

# The Week at Fuller Village

December 31<sup>st</sup> – January 6<sup>th</sup>



## **Monday, December 31<sup>st</sup>: New Year's Eve**

### **Café Closed**

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

The Fitness Center is open from 8:00am to 4:00pm today.

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

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.

**If you made a reservation for the New Year's Eve Luncheon at 12:00pm or 2:30pm in the Dining Room at the Gordon House, you will enjoy a delicious meal of Rack of Lamb or a Pistachio Crusted Salmon with Rissole Potato's and Asparagus with Red Pepper followed by a Triple Chocolate Mousse Cake and a complimentary glass of champagne.**

The Pool is open for Family Swim from 12:00pm – 4:00pm.

**Join Pianist Larry Matthews at 2:00pm in the Activity Room at Blue Hill to ring in the New Year! Everyone is welcome.**

**Come to A Special New Year's Eve Performance! *Sound Investment* All Men's A Cappella Group will perform in the Function Room at Brush Hill at 6:30pm this evening.** A throw-back to the days of college octets and glee clubs, *Sound Investment*, is a subset of *Boston Saengerfest Men's Chorus*. *Sound Investment* sings timeless favorites, appealing to a variety of musical tastes and generations. Milton resident and *Sound Investment* member Linus Travers is hosting the group for a New Year's Eve Dinner at his house. Linus offered to bring the group to Fuller Village for a special performance before they head back to his house for dinner!

## **Tuesday, January 1<sup>st</sup>: New Year's Day**

**The Office, Café, Pool and Fitness are closed.**

## **Wednesday, January 2<sup>nd</sup>:**

**The Silver Linings Saloon is closed today.**

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 Guiliana will be held at 10:00am in the Pool.



**Wednesday, January 2<sup>nd</sup>:**

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 meet today.**

**Join Rich Travers for *Jazz Pianists* at 1:30pm in the Activity Room at Blue Hill.**

This lecture will discuss the various Jazz Pianists who played many styles of music –from Ragtime and Barrelhouse, to ballads, Boogie-Woogie and Stride. The concept of improvisation will be explored as well as re-harmonization – two of the important aspects of creating a personal ‘voice’ on the piano. Some of the performers we will listen to will include: Teddy Wilson, Oscar Peterson, Art Tatum, Chick Corea, and Brad Meldau.

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.

**The Blue Hill Book Club meets at 4:30pm followed by dinner in the Gordon House Dining Room at 5:30pm.** New members are welcome to attend. The group does book reviews as well as a book of the month. Reservations for dinner are required.

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, January 3<sup>rd</sup>:**

**The Silver Linings Saloon is closed today.**

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 Frugal Fannies shopping trip, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.**

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

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



**Thursday, January 3<sup>rd</sup>:**

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

**Friday, January 4<sup>th</sup>:**

The Silver Linings Saloon is closed today.

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.

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.

**Join Pianist Charlie Kanelos at 6:30pm in the Activity Room at Blue Hill.** Charlie is an avid musician with a background in piano, organ, and liturgical music. He's served as youth choir director at Saint Joseph Church in Needham and as organist throughout the years at many local churches as well as entertaining folks at events and parties. Call 617-361-7778 to arrange transportation.

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

**Saturday, January 5<sup>th</sup>:**

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.

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

**Join Dr. Aaron Spevack and Dr. Zulfi Mir for an *Introduction to Islam* at 12:30pm in the Function Room at Brush Hill.** Aaron Spevack is a professor of Islamic Studies who specializes in the intersections of Islamic law, theology, philosophy, and mysticism. He has authored several books and articles, including *The Archetypal Sunni Scholar: Law, Theology, and Mysticism in the Synthesis of al-Bajuri* (SUNY, 2014). He has been invited to speak at universities, conferences, and institutions around the country on a variety of topics, and occasionally consults media and law firms on topics related to Islamic practice. Dr. Zulfi Mir is a Physician by profession, married and a father of three children whom he homeschools. He specializes in medicine and has studied cancer for some time. Thank you to Elsa Freeman and Peg Riley for arranging to bring both scholars in to speak about Islam so that Fuller residents might have a better understanding of Islamic culture and its religion.

