

Fuller Village

in Milton

From the Desk of Deborah M. Felton
December 14, 2018

Thank you to all the Fuller Village staff who helped make our annual holiday party a success. If you wore a black coat to the holiday party, please check and make sure you took home your coat and not someone else's coat. A resident in the Foster building is missing her black car coat with a fur trimmed hood. There was a key in the pocket. She has your long black coat and will be very happy to get her coat back and give you your coat. Please check your coat closet!

Please join us on Tuesday, December 18th from 3:30 – 5:30 in the Gordon House Library to view and take photos with the 2018 Red Sox World Series Trophy. The World Series trophy visiting Fuller Village was made possible by Brian O'Halloran of the Red Sox, son in law of Foster Residents, Joanne and Fred Hopkinson. Please be sure to call for a ride if needed. This is open only to Fuller Village residents.

Dining News - Please plan ahead. There are special dinners on Monday, December 24th and Monday, December 31st. There are no take-outs on those two days. The dining room is closed on Christmas Day. Box lunches are available for Depoyan Residents. The Lounge is closed on Thursday, December 20th for the Red Hats dinner.

More dining news...beginning in January, I will be conducting listening meetings with small groups of residents. We are interested in hearing about what you want from dining services and how we can meet your requests and build on your ideas. If you are interested in participating in one of the meetings, please send an email to Jdigiano@fullervillage.org. Joey will get back to you in January.

Eyeglasses-we will collect eyeglasses until December 21st and send them to Eye Make A Difference.

Do you love opera? David Won and Tim Steele will be back at Fuller Village on Sunday, December 16th at 7:00 pm. David has a beautiful tenor voice and is accompanied by Tim on piano.



— LIVE A FULLER LIFE —

PRIMARY EMERGENCY CONTACT INFORMATION

RESIDENT NAME: _____ **UNIT #:** _____

Dear Resident,

Fuller Village is excited to introduce our partnership with VoiceFriend. VoiceFriend allows our community to send important alerts and reminders to you - such as community information and weather and related emergency updates directly to your phone (home phone or cell), email and/or text. There is no charge for this valuable service and we will begin using this new service shortly.

Additionally, we will have the ability to send updates to your primary emergency contact as well. As an example, in the event of a weather emergency or a power outage, we will be able to send a voice message, email and/or text message to your primary emergency contact.

Below, please share with us the best way to communicate with your primary emergency contact (for example, your son, daughter, daughter-in-law, niece, nephew or close friend). Please note, the VoiceFriend solution is an additional means of communication and will in no way replace the direct communications necessary to keep you comfortable with what is happening at Fuller Village. All contact information will remain confidential and will be used solely for communications by Fuller Village.

Should you have any questions, please do not hesitate to contact my assistant, Joey DiGiano at 617-361-3231 or jdigiano@fullervillage.org.

Sincerely,

Deborah Felton

_____	_____
Primary Emergency Contact Name	Relationship to Resident

Please provide the preferred way for your primary emergency contact to receive communications from Fuller Village: **(Please be sure to print legibly. Thank you.)**

— **Primary Emergency Contact Cell Phone Number:** _____

— **Primary Emergency Contact Home Phone Number:** _____

— **Primary Emergency Contact Email Address:** _____

— **Primary Emergency Contact Text Message (requires Cell Phone number above):**

You may check more than one method of communication.

Please return to the front desk no later than Friday, December 21st. Thank you

The Week at Fuller Village

December 17th – December 23rd



Monday, December 17th:

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

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

Aqua Zumba at 9:15am is cancelled this morning.

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 4:00pm in the Card Room at Brush Hill.

The Library Book Club will be held at 2:00pm in the Library at Blue Hill. Join Milton Library Director Will Adamczyk to discuss *Soul Of An Octopus* by Sy Montgomery. 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 January's selection, *Truck Full Of Money* by Tracy Kidder, 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.

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, December 18th:

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.

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



Tuesday, December 18th:

If you signed up for the trip to Trader Joe's and Lunch at Panera Bread, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.

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.

Music for Violin, Cello & Piano will be performed at 2:00pm in the Function Room at Brush Hill. Join pianist Rita Moerschel, Boston retired Boston Symphony Orchestra cellist Joel Moerschel and violinist Rose

Moerschel for an hour of beautiful music. You will enjoy Duos & Trios by Amy Beach, Dianne Rahbee and Tchaikovsky. Everyone is encouraged to attend – call 617-361-7778 to arrange transportation.

