

# Fuller Village

*in Milton*

**From the Desk of Deborah M. Felton  
January 18, 2019**

**Our offices and cafe are closed on Monday, January 21<sup>st</sup> in commemoration Of the Martin Luther King Holiday. Fitness Center and Pool are open all day. Yoga will be held as scheduled on Monday unless cancelled due to snowstorm travel.**

**The lounge is closed on Wednesday, January 23<sup>rd</sup> for Cheap Eats Night and Thursday, January 24<sup>th</sup> for Pub Night at Brush Hill. Join your friends at Pub Night for a fun evening of 50's music and dance!**

**Milton Residents Fund thanks the Fuller Village residents for their generosity during the holiday gift card fundraiser for teens.** Fuller Village residents and staff contributed \$1089.00! The Milton Residents Fund was established by Edith Endicott Stebbins, wife of the Roderick Stebbins who was the minister of First Parish Church from 1886 to 1928. Mrs. Stebbins established the Milton Board of Public Welfare in 1917 which then became known as the Milton Residents Fund. She was the architect of a private support system for community members in need.

**Dining Surveys** - If you haven't filled out your surveys, please do so at your convenience and drop it off at the concierge desk. We are meeting with groups of residents through this Friday. If you would like to join our final listening session, please call Joey DiGiano at 617-361-3231.

**Bridge** - If you are interested in a weekly bridge game at Blue Hill, please let the concierge desk know so we can facilitate putting this together.

**Mediterranean Buffet on Wednesday, January 30<sup>th</sup> is filling up fast.** We are accepting reservations. Please call the concierge desk at Blue Hill, 617-361-7900.

**Lost Money**- If you take money out of the ATM, please make sure you take all the cash that is dispensed. We found cash last week at the ATM. We have also found other money which obviously has fallen out of peoples' pockets in and around our campus.



# The Week at Fuller Village

January 21<sup>st</sup> – January 27<sup>th</sup>



## **Monday, January 21<sup>st</sup>: Martin Luther King Day - The Office and Café are Closed.**

The Pool is open for Open Swim from 8:00am – 12:30pm.

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

Aqua Zumba **will not** be held at 9:15am this morning.

Blue Hill Wii Players **will not** 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.

**Chair Yoga Balance will not be held today.** Join Jen next week 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.

**Join Brush Hill residents Lorraine Allen and Libby Kaplan at 2:00pm for Café Bingo at Brush Hill! Everyone is welcome. You will have a chance to win some great prizes!**

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

The Pool is open for Resident and Guest Swim from 4:30pm - 7:00pm.

The Pool is open for Family Swim from 12:30pm – 4:30pm.

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

## **Tuesday, January 22<sup>nd</sup>:**

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.

**The Fuller Van is going to Lunch at Legal Seafoods in Braintree – Lunch is on Your Own**  
Designed to evoke memories of vintage seafood restaurants, Legal Seafoods in Braintree offers as many seating options as fish in the sea. Those looking to satisfy any thirst (or hunger) for fun, can choose between our bar, oyster bar or table and booth seating alongside the open kitchen. Their



## **Tuesday, January 22<sup>nd</sup>:**

menu includes all the Legal Sea Foods classics, but also some specialties of the house that will reel you in as well. This trip is limited to 12 people. We will depart Brush Hill at 11:15am and Blue Hill at 11:25am. You will return to Milton at approximately 3:00pm. Call 617-361-7778 to sign up.

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.

**Join Milton Library Director Will Adamczyk to discuss *Truck Full Of Money* by Tracy Kidder in the Library at Brush Hill at 2:00pm.** 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 February's selection, *Never Caught: The Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge* by Erica Armstrong Dunbar, 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.

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.

**Historian Paolo DiGregorio presents *Dead Presidents: Crisis, Conspiracy, and Constitutional Succession* at 7:00pm in the Function Room at Brush Hill.** Of the 45 men that have been President of the United States, eight have died in office. Though the Constitution lays out a presidential succession, oftentimes the unexpected death of a president is surrounded by shock and uncertainty. This talk will look at what happens when a president dies.

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, January 23<sup>rd</sup>:**

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.



### **Wednesday, January 23<sup>rd</sup>:**

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 Carol.