**Saturday, January 5<sup>th</sup>:**

**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: Brunei*. Brunei may be one of the

**Saturday, January 5<sup>th</sup>:**

richest nations in the world, but financial problems have beset even their royal house. The sultan has recently made moves towards some form of partial democracy. However, it is up to him whether or not he introduces it. Why did he make a move to do so, and then let it drop?

**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, January 6<sup>th</sup>:**

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 the Sunday Afternoon Movie at 2:00pm in the Activity Room at Blue Hill.** Today's movie is *A Gentleman's Agreement* starring Gregory Peck

**Violinist Emil Altschuler and Pianist Marvin Wolfthal will perform a selection of Bach, Brahms, DeBussy and Ravel at 7:00pm in the Function Room at Brush Hill.** Pianist and composer Marvin Wolfthal was born in Bridgeport, Connecticut, where he studied piano with Murray and Loretta Dranoff. He studied composition at Columbia University with Charles Wuorinen and Harvey Sollberger and piano with Claudio Arrau and Rafael de Silva. He was a founder of the Columbia Chamber Players, which performed classics of early Twentieth Century music and gave several first New York performances of works by major composers, including Pierre Boulez. In 1972 he took up residence in Milan, Italy, where he was active as a performer, teacher, lecturer and author. He was an active participant in Italian musical life and was one of the founding directors of the program "Music in our Time" organized by the city of Milan. During this time Wolfthal performed widely, devoting particular attention to important American composers, including premieres of works by Roger Sessions, Donald Martino and Elliott Carter. He gave the Italian premiere of Elliott Carter's Piano Concerto at the Venice Biennial Festival with the Milan RAI Orchestra. On returning to the United States he joined the faculty of the Manhattan School of Music, where he taught graduate seminars in interpretation and advanced musical theory. He has presented graduate seminars in interpretation at the Longy School in Cambridge. Master violinist, Erick Friedman wrote of violinist Emil Altschuler "... a truly outstanding violinist of his generation ... and sound and accuracy of intonation that are truly extraordinary" and The Strad magazine praises "Passion and portamento from a young American violinist". And The Whole Note writes "There's a decidedly old-style feel to ... very reminiscent of Heifetz." He received his Bachelor of Music from The Juilliard School under Doherty DeLay and Naoko Tanaka and his Master of Music from The Yale School of Music under Erick Friedman. He has performed in Lincoln Center, San Francisco's Helen Von Ammon's Emerging Artist Series, The Aspen Music Festival, and Italy's Castello di Galeazza.

**Condolences to Herb Colcord and his family on the death of his wife Audrey. Herb and Audrey have lived at Brush Hill for the past 14 years.**



**Monday New Years Eve**

Roasted Rack of Lamb with a thyme demi-glace  
Pistachio Crusted Salmon Fillet with a lemon butter beurre blanc  
Rissolle potato / Roasted Asparagus with red pepper

**Tuesday**

Tequila Lime Shrimp  
Roasted Statler Chicken Breast with a supreme sauce  
Herbed zucchini and tomato / Basmati rice pilaf

**Wednesday**

Veal Parmigiana over spaghetti  
Beef Stew with a biscuit  
Roasted vegetables

**Thursday**

Stuffed Roasted Pork Loin with a brandy demi-glace  
Seared Scallops Scampi over angel hair pasta  
Honey glazed carrots / Mashed potato

**Friday**

Baked Haddock with a lemon cracker crumb topping  
Broiled Sirloin Strip Steak with caramelized onion  
Green beans / Stewed tomato / Baked potato

**Saturday**

Cheese Ravioli with Italian Sausage  
Chicken Marsala  
Succotash / Wild rice pilaf

**Sunday**

Roast Prime Rib of Beef au jus  
Stuffed Chicken Florentine with a supreme sauce  
Butternut squash / Roasted Yukon 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

Grilled Shrimp Caesar Salad

Fresh Romaine Lettuce with parmesan cheese, croutons  
and a Caesar style dressing. Topped with grilled marinated shrimp

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



**Best of Care**  
OUR Family Serving YOUR Family

*Fuller Village*  
in Milton

## **Technology Troubleshooting Service at Fuller Village**

Tired of coordinating rides with Uber and Lyft, resetting the WiFi, resetting passwords, troubleshooting iPads and iPhones, setting up Alexa and other time consuming technological tasks?

