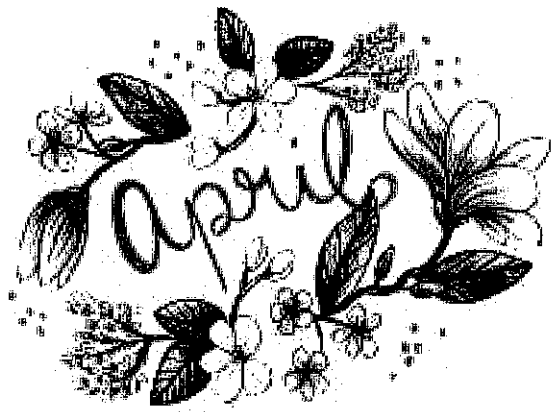


# The Week at Fuller Village

April 1<sup>st</sup> – April 7<sup>th</sup>



## Monday, April 1<sup>st</sup>:

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 need you! Bowlers meet at 9:30am in the Activity Room at Blue Hill and are looking for a few more folks that would like to join the group.**

Massage Therapy with Jen B. is available from 10am – 2pm in the Mind Body Studio at Blue Hill. Call her at 508-535-5675 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.

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

**A Residents Association Bylaws Q&A session will be held at 2:00pm in the Activity Room at Blue Hill and at 3:00pm in the Library at Brush Hill.** These meetings have been arranged to answer any questions pertaining to the changes in Resident Association Bylaws. Thank you to Jeanne Bronk for holding both sessions.

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, April 2<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 B. is available from 10:00am to 1:00pm in the Yoga Studio at Brush Hill.** Call her at 508-535-5675 to schedule an appointment.



## **Tuesday, April 2<sup>nd</sup>:**

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

**Ann Bryan, the nurse supervisor, who has worked at Fuller Village, first for Partners Health Care at Home and then facilitated the move to Best of Care Home Health is retiring. She will be here solely on an intermittent**

**basis. Please join Deborah at a coffee hour on Tuesday, April 2<sup>nd</sup> from 10:00 a.m. to 11:00 a.m. in the Blue Hill Coffee room to wish Ann well and to thank her for her devotion to Fuller residents!**

Meet Jen at 11:15am in the Activity Room at Blue Hill for Chair Aerobics.

**If you signed up for the Lunch at One Bistro, please meet the van at 11:15am from Brush Hill and at 11:25am from Blue Hill.**

**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.

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.

Wii Sports meets at 7:30pm in the Café at Brush Hill.

**The Apollo Club will perform at 7:30pm in the Function Room at Brush Hill.** The Apollo Club of Boston is the second-oldest continuously-active men's singing group in the United States. Founded in 1871, the Club has a long and distinguished choral singing history. Today, as we celebrate our 149th year, we have a membership of approximately 25 active and retired business and professional men who live in the Boston area. The Club's purpose is simple: to promote musical literacy and an appreciation of the art of men's choral music, and to share with our audiences the pleasure of men's voices singing songs old and new - folk songs, love songs, show tunes, sea chanteys, and selections from the rich classical and semi-classical music repertoire. They regularly perform for civic and commemorative events and at retirement communities all over the Boston metropolitan area and occasionally (wangle the opportunity to) sing the national anthem for a Red Sox home game.

## **Wednesday, April 3<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".



**Wednesday, April 3<sup>rd</sup>:**

**Sue the Hairdresser will not be in today.**

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 will be held at 10:00am will be held today in the pool.

Floor Yoga with Carol at 11:00am will be held 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 11:45 am – 12:45 pm, and in the Brush Hill Library from 1:00 pm – 2:00pm.

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

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

**If you signed up to participate in the Happiness Fair at Curry College, please meet the van at Brush Hill at 1:30pm and at Blue Hill at 1:40pm.**

**Bridge Lessons continue with Gautam Merchant at 2:15pm in the Coffee Room at Blue Hill.**

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

The Pool is 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.

The Pool will be 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.

**This Just In! The March episodes of *A Fuller Life* and *Fuller Talks* will be shown at 6:30pm in the Activity Room at Blue Hill.** On a special single-topic episode of “Fuller Talks,” the town’s top two schools officials, Mary Gormley and Glenn Pavlicek, sat down with the panel to discuss the impending classroom crunch in town, where due to population growth, some 26 additional classrooms will be needed over the next 10 years according to estimates. The panel had a chance to pepper these officials with questions that dig into the problem as well as where the solution-finding process is at the moment. The health benefits of local raw honey and bee pollen are up for examination on “A Fuller Life” this month.

**Wednesday, April 3<sup>rd</sup>:**



Michelle Wright-Urbano of Milton's Billion Backyard Bee Project visited Fuller Village to explore "Healing Beverages from the Hive," presenting smoothies, teas and elixirs that have myriad benefits, from energy boosts to reducing inflammation to being a sleep aid.

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, April 4<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.