**The Fuller Village Chorus Spring Session continues at 12:45pm in the Activity Room at Blue Hill.** New members are encouraged to join the Chorus through January 30<sup>th</sup>. Come give it a try - no experience necessary!

**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 is 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.

**Classical Pianist Bruce Pratt will perform at 2:00pm in the Activity Room at Blue Hill.** Bring a friend and spend the afternoon being entertained by this talented concert pianist and his son! Mr. Pratt's performance includes commentaries and humorous anecdotes...Come Enjoy!!

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.

**If you signed up for Cheap Eats Night in the Lounge, you will enjoy Overstuffed Potato Skins with Mild Beef Chili, Guacamole, Cheese, Sour Cream, Tomatoes and Bacon Bits. Call 617-361-7900 to make your reservation.**

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 24<sup>th</sup>:**

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.

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.

We are showing the December episode of a Fuller Life at 3:00pm in the Activity Room at Blue Hill. You won't want to miss this delightful show conceived and produced by Fuller Village residents! Each episode will highlight a variety of Fuller residents enjoying life at both Blue Hill and Brush Hill. The Fuller Village Craft Fair is an annual bazaar of holiday themed treats, many edible, some



### **Thursday, January 24<sup>th</sup>:**

wearable and others useful or just nice to look at, all created by local artisans and residents. Host Nancy Kearns takes a tour around the fair on a new episode of “A Fuller Life” to see what the crafters have been up to. Wrapping up the holiday season and plunging into the new year, the “Fuller Talks” panel looks back at the legacy of the late President George H. W. Bush, the upcoming Town Meeting, the Blue Hills Deer Hunt, the status of recreational marijuana in the state as

recreational dispensaries open, and other topics. Please note that this will be shown again on Thursday, January 31<sup>st</sup> at 7:00pm in the Function Room at Brush Hill.

The Fuller Village Lounge at the Gordon House is closed this evening. Join us at Pub Night at Brush Hill at 6:30pm.

**Wear your dancing shoes to our first 50’s Pub Night at 6:30pm in the Function Room at Brush Hill with Maestro Rich Travers and Dance Instructor Chris Kindelan!** This event is co-sponsored by the Fuller Village Resident’s Association and Fuller Village. Rich will introduce you to a variety of music and dances that were popular in the 1950’s followed by instruction on how to do them with Chris! This promises to be a fun-filled evening of education and dance! We will have a bartender on hand to mix your favorite cocktails (that can be charged to your account) as well as a variety of 50’s Hors d’oeuvres for your enjoyment. Call 617-361-7778 to arrange transportation.

### **Friday, January 25<sup>th</sup>:**

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

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

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

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 2019 Great Decisions film *Refugees and Global Migration* will be shown at 2:00pm in the Function Room at Brush Hill.** Today, no countries have open borders. Every state in today’s global system has its own laws and policies about who is permitted to cross its borders, and how they will do so. Who determines whether someone is a refugee or a migrant? How have different countries, including the United States, reacted to migration? How effective are the international laws, policies and organizations that have evolved to assist and protect refugees and migrants? Please note that this film will be followed up with a facilitated discussion in the Parlor 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 Lifelong Learning Committee presents *RBG Hero.Icon.Dissenter* at 6:30pm in the Activity Room at Blue Hill.** At the age of 85, US Supreme Court Justice Ruth Bader Ginsburg has developed a lengthy legacy while becoming an unexpected pop culture icon. But the unique personal journey of her rise to the nation’s highest court has been largely unknown, even to some of the biggest fans - until now. RGB explores Ginsburg’s life and career.



**Friday, January 25<sup>th</sup>:**

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

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

**Saturday, January 26<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 a 5<sup>th</sup> grade Milton Troop starting at 12 noon in the Lobby at Brush Hill to purchase Caramel Delites (used to be Samoas), Chocolate Thin Mints, Peanut Butter Patties, and Shortbread Cookies.** The Cookies are \$5 a box payable by cash or check. This troop of Milton girls is looking forward to visiting! Stop by and stock up. Please note that the girls will be back on Saturday, February 9<sup>th</sup> to sell cookies at Blue 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 *Happiness is on The Plate*: In the United States, Alice Waters is a superstar. Founded in 1971 in Berkeley, California, her restaurant Chez Panisse has become a legend. It is a meeting place, a place of "pilgrimage", and the epicenter of the good food freedom movement in the kingdom of junk food.

