

Fuller Village

in Milton

From the Desk of Deborah M. Felton
September 7, 2018

Happy Rosh Hashanah-Jewish New Year

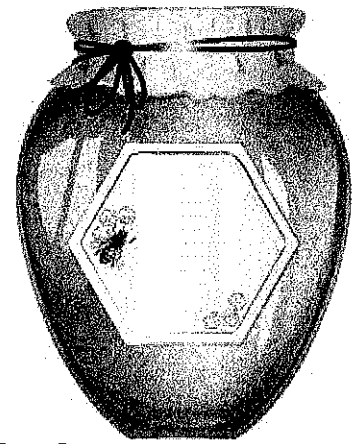
Feedback about anything that happens at Fuller Village - We are happy to get your feedback and suggestions about all things Fuller Village. We ask that if you put something in writing that you sign your name. We cannot address complaints or concerns from anonymous letters.

Birthday Breakfast - Join us on Wednesday, September 12th at 10 am at Blue Hill to celebrate September birthdays. If you need a ride call 617-361-7778, Brush Hill.

A Story of Kindness - A friend of mine who commutes to Boston befriended a homeless young man, Dan and gave him breakfast every morning. He is heroin addicted, lost his mom to brain cancer and is a graduate of Johnson and Wales College. My friend, Jane finds out that another commuter is giving him lunch every day. They teamed up with another professional in Boston and found him a place to live. Of course, he had been out on the street for awhile and was in desperate need of a haircut. Jane started calling barber shops in Boston and a barber answered the phone and told her to bring him in the next day. Jane arrives at the barber shop and her homeless friend appears. He gets a beautiful cut and shave at this high-end barber shop. As it turns out, the barber was so sympathetic because he himself had been heroin addicted and had turned his life around. Now, Dan has the barber looking out for him also. The kindness of strangers can be a wonderful opportunity for all involved and everyone is now hopeful that Dan will soon become drug free. Jane and now her family continue to help Dan in many ways. I was so impressed with random people taking time out of their lives to help this young man.

The Week at Fuller Village

September 10th - September 16th



Monday, September 10th:

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

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

The Bike Group meets at 8:30 am at the back Patio at Brush Hill to be transported to the bike path out of Mattapan Square. We will ride off road along the Neponset River for an invigorating hour-long ride. Call 617-361-7778 to sign up.

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

Blue Hill Wii Players meet at 9:30am in the Activity Room at Blue Hill.

Massage Therapy with Jen Borges is available from 10am – 2pm in the Mind Body Studio at Blue Hill. Call her at 781-664-3761 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 3:00pm in the Card Room at Brush Hill.

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

Curry College Professor John Hill presents *Contemporary Issues in Historical Perspective* at 2:00pm in the Function Room at Brush Hill. Curry College Professor John Hill begins a 4-part lecture & discussion series today. You will begin by reviewing some foundational principles for US foreign relations. The foreign policy principles of George Washington and John Adams will be contrasted with the “Realist” school of thought. Today, Realism is the dominant influence on current US international relations, but with an isolationist twist. Curry College has recognized Professor Hill as Person of the Year and for excellence in academic advising. In addition, Curry has given him two Faculty Achievement Awards, and he has received a national award for advising. For 2007, Curry honored him by naming him Curry Fellow, the first ever named. He contributes blogs to “The Public Humanist,” a blog project of the Massachusetts Foundations for the Humanities. He has presented papers in Salzburg, Austria, and Assisi, Italy. In 2012, after teaching at Curry for 43 years, Curry granted him emeritus status. He continues teaching part-time while researching and writing. Call 617-361-7778 to arrange transportation.

Bocce Players meet at 3:00pm at the Bocce Court at Brush Hill for organized games. Everyone is welcome!

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



Monday, September 10th:

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, September 11th:

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 9:00 am to 10:00am and in the Function Room at Brush Hill from 11:00am to 12:00 pm.

If you signed up for the Winding River Clothing trip followed by lunch on your own at 110 Grill, please meet the van at 10:15am from Brush Hill and at 10:25am from Blue Hill.

Chair Massage with Jen Borges is now available from 10am – 1pm in the Yoga Studio at Brush Hill. Call her at 781-664-3761 to schedule an appointment or just drop in.

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.

Group Meditation with Andy Kelly will be held at 1:00pm in the Fitness Center at Brush Hill. Everyone is welcome.

Rich Travers presents *Opera Puccini* at 1:30pm in the Function Room at Brush Hill

Giacomo Puccini was an Italian composer whose operas are among the important operas played as standards. Puccini has been called the greatest composer of Italian opera after Verdi and the operas of Puccini hold a special place in the hearts of many fans of opera. This lecture includes scenes from Madame Butterfly, Tosca, Turrandot and La Boheme. Call 617-361-7778.

