

Fuller Village

in Milton

From the Desk of Deborah M. Felton

November 16, 2018

See you at the Fair!

Welcome Doris Peters-Rudnick to Brush Hill G-103 and Leo Morrissey to Blue Hill Foster 004.

Dining News - We will be accepting reservations for dinner nightly at 6:00 p.m. and 6:30 p.m. Please check your dining slips before signing and make sure it is correct. Treat your dining slip like a credit card, save your slips and check your bill! We thank you for your patronage. The Lounge is closed Thanksgiving evening and Friday, the 23rd.

Thanksgiving dinner reservations will be billed as to the number of reservations you have made. Any cancellations must be made by Tuesday, November 20th at noon.

News from my update meeting - Our maintenance staff is working to get our property ready for winter. Filters are being changed, smoke detectors checked, and any additional winter readiness is on schedule. We are working with MassSave to insulate our entire property and add some energy efficient devices. We will keep you posted on when this work will be done. Please remember we are not using the golf cart in the cold weather, if you need a ride please call Muriel at 617-361-7778 in advance.

Thanks for Giving service is Sunday, November 18th at 4:00 p.m. at First Parish Church. Come celebrate our coffee ladies!

A few corrections for Sunday, November 18th. Bingo with Curry College is at 12:30 p.m. in the Activity Room at **Blue Hill**. The Sunday afternoon movie will be shown at **2:00 p.m.** in the Activity Room at Blue Hill.

A big THANK YOU to everyone who has participated in the Residents' Association Annual Fair, chaired by Nancy Kearns. Please buy lots of raffle tickets and bring your return address label to make it easier to put on each raffle ticket.

Save the Date - A special screening of the film *Lives Well Lived* will be held on Tuesday, November 12th at 2:00 p.m. This is a wonderful film, not to be missed. **Lives Well Lived** is a feature documentary film by Sky Bergman that celebrates the incredible wit and wisdom of adults 75 to 100 years old."

Holiday decorating - Please remember no live trees or wreaths in the buildings. The common areas will be decorated by a professional decorator the first week in December.

The entire staff wishes you and your families a happy and peaceful Thanksgiving.

The Week at Fuller Village

November 19th – November 25th



Monday, November 19th:

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 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.

If you signed up for Shopping at the Fruit Center Market Place, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.

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.

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

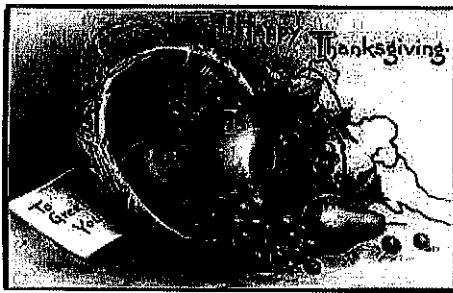
The Library Book Club will be held at 2:00pm in the Library at Brush Hill. Join Milton Library Director Will Adamczyk to discuss *Rascal King* by Jack Beatty. Please remember to bring your book with you, so we can return them to the Library. If you are unable to attend and have a book, please return it to Lisa before today's meeting. If you would like to read December's selection, *Soul Of An Octopus* by Sy Montgomery, please stop by this afternoon to pick up the book. If you cannot make it to today's Club meeting and would like a copy, contact Lisa at 617-361-2116.

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.

Historian Paolo DiGregorio presents *November 1918: War, Peace, and the Fate of the World* at 6:30pm in the Activity Room at Blue Hill. A century ago, the First World War came to end. In 1919, a treaty was created to end "the war to end wars." Yet, in the two decades after the signing of the Versailles Treaty, the world marched steadily toward another global conflict. This lecture will examine why the various peace efforts of the 1920s and 30s ultimately failed and what forces led to another world war.

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



Tuesday, November 20th:

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 Borges is now available from 10:00am to 1:00pm in the Yoga Studio at Brush Hill. Call her at 781-664-3761 to schedule an appointment or just drop in.

If you signed up for Trader Joes' in Hanover, 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.

Rich Travers presents *Music and the Military* at 1:30pm in the Activity Room at Blue Hill.

This lecture examines the use of music and its important role in the military, not just simply for 'therapeutic' reasons or for marching. From sunrise to sunset, from the battlefield to the final resting place, music is front and center in all branches of the military.

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.

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, November 21st:

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".

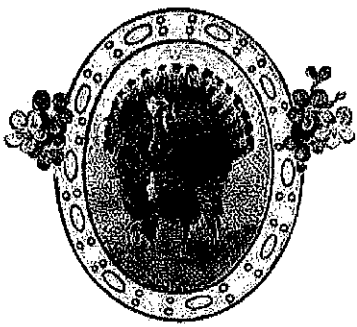
The South Shore Internal Medicine Wellness Clinic at Blue Hill is open today from 9:30am to 12:00 noon on the second floor of the Gordon House.

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.



Wednesday, November 21st:

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

The Fuller Village Chorus meets for rehearsal at 12:45pm in the Activity Room at Blue Hill. The Chorus is closed for the fall semester.

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.