**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 27<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 Blue Hill at 2:00pm this afternoon – Everyone is welcome!**

**Come to the Pizza Party at Brush Hill!** Join your friends in the café for pizza. You will enjoy hot-from-the-oven Olympic pizzas delivered to you at 6:00pm. The pizza cost, \$6 per person for 2 slices of pizza and soda, is payable the evening of the Pizza Party.

**The Lifelong Learning Committee presents *RBG Hero.Icon.Dissenter* at 7:00pm in the Function Room at Brush Hill.** At the age of 85, US Supreme Court Justice Ruth Bader Ginsburg has developed a lengthy legacy while becoming an unexpected pop culture icon. But the unique personal journey of her rise to the nation's highest court has been largely unknown, even to some of the biggest fans - until now. RGB explores Ginsburg's life and career.

# **SATURDAY NIGHT MOVIE 1-19-2019**

**BRUSH HILL AT 7:00 PM**

## ***Molly's Game***

*Cast: Jessica Chastain, Idris Elba, Kevin Costner*

The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target.

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**BLUE HILL AT 7:00 PM**

## ***The Book Thief***

*Cast: Sophie Nelisse, Geoffrey Rush, Emily Watson*

While subjected to the horrors of World War II Germany, young Liesel finds solace by stealing books and sharing them with others. In the basement of her home, a Jewish refugee is being protected by her adoptive parents.



Fuller Village Dinner Menu  
For the week of  
January 21st through January 27th 2019



**Monday**

Beef Mongolian Style ( garlic and ginger sauce )  
Shrimp Creole  
Broccoli / Brown rice pilaf

**Tuesday**

Fried Chicken with gravy  
Scallop Stir fry over rice noodles  
Brussel sprouts / Mashed potato

**Wednesday**

Veal Scaloppini  
Seafood Diablo over linguine  
Sautéed Swiss chard / Basmati rice pilaf

**Thursday**

Turkey Cutlet with a supreme sauce  
Braised Pork Chops with caramelized onions  
Green beans / Roasted fingerling potato

**Friday**

Honey Mustard Glazed Beef Brisket  
Baked Fresh Haddock with a cracker crumb topping  
Zucchini and tomato / Carrots / Baked potato

**Saturday**

Stuffed Cabbage with tomato sauce  
Linguine and clams in a white wine garlic sauce  
Peas with mushroom / Rice pilaf

**Sunday**

Roast Prime Rib of Beef au jus  
Baked Stuffed Sole with a baby shrimp sauce  
Butternut squash / 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

Provencal chicken salad with roasted peppers and artichoke

Grilled chicken with sundried tomato, olives, roasted red pepper, grape tomatoes  
And marinated artichokes in a Dijon vinaigrette, served over field greens

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

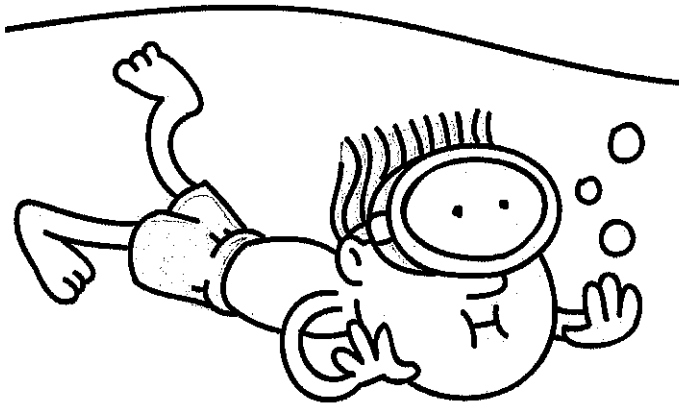
Vanilla, Chocolate, Coffee or Rainbow Sherbet

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



## Martin Luther King Day

The pool will be open from 8am-7pm

### Schedule

Open Swim	8:00am-12:30pm
Family Swim	12:30pm-4:30pm
Resident & Guest	4:30pm-7pm

The Fitness Center will be open

8am-5pm