

The Week at Fuller Village

February 4th – February 10th



Monday, February 4th:

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.

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 is Cancelled this morning 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. New players are welcome.

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

New at Fuller Village! *Travels with Eileen* at 2:00pm in the Activity Room at Blue Hill. Eileen Cotter Wright is a freelance travel writer from Kingston, MA. She's visited more than 30 countries and owns a travel blog called PureWander.com. She loves storytelling and meeting people in new places and trying the local delicacies! Journey to Europe as you take a 'tour' of Italy together. Italy's delicious food, rich history and friendly people make it the ideal country to explore. Destinations will include the rolling hills of Tuscany, the ancient city of Rome and the beautiful blue Amalfi Coast.

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, February 5th:

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.



Tuesday, February 5th:

If you signed up for the Winding River Clothing trip, 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.

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

Cribbage Players meet at 2:00pm in the Parlor at Brush Hill for organized games.

Join Jazz Pianist Ethan Stone at 2:00pm in the Function Room at Brush Hill. Ethan Stone hails from Athol, Massachusetts and attended Berklee College of Music in Boston, MA, receiving a Bachelor of Music degree, majoring in Jazz Composition. Ethan has performed throughout Europe, the USA, and in Latin America. His performances include the music of George Gershwin, Hoagy Carmichael, Rodgers and Hart, Antonio Carlos Jobim, Duke Ellington, Erroll Gardner and many more.

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, February 6th:

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 Spring Session continues at 12:45pm in the Activity Room at Blue Hill.



Wednesday, February 6th:

Podiatrist Dr. Joel Chariton D.P.M will be seeing patients in the **Wellness Clinic at Blue Hill starting at 1:00pm.** To book an appointment, please call his office directly at 781-986-3668.

Join John Clark for The History of 1950's Music *Americana Music: Country & Western* at 3:00pm in the Activity Room at Blue Hill. It all started with British Isles balladry in the early 1920s, leading up to the "big bang" of country music in east Tennessee when Jimmie Rodgers and the Carter Family made their first recordings in the same week. You'll learn how Texas became an important regional source of this music with Bob Wills' Western

Swing, Gene Autry's cowboy music, and Ernest Tubb's Honky Tonk tunes all preceding the big shift to Nashville as the country music hub after the Second World War.

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 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. Please call Roz Spigel at 617-690-3611 to let her know you will be attending.

If you signed up for the Sing & Wings night at 5:30pm in the Lounge at the Gordon House, you will enjoy an assortment of wings with all the fixings and an entertaining evening of Karaoke with your friends and neighbors! Reservations are required.

The Pool is open for Family Swim from 5:00pm – 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, February 7th:

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

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

The Curry College Nursing Collaborative *Stereotypes of Aging: Myths and Misconceptions* at 10:30am in the Function Room at Brush Hill. Join Curry Faculty and nursing students for the first of six intergenerational classes held here and at Curry College. Curry College School of Nursing Professors will present an Intergenerational Initiative focused on communication and developing relationships throughout the semester. Nursing students gain an appreciation for commonalities in human relationships, as well as insights and perspective on aging. The general theme for this year is gratitude and intentionality. They are really looking forward to being with the Fuller Village community, and hope you'll consider joining them on a regular basis. Everyone is welcome - Stop in and try it!

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



Thursday, February 7th:

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.

Crafts with Cindy will be held at 1:30pm in the Activity Room at Blue Hill. Today you will create a delightful fresh flower arrangement just in time for Valentine's Day for that special someone - YOU! This is a free event limited to 8 people – all the supplies you need will be provided. 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 open for business this evening from 5:00pm to 7:00pm.

Join Brush Hill residents Lorraine Allen and Libby Kaplan at 7:00pm for Café Bingo at Brush Hill! Everyone is welcome.

Friday, February 8th:

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.

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

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.

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

Join Historian Paolo DiGregorio at 6:30pm in the Activity Room at Blue Hill for *Kingdoms and Empires of the Fertile Crescent*. The region of the Fertile Crescent was the birthplace of civilization. It was here, by the banks of the Tigris and Euphrates Rivers, and the shores of the Eastern Mediterranean Sea, that the first cities and complex societies were established. This lecture will look at the course of 4000 years of history and tell the tale of the rise and fall of kingdoms and empires.

Saturday, February 9th:

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, February 9th:

Join Jack Goldstein for a Technology Outreach this morning starting at 10:00am in the Card Room at Brush Hill. A 11th grader at Sharon High, Jack is also Brush Hill resident Lois Wasserman's grandson! Make an appointment and get help navigating your cell phone, iPhone, laptop computer, iPad, tablet, Nook or Kindle. Can't figure out how to open a text message or send one? Want a refresher in emailing? Want to connect to the internet but not sure how to do it? Want to buy a book to read on your Kindle? Can't find that really interesting App you just heard

about and don't know where to look? Want to watch a movie on your iPad? This is your chance to ask the questions today that you usually save for your grandchildren! Please keep in mind that he may not be able to answer every question but will be able to take care of many of them! No question is too big or small. Please call 617-361-7778 to schedule a 30-minute appointment with Jack.