Don't miss the latest episodes of *A Fuller Life* and *Fuller Talks* at 2:00pm in the Function Room at Brush Hill. The Fuller Talks panelists said before taping this month's show that they were going to have to "wing it" because they had to keep scrapping their lineup of topics due to pace of the news coming out during this runup to the 2018 midterm elections. Add in the recently-completed Special Town Meeting, and you've got a recipe for a political talk show that hits fast and hard. Hear what Pearl, Frank and Tara have to say. Resident Pat Hines served in Nepal with the U.S. Peace Corps from 1971 to 1973, and on this month's episode of "A Fuller Life," she sits down with host Blossom Glassman for an interview about her experiences there. Photos from the trip are shown in this broadcast, that also includes stories about the culture of Nepal at the time, as well as personal experiences.

Zumba Gold will not be held today. Join Guillian next week at 3:00pm in the Fitness Studio at Brush Hill.

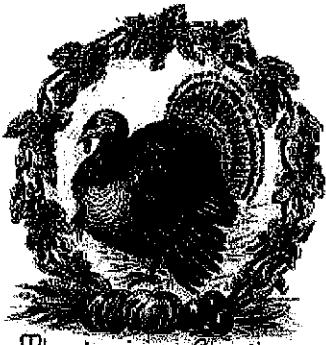
Join the Fuller Village Caring Committee, today at 3:00pm in the Parlor at Brush Hill - The Caring Committee invites you to join their monthly meetings and share in their conversations about *Healthy Aging Issues*. At their meetings they disseminate information about advances in aging research and foster awareness of those issues promoting healthy, happy, active years. Everyone is welcome! If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

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.

Don't miss the latest episodes of *A Fuller Life* and *Fuller Talks* at 6:30pm in the Activity Room at Blue Hill. The Fuller Talks panelists said before taping this month's show that they were going to have to "wing it" because they had to keep scrapping their lineup of topics due to pace of the news coming out during this runup to the 2018 midterm elections. Add in the recently-completed Special Town Meeting, and you've got a recipe for a political talk show that hits fast and hard. Hear what Pearl, Frank and Tara have to say. Resident Pat Hines served in Nepal with the U.S. Peace Corps from 1971 to 1973, and on this month's episode of "A Fuller Life," she sits down with host Blossom Glassman for an interview about her experiences there. Photos from the trip are shown in this



Thanksgiving Greetings

Wednesday, November 21st

broadcast, that also includes stories about the culture of Nepal at the time, as well as personal experiences.

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, November 22nd: Thanksgiving Day

The Office, Café, Pool and Fitness Center are Closed.

If you have made reservations, you will enjoy Thanksgiving Dinner at the Gordon House at either 12:00 noon or 2:30pm. The Lounge is closed.

Friday, November 23rd:

The Office and Café are Closed.

The Pool and Fitness Center are open from 8:00am until 2:00pm.

The Pool is open for Resident and Guest Swim from 8:00am – 11:00am.

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

The Pool is open for Family Swim from 11:00am – 2:00pm.

The Fuller Village Lounge at the Gordon House will be closed this evening.

Saturday, November 24th:

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.

Jen's Senior Ballerina Class will not be held today. Join her next week 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 *Food Markets – In the Belly of Budapest*. The largest indoor market in Budapest is also the most elegant in Europe! Spanning over three levels, the impressive central food market is long recognized as a marvel. Whether it be the freshest fish, the richest goose liver or sweetest paprika that you're looking for, you'll find it.

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, November 25th:

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.

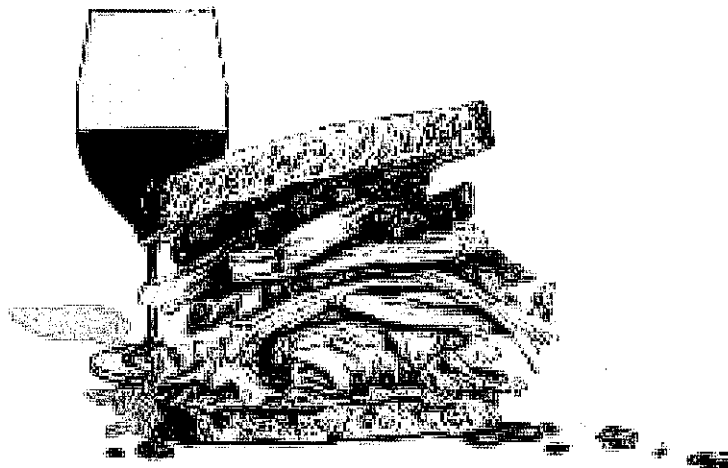
The Pool is open for Family swim for residents and their families from 11:00am – 1:00pm.

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

The Lifelong Learning Committee presents *The Greek Isles* at 7:00pm in the Function Room at Brush Hill. The Greek Islands: jewels thrown into the Aegean Sea. History and nature: Romans and Byzantines, sun worshippers and swimmers, gentle bays, sea as blue as the sky, sky as blue as the sea, and golden sand. Old cities, monasteries built on cliffs, mosaics shining with gold, the scent of the orange orchards, waving, silvery trees, taverns and cafes, windmills and idyllic, white walled villages, crowded bays... the 12 most beautiful and most visited islands in one movie!