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.

This Just In! The 2018 World Series Trophy will be on display in the Library at Blue Hill from 3:30pm to 5:30pm. Call 617-361-7778 to arrange transportation. This event is for Fuller Village residents only.

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, December 19th:

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 Jen.

The Fuller Village Chorus will not rehearse on Wednesday, this week or next week.



Wednesday, December 19th:

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.

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

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.

Join the Sharon Community Chorus for their Winter Concert at 7:00pm in the Function Room at Brush Hill. The Chorus has been an integral part of “The Arts” in this area since it was first organized in 1967. Members come from Sharon and neighboring towns. Directed by Brett Hinkel and accompanied by pianist Ed Barresi, the Chorus will perform a variety of Holiday music. This is Brett and Ed’s 10 season as Music Director and Pianist. Join them for a thoroughly enjoyable evening! If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

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, December 20th:

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.

If you signed up for Christmas at the Eustis Estate, please meet the van at 1:00pm at Brush Hill and at 1:10pm at Blue Hill.

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

***Crafts with Cindy* will be held at 1:30pm in the Activity Room at Blue Hill.** Nothing says the holidays like cookies! We will make delicious ginger bread cookies gift wrapped for giving or a special snack just for you. All the materials you need to create this project will be provided. This is a free event limited to 8 people. Please call 617-361-7778 to sign up.

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 closed this evening.



Thursday, December 20th:

The Red Hats will hold their Holiday Banquet at 6:00pm in the Dining Room at the Gordon House. Please call 617-361-7778 to arrange transportation.

Friday, December 21st:

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.

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.

Please join Suzanne Scanlan of MetroArtLinks at 2:00pm in the Function Room at Brush Hill for a presentation on her new book called *Divine and Demonic Imagery at Tor de'Specchi: Religious Women and Art in Fifteenth-Century Rome*. In the fifteenth century, a group of women who called themselves the Oblates of Santa Francesca commissioned an impressive array of artwork for their newly acquired living quarters, the Tor de'Specchi. The imagery focused overwhelmingly on the sensual nature of Renaissance spirituality, populating the walls of their home with a highly naturalistic assortment of earthly, divine, and demonic figures. This book tells the story of what these images meant for the women who lived with them and uncovers their relationship to important papal art projects at the Vatican palace and in the Sistine Chapel.

Friday Night Services with Rabbi Benjamin Of Congregation Beth Shalom of the Blue Hills will be held at 4:30pm in the Function Room at Brush Hill. All are welcome! Call 617-361-7778 to arrange transportation.

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.

Enjoy Classical, Ragtime & Jazz Piano with Mark West at 6:30pm 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! Cal 617-361-7778 to arrange transportation

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

Saturday, December 22nd:

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

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.

Saturday, December 22nd:

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

Don't miss *Entertaining for a Cure* at 2:00 pm in the Activity Room at Blue Hill!

Entertaining for a Cure was founded by Lisa DiDiusto and her sister Julie. What began as a community service project more than 14 years ago has become a very successful fundraising effort for the American Cancer Society. This talented group is made up of Braintree students. In the last year they have raised a great deal of money which has gone directly to the American Cancer Society. This is a free event that everyone is welcome at. (Fuller Village is making a donation to the American Cancer Society). If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

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 *Asia's Monarchies: Bhutan*. We journey to the heart of these beautiful lands to understand the relationship between the people and their monarchs. Bhutan's governing party pledged recently to follow the policies of the absolute monarchy it is replacing after it won a landslide in the country's first parliamentary elections. This remote, beautiful country truly is in the throes of a noble experiment.

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, December 23rd:

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 *Everest – 50 Years on the Mountain* at 7:00pm in the Function Room at Brush Hill. Half a century ago, Edmund Hillary and Tenzing Norgay became the first humans to stand atop the highest mountain on earth. Now their sons and Brent Bishop, son of the first American to summit Everest, make a historic expedition to face Everest's unforgiving heights. Experience their harrowing, deeply individual quests to conquer this awesome peak – and discover the dramatic history of Everest, from tragedy and triumph to the unsung role of the remarkable Sherpas of Tibet. With gripping, on location filming and never-before-seen archival footage, this is the trill of Everest as only National Geographic can present it!

Residents' Association Corner

A Splendid Success

Last Thursday Brush Hill was turned into a holiday wonderland as the setting of the annual Holiday Party at Fuller Village. There was tremendous attention to detail in decorating, the music was festive, the food plentiful and delicious. Importantly the crowd was joyous. It was a great evening to greet old friends and meet new residents.