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

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

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

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

If you made reservations for the Patio Dinner at Brush Hill at 5:30pm you will enjoy a Broiled Scallop Dinner with Brown Rice Pilaf and Asparagus. Reservations are required – call 617-361-7900 to make yours.

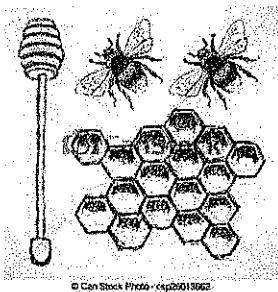
Bingo Players meet at 7:00pm in the Activity Room at Blue Hill this evening.

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

Wednesday, September 12th:

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".

Wednesday, September 12th:

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.

If you signed up for the Taza Chocolate Factory Tour, please meet the van at 9:30am from Brush Hill and at 9:40am from Blue Hill.

Come to the Birthday Breakfast at 10:00am in the Activity Room at Blue Hill. We are celebrating September Birthdays thanks to a generous donation from the Bank of Canton. You can enjoy fresh fruit, hot coffee and a pastry selection. Everyone is welcome whether it is your birthday or not – we need you to sing! Call 617-361-7778 to arrange transportation.

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

The Fuller Village Chorus will meet at 12:45pm in the Activity Room at Blue Hill. The chorus will be open to new members for the month of September. New members are encouraged to join at this time!

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.

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

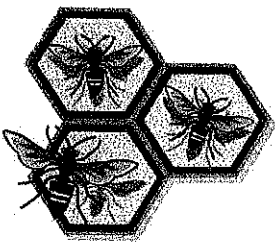
The Pool will be open for Resident and Guest Swim from 3:30pm - 5:00pm.

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

The Pool 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.

This month's episodes of *A Fuller Life* and *Fuller Talks* will be shown at 7pm in the Activity Room at Blue Hill and the Function Room at Brush Hill. It's Pearl's 100th birthday, on a new episode of "Fuller Talks." As the lively host of this topical monthly talk show enters her 11th decade, the panelists look at a number of other milestones as well, including the deaths of notable Americans U.S. Sen. John McCain, singer Aretha Franklin and playwright Neil Simon, and the 100th birthdays of the late Red Sox great Ted Williams and musician Leonard Bernstein. Among other discussion



topics are development in East Milton, the population crunch in the town's schools and the renegotiations of NAFTA. Go exploring in the resident's gardens on the newest episode of "A

Wednesday, September 12th:

Fuller Life." Learn some secrets about successfully growing fruits, vegetables and flowers from some expert amateur gardeners, as well as pick up some tips about the health benefits of a number different kinds of herbs from the herb garden, including some plants that make great tea as well as those that can help you deal with a sore throat, or even what soldiers used to use long in the past to treat wounds.

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, September 13th:

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

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

Tennis players meet at 8am at the courts at Brush Hill. Come out to the tennis court for great instruction and fun tennis play. All levels welcome, no sign up necessary.

Join Rev. Shelly Davis from East Congregational Church for Protestant Services in the Parlor at Brush Hill at 10:00am this morning.

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

Tai Chi Class with Arthur Soohoo will NOT be held at 10:00am in the Activity Room at Blue Hill. Join Arthur next week.

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

Come to the Café BBQ at the café at Brush Hill from 12:00 to 2:00pm. Call 617-361-7778 to arrange transportation.

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

If you signed up for the Guided Tour of the Head to Toe Exhibit at the Eustice Estate, please meet the van at 1:30pm from Brush Hill and at 1:40pm from Blue Hill.

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.

Friday, September 14th:

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.



Friday, September 14th:

Accessing the Ride with Best of Care will be held at 11:00am in the Activity Room at Blue Hill. Angela Wilson, Best of Care Scheduling Coordinator in our Fuller Village office, will be meeting with any interested resident to discuss the basic eligibility and access of The Ride – an MBTA transportation system. The purpose of the meeting is to answer any questions that the residents may have about accessing and using The Ride. Light refreshments will be served. Please note that this program will be held at Brush Hill at 9:30am on Monday, September 17th

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.

Scrabble Players meet in the Card Room at Brush Hill at 1:30pm today.

The Great Decisions Film *America's Defense Strategy* will be shown at 2:00pm in the Function Room at Brush Hill. How does the military function in today's shifting international order and what role should diplomacy play in the US defense strategy? This film will be shown again on Friday, September 28th before the facilitated discussion.

Join local artist Lee Hoey at 2:30pm in the Café at Brush Hill for group painting and instructions. These free lessons are open to all.

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.

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

Tom Madden Live! at 6:30pm in the Activity Room at Blue Hill. Tom performs a wide variety of music with keyboards, guitar and song. With over 30 years of entertaining audiences of all ages, you are sure to enjoy him. If you would like to attend and need a ride, call 617-361-7778 to arrange transportation

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

Saturday, September 15th:

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 – 12:00pm.