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

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 – Denmark*: Denmark is clearly spearheading a new style of cooking that is local and inventive. In Aarhus, Thorsten Schmidt is one of the pioneers of this Nordic revolution. He is a creative and prolific chef, in tune with the incredible nature that surrounds him.

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

It's Girl Scout Cookie time at 4:00pm in the Lobby at Blue Hill! Join a 5th grade Milton Troop and 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.

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, February 10th:

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 Sunday Afternoon Movie will be shown at 2:00pm in the Activity Room at Blue Hill.

Sunday, February 10th:

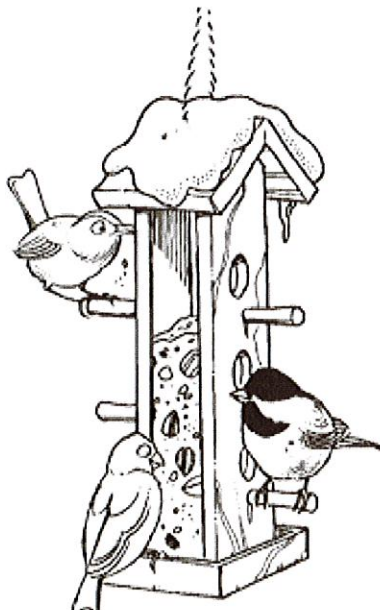
Love Songs with the Austin Burns Duo at 7:00pm in the Function Room at Brush Hill. Austin Burns is a Boston-based performer, composer, arranger, and curator of original concert programs. He is the founder of Sole Durato, an ensemble consisting of singers, guitarists and pianists, as well as percussionists on occasion. The group performs a wide-ranging repertoire of works that Austin curates and arranges, including programs highlighting the poetry of Robert Burns, Neapolitan songs, American songs, Irish songs, an exploration of opera arias, and more. Sole Durato performs across the Northeast and in the greater Boston area, including presenting music in private homes using the innovative concert presenting platform, GroupMuse. In addition to exploring its classical roots, the ensemble seeks to expand the boundaries of traditional concerts through popular music, comedy programs, and Austin's arrangements of traditional folk tunes and jazz standards. Austin's most recent programs include an all original Star Wars themed comedy program as well as a program of songs from the Gilded Age.

Residents' Association Corner
The Week That Was

Sunday, January 20th brought the first significant snowfall of 2019. Unfortunately, it combined with rain followed quickly by unrelenting, thick ice. This presented a clearing challenge which was met by our "grounds" crew who worked long into the night and the following day. On the MLK holiday, Monday, there was a heating issue which needed attention from our maintenance staff. At midweek a virus appeared which caused sufficient concern to suspend group activities for a few days.

Through the long week Fuller staff was ON! While we residents hunkered down to avoid dangerous situations our loyal and competent staff took care of countless details.

It would be impossible to enumerate the details which were addressed last week, but all decisions were made with informed and thoughtful communication among the staff followed by messages to residents. We appreciate Deborah's leadership and the dedicated staff who supervised and worked long, difficult hours through last week.



Fuller Village Dinner Menu
For the week of
February 4th through February 10th 2019



Monday

Chicken Marsala
Teriyaki Scallops
Broccoli / Basmati rice

Tuesday

Sliced Medallions of Beef with a thyme demi-glace
Pistachio Crusted Baked Salmon with balsamic drizzle
Roasted asparagus / Lyonnaise potato

Wednesday

Spaghetti with Meatballs
Sole Francaise with lemon sauce
Root vegetable medley / Wild rice pilaf

Thursday

Chicken Kiev with a supreme sauce
Crabmeat and Vegetable Quiche
Spinach / Mashed potato

Friday

Braised Short Ribs with natural gravy
Fried Butterfly shrimp with lemon butter sauce
Zucchini and tomato / Harvard beets / Baked potato

Saturday

Chicken Ziti and broccoli with olive oil, garlic and white wine
Barbecued Roasted Pork Loin
Peas with pearl onion / Brown rice pilaf

Sunday

Roast Prime Rib of Beef au jus
Lemon Herb Grilled Swordfish Steak
Acorn 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

Chicken Veronique Salad

Fresh chicken salad with green grapes served over salad greens with tomato, cucumber, olives and red onion. Served with your choice of 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

Valentine Dinner Buffet



FEATURING

Winter Salad

Fresh field greens with cranberries, walnuts, and goat cheese.
Drizzled with raspberry vinaigrette dressing

Barbecued Baby Back Ribs

Fresh Baked Haddock with herbed panko crumb topping

Green Beans almandine
Roasted Rissole Potato

Chocolate Torte with raspberry coulis

17.95 Per Person

Thursday February 14th, 2019 at the Blue Hill Dining Room

2 Seating's 4:30 pm or 6:30 pm

RESERVATIONS ONLY

CALL THE BLUE HILL CONCIERGE DESK TO MAKE
YOUR RESERVATION

Last Day for Reservations is Monday February 11th, 2019

SCAMS TARGETING SENIORS

Created by the Area Agency on Aging of Pasco-Pinellas, Inc.
Made possible through grant funds awarded by Senior Citizen Services, Inc.