Residents' Association Corner

It's Fair time at Fuller Village! Saturday, November 17th from 10:00 am until 2:00 pm we hope you, your family and your friends make a visit to the annual Fuller Village Fair. This is the one fundraiser of the Fuller Village Residents Association. The proceeds from the Fair funds such items as the recent Phone Directories you have received, Saturday evening movies, the recent purchase of a digital piano, various committee budgets of the Association and new books for our libraries. There have been many generous donations of time and talent to his event and now we hope you will bring the customers to make it a great success once again.



SATURDAY NIGHT MOVIE 11-17-2018

BRUSH HILL AT 7:00 PM

Mamma Mia Here We Go Again

Cast: Lily James, Amanda Seyfried, Meryl Streep

Five years after the events of *Mamma Mia!* (2008), Sophie prepares for the grand reopening of the Hotel Bella Donna as she learns more about her mother's past.

BLUE HILL AT 7:00 PM

Black Klansman

Cast: John David Washington, Adam Driver, Laura Harrier

Ron Stallworth, an African American police officer from Colorado Springs, CO, successfully manages to infiltrate the local Ku Klux Klan branch with the help of a Jewish surrogate who eventually becomes its leader. Based on actual events.



Monday

Honey Barbecued Chicken
Beef Goulash with corn bread
Broccoli / Basmati rice pilaf

Tuesday

Italian Sausage , pepper, onion and potato bake
Honey mustard glazed Braised Beef Brisket
Roasted Carrots / Mashed potato

Wednesday

Veal Parmigiana over spaghetti
Pan Seared Scallops with a lemon garlic sauce over herbed risotto
Medley of Vegetable

Thursday

Thanksgiving Dinner Buffet

Reservations Only



Friday

Grilled Swordfish Steak with a lime and coriander rub
Sliced Medallions of Beef with a thyme demi-glace
Hericouvert green beans / Baked potato

Saturday

Sweet and Sour Chicken
Ham and Bean Dinner
Succotash / Rice pilaf

Sunday

Roast Prime Rib of Beef au jus
Baked Tilapia with a lemon cracker topping
Butternut squash / Roasted Yukon gold 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

Crabmeat Salad Wrap

Fresh Crabmeat salad with lettuce and tomato on a garlic herb wrap
Served with French fries and a pickle

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

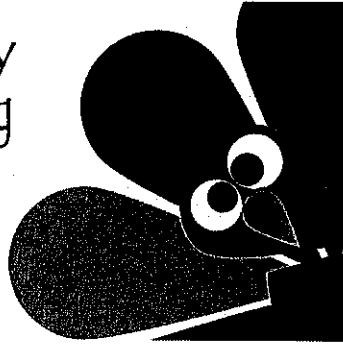
Sugar Free Jell-O / Sugar Free Strawberry Ice Cream

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

Happy
Thanksgiving



THE POOL & FITNESS CENTER WILL BE CLOSED
THANKSGIVING DAY ~ THURSDAY, NOVEMBER 22ND

THE FITNESS CENTER WILL BE OPEN

FRIDAY 11/23 FROM 8AM-2PM

SATURDAY 11/24 FROM 8AM-1PM

SUNDAY 11/25 FROM 10AM-2PM

THE POOL WILL BE OPEN

FRIDAY 11/23 FROM 8AM-2PM

8AM-11AM, OPEN SWIM (FOR RESIDENTS)

11AM-2PM, FAMILY SWIM (FOR RESIDENTS & GUESTS)

SATURDAY 11/24 FROM 9AM-1PM

9AM-11AM, OPEN SWIM (FOR RESIDENTS)

11AM-1PM, FAMILY SWIM (FOR RESIDENTS & GUESTS)

SUNDAY 11/25 FROM 10AM-2PM

10AM-11AM, OPEN SWIM (FOR RESIDENTS)

11AM-1PM, FAMILY SWIM (FOR RESIDENTS AND GUESTS)

1PM-2PM, RESIDENT & GUEST SWIM (FOR GUESTS OVER AGE 16)

Cheap Eats Night



**On Wednesday November 28th, 2018
the Blue Hill Lounge will be offering
“Over Stuffed Potato Night”**

This will be on a first come, first serve basis. You must make a reservation to enjoy this offering. Seating will be limited to 18 people in the lounge area

Please call 617-361-7900 by Friday November 23rd 2018

Join Us on November 28th at 5:30 p.m.

We will be serving an overstuffed potato with mild beef chili, cheese, sour cream, tomatoes, and bacon bits

\$10.95 per person



The Board of Directors of
Milton Fuller Housing Corporation
cordially invites you to join in
celebrating the holiday season
at our

ANNUAL HOLIDAY PARTY

Thursday, December 6th
6:00 p.m.

at 1372 Brush Hill Road
in our Function Room

Hope to greet you at the party!

Marvin A. Gordon
President & Chairman of the Board
Milton Fuller Housing Corporation
This event is for residents only.