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

Discover Curiosity Stream at 2:00pm in the Library at Brush Hill and in the Coffee/Card Room at Blue Hill. Today's program is *Meet the Avatars*: Imagine you could make a copy of a loved one. An interactive, digital clone that could have a life of its own. Their Avatar. That's the dream of biomechanical engineer, Dr. Jordan Nguyen. He says we have the technology to do it, right now, in the form of Virtual Reality.

Sunday, September 16th:

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.

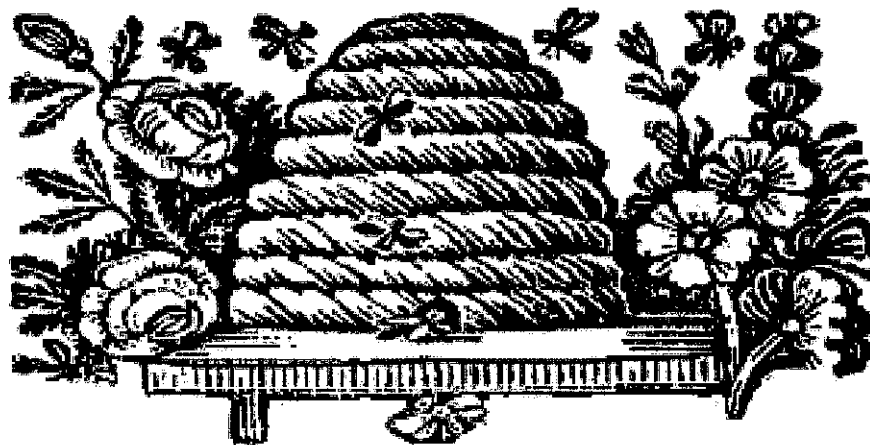
The Pool is open for Resident & Guest swim for guests age 16 or older from 1:00pm – 2:00pm.

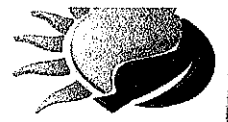
Sunday, September 16th:

Join a resident Hymm Sing at 3:30pm in the Function Room at Brush Hill – you can sing, listen or hum along - everyone is welcome! Thank you to Amabelle Follett, Muriel Wood and Elsa Freeman for arranging.

Opera in the Afternoon presents *Cavalleria Rusticana & Pagliacci* at 1:30pm in the Activity Room at Blue Hill. This afternoon you will enjoy ann Italian opera in a prologue and two acts, with music and libretto by Ruggero Leoncavallo. It is the only Leoncavallo opera that is still widely performed. Opera companies have frequently staged *Pagliacci* with *Cavalleria rusticana* by Mascagni, a double bill known colloquially as 'Cav and Pag'. Thanks to Blue Hill resident Lillian Haigh for arranging.

You won't want to miss The Dueling Pianos with Adam Bergeron and Ethan Stone at 7:00pm in the Function Room at Brush Hill. Adam Bergeron & Ethan Stone grew up in small neighboring towns in Massachusetts and even began their musical studies with the same group of piano teachers. Eventually Ethan realized that his passion was playing jazz and other more contemporary styles, while Adam became more deeply focused on classical and traditional music. Ethan began performing for a living during his junior year of high school, toured throughout Europe, and went on to earn his Bachelor of Music degree in jazz composition as a piano principal from Berklee College of Music. Adam also kept a busy performing and recording schedule, while studying piano performance, voice performance, and classical composition, at the University of Massachusetts in Amherst. Both Adam & Ethan have worked as recording artists, bandleaders, backing musicians & multi-instrumentalists in hundreds of ensembles over the last 25 years. Adam and Ethan have recently 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!





Fuller Village Dinner Menu
For the week of
September 10th through September 16th 2018

Monday

Shrimp Teriyaki over rice noodles
Turkey Tetrazzini
Baby carrots

Tuesday

Chicken Saltimbocca
London Broil with a sherry mushroom sauce
Spaghetti squash / Mashed potato

Wednesday

Greek Eggplant Lasagna
Hunter Chicken (demi-glace, tomato and vegetables)
Harvard beets / Basmati rice pilaf

Thursday

Seafood Alfredo over linguine
Breaded Pork Chop with a apple brandy demi-glace
Spinach with olive oil and garlic / Roasted potato

Friday

Baked Scallop Casserole
Roast Sirloin of Beef with a thyme demi-glace
Waxed beans / Baked potato

Saturday

Baked Ham with a pineapple raisin sauce
Stuffed Cabbage with marinara sauce
Succotash / Mashed potato

Sunday

Roast Prime Rib of Beef au jus
Stuffed Sole Florentine with a baby shrimp sauce
Hericouvert green beans / Roasted sweet potato

