 222 or 30) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.

Towel Cardio with Jen will meet at 2:00pm under the Tent at Brush Hill for a 30-minute class. Please bring a small hand-towel and be prepared to get your heart-rate pumping! Please call Muriel at 617-361-7778 to sign up.

Need some time for yourself? Join Carol for Restorative Yoga on Thursdays via Zoom at 4pm. Class is designed to help you slow down and spend more time in restful poses. If you are on our Zoom email list, the link to join the class has been to you.

Friday, October 2nd:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm. You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

The Fitness Center and Yoga Studio will be open from 8:00am -12:00pm by reservation only. Please call 617-361-7196 to make your reservation.

The Silver Linings Salon is open for business starting at 9:00am. Please call Sue at 617-361-8746 to make your appointment. If you need a ride to and from the salon, please call Muriel at 617-361-7778 to arrange transportation.

Chair Yoga Balance at 10am on Senior TV (Channels 222 or 30)

The Café is open for outdoor dining at 11:30 a.m. or 1:00 p.m. If you would like to make a reservation or place a takeout order call 617-361-3987 during the hours of 11:00am to 2:00pm.

Dancing with Cris will be held at 12:30pm under the Tent at Brush Hill. Class size is limited to 14 participants and requires a sign-up in advance. Please call Muriel at 617-361-7778 to reserve your spot and arrange transportation if you need it.

Chair Yoga Balance at 2pm on Senior TV (Channels 222 or 30)



Friday, October 2nd:

A special presentation by Judge Sonja M. Spears: "Exploring Criminality as We Consider Justice" will be held in the tent at 2PM and repeated at 3:15PM in the tent. Also, the 2pm session will be broadcast on Zoom. For more details, see the attached announcement from the Racial Justice Committee. Reservations are Required. Please call Muriel at 617-361-7778 to reserve your spot in the tent and arrange transportation if needed. Zoom invite will be sent to those who have signed up as Zoom users.

Saturday, October 3rd:

Join Jen on Senior TV (Channels 222 or 30) at 9am for Chair Yoga for a gentle routine to encourage you to move and breathe. A great way to start your day.

Join Jen on Senior TV (Channels 222 or 30) at 11am for Senior Ballet for a super fun way to spend 20 minutes of your day! No dance experience required. Class focuses on core strength and balance while moving to classical music.

Join Paolo DiGregorio on Senior TV (Channels 222 or 30) at 7:00pm *We All Fall Down: A Brief History of Plagues, Pestilence, and Pandemics.* Life in the 21st century has come to a virtual standstill due to a global pandemic. Yet, this is not the first instance of disease impacting global civilization. In fact, throughout human history, infectious diseases have impacted and shaped societies and cultures. Empires have fallen and civilizations have declined due to destructive epidemics and pandemics. This lecture will examine several of these episodes. Please note that this will be shown on Sunday, October 4th at 2:00pm as well.

Sunday, October 4th:

Join Jen on Senior TV (Channels 222 or 30) for Seated Strength at 11am for a quick class to engage the total body while seated. A set of light hand weights is recommended, but you can do this class with just your own bodyweight too. (21 minutes)

Join Paolo DiGregorio on Senior TV (Channels 222 or 30) at 2:00pm *We All Fall Down: A Brief History of Plagues, Pestilence, and Pandemics.* See Saturday for description.

Join Jen on Senior TV (Channels 222 or 30) for Stretching for Stress Relief at 4:00pm and enjoy a quick class to relieve the body and the mind. First half of class is seated, second half is supported-standing, with a chair. All stretches are gentle and intended to release those tight areas of the body where we carry stress. A wonderful way to end your day.

Residents' Association Corner

As you all know the Annual Fuller Village Fair has been the source of working income for the Residents' Association. Due to this pandemic there will be no Fair this year. Bob Gorfinkle, who is preparing to turn his Treasurer duties over to Irene Brannelly, has worked on a budget which continues to fully fund both building libraries in addition to the other financial commitments from this Association which will be taking place. Mike Ryan has continued to work with Joey DiGiano to produce an updated Phone Directory which is funded by the Association. Additionally, as new residents move in, the Welcoming Committee will be presenting the gift bag to new folks. Most other budget lines have been cut in half with the hope that mid 2021 we might be back in "full business mode." Due to prudent spending and record-breaking Fair profits in the past several years, this Association continues to have funds to carry on.

Some reminders...

- Fuller Village has installed heat lamps for comfortable seating at the Café which has a nicely updated menu. Those residents who received a dining credit for April and May (\$120) must use this credit by November 30 and it can be used in the Café (eat there or take home) in addition to the Dining Room for take-out.
- Also, Fuller management has arranged an attractive courtesy rate at Homewood Suites (one mile away in Canton) which may help some residents make family plans as the winter holidays approach