Our sincere gratitude to Deborah and the entire staff for their hard work and their countless kindnesses. It took a large number of people working beyond their job descriptions to make this party a success. We are grateful to the Fuller Village Trustees for their support of this holiday event.

SATURDAY NIGHT MOVIE 12-15-2018

BRUSH HILL AT 7:00 PM

Crazy Rich Asians

Cast: Constance Wu, Henry Golding, Michelle Yeoh

This contemporary romantic comedy, based on a global bestseller, follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family.

BLUE HILL AT 7:00 PM

Operation Finale

Cast: Oscar Isaac, Ben Kingsley, Melanie Laurent

A team of secret agents set out to track down the Nazi officer who masterminded the Holocaust.

Fuller Village Dinner Menu
For the week of
December 17th through December 23rd 2018



Monday

Beef and Peppers
Barbecued Pork Tenderloins
Herbed zucchini / Basmati rice pilaf

Tuesday

Baked Salmon with a garlic and brown sugar glaze
Chicken Kiev with supreme sauce
Broccoli with red pepper / Mashed potato

Wednesday

London broil with a sherry mushroom sauce
Stuffed Cornish Game Hen with an orange glaze
Spinach with olive oil and garlic / Wild rice pilaf

Thursday

Chicken Parmesan over spaghetti
Beef Bourguignon
Medley of vegetables / Roasted potato

Friday

Fried Scallops with French fries and Cole slaw
Roasted Sirloin of Beef with a thyme demi-glace
Carrots / Roasted asparagus / Baked potato

Saturday

Seafood Baked Macaroni and Cheese
Pot Roast Dinner
Peas and mushroom / Roasted sweet potato

Sunday

Roast Prime Rib of Beef au jus
Grilled Swordfish with maître d butter
Green beans almandine / Mashed 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

Turkey Reuben Sandwich

Deli sliced turkey ,swiss cheese and thousand island dressing grilled on
Marble rye bread 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

CHRISTMAS EVE
MENU
MONDAY DECEMBER 24TH 2018

at 12:00 noon

In the Dining Room at Blue Hill

Caesar Salad

Or

Clam Chowder

Roast Prime Rib of Beef au jus

Roasted Prime Rib of Beef au jus

Or

Fresh Baked Haddock

Fresh Baked Haddock with an herbed crumb topping

All Entrees are served with roasted Yukon gold potatoes and green beans almandine

Strawberry Shortcake

Warm biscuit with fresh strawberry sauce and fresh whipped cream

All Entrees are \$17.95 plus tax, all inclusive

By Reservation Only. Call 617-361-7997 no later than Friday

December 21st, 2018 at 3:00pm to make your reservation

There will be no To-Go orders this day, please join us in the dining room



~Fuller Village New Years Eve 2018~

Monday December 31st, 2018
In the Dining Room at Blue Hill
\$21.95 per person
Seating's @ 12:00 pm or 2:30 pm

~ Starters ~

Seafood Bisque
or
Caesar Salad

~Entrees~

Roasted Rack of Lamb with a thyme demi-glace

Pistachio Crusted Salmon with a lemon beurre blanc

Above entrees accompanied with

Rissole potato
Roasted Asparagus and red pepper

~Dessert~

Triple Chocolate Mousse Cake

Delicate chocolate mousse cake with fresh whipped cream and raspberry drizzle

complimentary glass of champagne

**By Reservation Only. Call 617-361-7900 no later than Friday
December 28th, 2018 at 3:00 pm to make your reservation**

There will be no To-Go orders this day, please join us in the dining room



Holiday / December Vacation Pool Schedule

Monday, December 24th

Open Swim: 8am-12pm

Family Swim: 12pm-2pm

Tuesday, December 25th

Pool & Fitness Closed for the Holiday

Wednesday, December 26th – Friday, December 28th

Open Swim - 8am-12:30pm

Family Swim - 12:30pm-3:30pm

Resident Swim - 3:30pm-5:30pm

Saturday, December 29th

Open Swim 9am-11am

Family Swim 11am-1pm

Sunday, December 30th

Open Swim 10am-12pm

Family Swim 12pm-2pm

Monday, December 31st

Open Swim 8am-12pm

Family Swim 12pm-4pm

Tuesday, January 1st

Pool & Fitness Closed for the Holiday