All Entrees are 17.95 plus tax. which includes an appetizer , beverage, and dessert
Before ordering, please make your server aware of any Food Allergies

Appetizers

A la carte \$ 2.95

Fresh Garden Salad

Fresh Caesar Salad

Chef Selection of the Soup du Jour



Alternative Menu Items

These items are available every evening in addition to the entrée selections

Omelet du Jour

3 Egg omelet with your choice of filling
(cheese, pepper, mushroom, or onion)

Fuller Village Burger

Broiled Beef patty with or without cheese
Served with lettuce, tomato, French fries and a pickle

Buffalo Shrimp Salad

Fresh Salad greens with carrot, celery, cucumber, black olives, and red onion
Topped with Buffalo style fried popcorn shrimp
served with Blue cheese dressing

Each of the above items are priced at \$ 9.95 a la carte

A non alcoholic beverage is included with the above selections

Baked Haddock 17.95

Plain Baked Haddock with a hint of lemon, served with the evening side dishes.

Desserts a la carte \$2.95

Chef Selection of the Dessert du jour

Fresh Fruit Cup

Ice Cream

Vanilla, Chocolate, Coffee or Rainbow Sherbet

Sugar Free Jell-O / Sugar Free Strawberry Ice Cream

Top any of your favorite desserts with
raspberry sauce, chocolate sauce, caramel topping, whipped cream, or melba sauce

Notice: Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food-borne illness, especially if you have certain medical conditions.

It is also recommended that all ground beef be cooked to a minimum temperature of 155 degrees F

Patio Dinner Night



**On Tuesday September 11th 2018
The Brush Hill Outdoor Patio will be offering a
Broiled Scallop Dinner**

This will be on a first come, first serve basis. You must make a reservation to enjoy this offering. This is an open seating event and seating will be limited to 35 people in the outdoor patio area.

**Please call 617-361-7900 by Monday September 10th 2018
Join Us on September 11th at 5:30 p.m.**

We will be serving
Caesar Salad
Broiled Scallops with brown rice pilaf and asparagus
Cinnamon brown sugar ice cream with caramel topping
\$24.95

All cancellations need to be made 24 hrs in advance of this event or your account will be charged. Any no shows will also be charged to your account

SATURDAY NIGHT MOVIE 9-08-2018

BRUSH HILL AT 7:00 PM

My Fair Lady: Special Edition

In this classic cinematic version of the Broadway smash, Audrey Hepburn is at her most radiant as Eliza Doolittle, the Cockney flower girl transformed into a poised duchess by Professor Henry Higgins (Rex Harrison, reprising his Broadway role). The restored and remastered special edition includes an audio commentary with crew members and Doolittle's singing voice, Marni Nixon. The film won eight Academy Awards, including Best Picture.

BLUE HILL AT 7:00 PM

RBG

Cast: Ruth Bader Ginsburg, Bill Clinton, Sharron Frontiero

The exceptional life and career of U.S. Supreme Court Justice Ruth Bader Ginsburg, who has developed a breathtaking legal legacy while becoming an unexpected pop culture icon.

Fuller Village & Best of Times Travel Proudly Present

A Tribute to the Music of **BUDDY HOLLY**

Ritchie Valens, The Big Bopper and more...



Lake Pearl - Wrentham, MA

Thursday Oct 11th, 2018

When you look out over the landscape of tribute bands, you may notice that there are a lot of them dedicated to Buddy Holly, Ritchie Valens, The Big Bopper and their infamous Winter Dance Party. So you might wonder, what is so different about Not Fade Away? Not Fade Away was created out of survival. But not the survival of the players in the band. The band's young members have played to audiences in national tours and regional productions of various shows. Not Fade Away was created out of the survival of this incredible, legendary and important music created well over 50 years ago.

Having also been a part of many standard tribute shows, Not Fade Away creates a new show that keeps this music relevant, gives it edge, brings it into today's music scene, while not forgetting the importance of the music's place in history and the impact it had on the world. They're not just looking to dwell on "The Day the Music Died". These greats were more than their last night on earth. They were the pioneers of rock n' roll. They gifted an energetic new kind of music, changing the landscape for an entire generation of music listeners and music makers alike.

Plated Luncheon Meal Choice:

Stuffed Breast of Chicken
or Baked Schrod

Also Included: Salad, Potato, Vegetables, Breads, Dessert,
Coffee/Tea

Price: \$69pp - Includes Transportation, Lunch, Show, Tax & Gratuity

Full Payment Due @ Registration & Please Make Checks Payable to MFHC.

Space is Limited to 14 People on the Fuller Van.

To Make Your Reservation Call Muriel at (617) 361-7778

1372 Brush Hill Road/ Milton, MA 02186

Depart Brush Hill at 10:30 am/ Blue Hill at 10:40 am