Allow Best of Care to help! As the onsite, preferred provider of home care to the residents of Fuller Village, we are happy to announce that we can now provide assistance to residents by troubleshooting their technology questions and issues.

### **How Does it Work?**

- 1) Call the Fuller Village office 617-773-5800 x202 between 8:30am – 4:30pm Mon-Fri (leave a message 24/7 with our answering service) or email Angela Wilson, Scheduling Coordinator; [angela@bestofcareinc.com](mailto:angela@bestofcareinc.com)
- 2) Make an appointment for our staff to come directly to your residence to assist and resolve your specific issue.

### **How Much Does it Cost?**

**\$30/hour (one hour minimum)**

- Pay by credit card or check

### **What Can We do? Not Listed? Just ask to see how we can help!**

- Set up Uber app
  - Link existing MBTA "The Ride" accounts to subsidized Uber accounts
- Set up Lyft app
- Set up Instacart or PeaPod grocery delivery services
- Install/use/troubleshoot apps
  - Establish and save payment information within desired apps
  - Establish usernames/passwords for desired apps
- Add, access and sync email accounts to cell phones and tablets
- Recover and reset passwords for accounts and devices
- Recover Apple ID, The Ride ID and other IDs required for desired apps and/or programs
- WiFi connectivity issues
- Connecting to printers
- Create Social Media accounts
  - Troubleshoot existing social media questions
- Assist with transferring photos from drive or thumb storage to Google Photos or desired photo storage product
- Assistance with Amazon Alexa and Echo products
- General iPhone/Smart phone/iPad/tablet assistance
  - Includes passcode setup
  - Emoji use
  - Camera use

# **SATURDAY NIGHT MOVIE 12-29-2018**

**BRUSH HILL AT 7:00 PM**

## ***National Lampoons Christmas***

*Cast: Chevy Chase, Beverly D'Angelo, Juliette Lewis*

The Griswold family's plans for a big family Christmas predictably turn into a big disaster.

.....

**BLUE HILL AT 7:00 PM**

## ***Puzzle***

*Cast: Kelly Macdonald, Irrfan Khan, David Denman*

Agnes, taken for granted as a suburban mother, discovers a passion for solving jigsaw puzzles which unexpectedly draws her into a new world - where her life unfolds in ways she could never have imagined.



# *In January the Fuller Van is going to:*

**Frugal Fannies**

**Thursday, January 3rd**

**10:00 am Brush Hill, 10:10 am Blue Hill**

**University Ave Shopping**

**Tuesday, January 8th**

**10:00 am Brush Hill, 10:10 am Blue Hill**

**Breakfast at Newcomb Farms**

**Thursday, January 10th**

**9:00 am Brush Hill, 9:10 am Blue Hill**

**Shore Shore Plaza**

**Tuesday, January 15th**

**10:00 am Brush Hill, 10:10 am Blue Hill**

**Men's Lunch at Granite Links**

**Thursday, January 17th**

**11:15 am Brush Hill, 11:25 am Blue Hill**

**Lunch at Legal Seafood**

**Tuesday, January 22nd**

**11:15 am Brush Hill, 11:25 am Blue Hill**

**Day of Beauty at Blue Hill Regional Vocational School**

**\$30 per person payable at the School**

**Thursday, January 31st**

**8:30 am Brush Hill, 8:40 am Blue Hill**

*Call 617-361-7778 to make your reservations. Please make checks payable to MFHC. We will require a minimum of 5 people to run these trips and they are weather dependent. Please note that these are unescorted trips. If you need assistance you will need to make arrangements for a companion to accompany you on the trip.*