1 COMMON SCAMS

SWEEPSTAKES SCAM

You've won a contest! All you have to do is claim your prize by paying some fees or taxes in advance.

HOME IMPROVEMENT SCAM

Someone wants to work on your home, but needs to be paid before the job starts. Once you pay, the job is never done.

COMPUTER REPAIR SCAM

Someone reports your computer has a virus. You either have to allow them to access your computer remotely or you have to download a free program to fix it.

GRANDPARENT SCAM

Someone claiming to be your grandchild was injured, robbed, or arrested and needs money now.

ARREST SCAM

Someone claiming to be a police, lawyer, or IRS agent is arresting you for overdue taxes. You can avoid it by sending money.

DISTRACTION SCAM

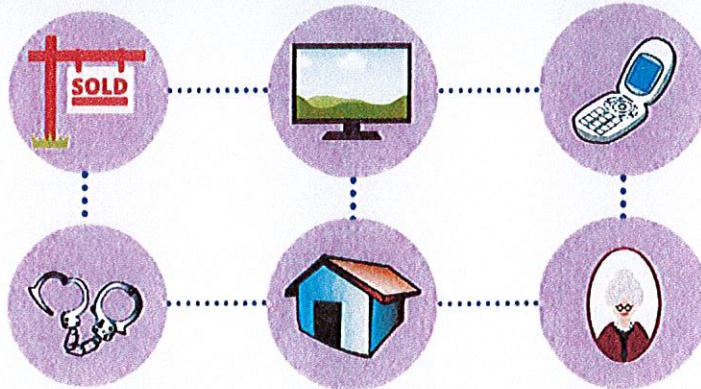
One scammer distracts the victim while the other scammer steals the victim's belongings.

FUNERAL SCAM

Someone sells a fake burial plot and puts their name on the check rather than the business's name.

INSURANCE SCAM

Someone poses as an insurance representative to capture personal information. They bill the insurance and pocket the money.



2 TIPS TO AVOID SCAMS



3 REMEMBER, REPORT!



CALL YOUR BANK OR CREDIT CARD COMPANY

CALL THE FEDERAL TRADE COMMISSION

1-877-382-4357 TO FILE A COMPLAINT

CONTACT YOUR LOCAL POLICE DEPARTMENT

MAKE AN 'IRS' SCAM REPORT

[HTTP://WWW.TREASURY.GOV/TIGTA](http://www.treasury.gov/tigta)

SATURDAY NIGHT MOVIE 2-02-2019

BRUSH 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.

BLUE HILL AT 7:00 PM

The Quartet

Cast: Maggie Smith, Michael Gambon, Billy Connolly

At a home for retired musicians, the annual concert to celebrate Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents.

SUNDAY AFTERNOON MOVIE 2-03-2019

BLUE HILL AT 2:00 PM

Love Story

With Ryan O'Neal and Ali McGraw



January 31, 2019

Dear Fuller Village Residents:

The MFHC Finance office cannot give you personal advice on how to prepare your taxes or what deductions are available to you. Tax rules change annually, and each individual's tax situation varies. **We strongly recommend that you seek the advice of your tax advisor on this matter.** The final decision as to whether or not you may claim any tax deduction rests with you and your tax advisor.

Although MFHC does pay property taxes and you do pay a monthly maintenance fee, **we do not allocate the property taxes by unit.** MFHC is the owner of the property. A life Lease is different than "home ownership" and therefore, the homeowner's property tax deduction is not available to individual residents by unit. Milton Fuller Housing Corporation does view your rental agreement as creating a landlord tenant relationship.

However, some of the following deductions may be available for some residents. **Please check with your accountant.**

1. A portion of the monthly maintenance fee that you paid **may** be deductible on your **Massachusetts State Income Tax Return** as rental expense. This deduction could be equal to 50% of the portion of your 2018 payments up to a maximum of \$3000.00 depending on whether or not you are filing as married or single. **Please contact your accountant to determine whether or not you are eligible to take this deduction.**

2. Senior Circuit Tax Breaker: Even though we are a non-profit tax exempt organization, we do pay property taxes; therefore, residents may be eligible to take advantage of this credit if you meet the income guidelines. **Please contact your accountant to see if you qualify.**

Should you have additional questions, please feel free to contact me directly.

Sincerely,

Peggy Payton

Controller