**If you signed up for the South Shore Plaza trip, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.**

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.

**Crafts with Cindy will be held at 1:30pm in the Activity Room at Blue Hill.** Finally, Spring is here! Shake off that chill and enjoy all the colors that Spring has to offer and create in a cheerful Floral Wreath for your door. All your materials will be provided – the class is limited to 8 people. Call 617-361-7778 to sign up.

**Join fellow golfers today at 2:00pm in the Function Room at Brush Hill for the 6 hole Putting Tournament.** Everyone is welcome – all golfers and wannabees! If you have any questions about the tournament, please call Brewster Gifford at 617-364-4844. Please call Muriel at 617-361-7778 to register for the Tournament.

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 the Community Dinner at the Gordon House Dining Room at 6:00pm.** Would you like to meet other residents for dinner? Ted and Barbara Widmayer are hosting this month's community dinner tonight. Call Joey DiGiano for more information at 617-361-3231.

**Historian Paolo Di Gregorio presents *The Failure of Peace: Versailles, the League, and the Road to War, 1919-1939* at 7:00pm in the Function Room at Brush Hill.** 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.

#### **Friday, April 5<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.

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 Great Decisions Movie *Rethinking the Nuclear Framework* will be shown at 2:00pm in the Function Room at Brush Hill.** As traditional nuclear powers debate what to do with aging stockpiles, the existing nuclear order faces new challenges from countries such as Iran and North Korea. Please note that this movie will be shown again next Friday before the facilitated discussion.

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.

**Pianist Steve King will entertain you at 6:30pm in the Activity Room at Blue Hill.** Call 617-361-7778 to arrange transportation.

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

**This Just In! The March episodes of *A Fuller Life* and *Fuller Talks* will be shown at 7:00pm in the Function Room at Brush Hill.** On a special single-topic episode of “Fuller Talks,” the town’s top two school officials, Mary Gormley and Glenn Pavlicek, sat down with the panel to discuss the impending classroom crunch in town, where due to population growth, some 26 additional classrooms will be needed over the next 10 years according to estimates. The panel had a chance to pepper these officials with questions that dig into the problem as well as where the solution-finding process is at the moment. The health benefits of local raw honey and bee pollen are up for examination on “A Fuller Life” this month. Michelle Wright-Urbano of Milton’s Billion Backyard Bee Project visited Fuller Village to explore “Healing Beverages from the Hive,” presenting smoothies, teas and elixirs that have myriad benefits, from energy boosts to reducing inflammation to being a sleep aid.

**Saturday, April 6<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.**

**Come to the Technology Outreach with Jack Goldstein from 10:00am to 12:00pm in the Card Room at Brush Hill.** Call 617-361-7778 to schedule your 30-minute appointment.

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

**Saturday, April 6<sup>th</sup>:**

**Join Curry College students for a lively afternoon of Bingo at 12:30pm in the Activity Room Blue Hill**– you'll have the opportunity to win some fantastic prizes! Hot coffee and delicious goodies will be served as well. This is a free event – everyone is welcome!

**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 *Man's Best Friend*: He has shared our lives for 20,000 years. Along the way, he has helped us find food, kept our livestock, protected us from our enemies, guided us in extreme conditions, and saved us from peril. Now, he comforts us, relieving loneliness and helping us cope with old age. How did dogs come about?

**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, April 7<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.

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

**The Carousel Ballroom Dancers will perform at 2:00pm in the Function Room at Brush Hill.** The Carousel Dancers represent MASSABDA (Massachusetts Amateur Ballroom Dancers Association) and are distinguished by a dedicated group of dancers that share their time and talent to entertain Senior Communities throughout eastern Mass. Their hour-long program consists of a wide variety of dances and dance styles that may include Waltz, Foxtrot, Swing, Cha Cha and Rumba. The dances, the music and costumes all add up to a festive afternoon that should be enjoyed by all.

**Residents' Association Corner**

You have received in your mailboxes a copy of THE RESIDENTS' ASSOCIATION BY-LAWS draft. A vote of the full Association to approve these amended By-laws will be on April 10, 2019. A reminder that to answer any questions pertaining to the changes in By-laws, there will be two informational meetings on April 1, 2019 where those most familiar with the text will answer questions and provide information. One meeting will be at 2:00 at Blue Hill; followed by a second meeting at 3:00 at Brush Hill.

Jeanne Bronk, ByLaws Chairperson



Fuller Village Dinner Menu  
For the week of  
April 1st through April 7th 2019

**Monday**

Scallop Stir Fry over rice noodles  
Moroccan Beef Stew  
Broccolini

**Tuesday**

Coconut Chicken Breast  
Shrimp Carbonaro ( shrimp, tortellini, garlic, white wine, bacon, mushroom )  
Roasted asparagus / Roasted red bliss potato

**Wednesday**

Grilled Rosemary Chicken Thighs with natural juices  
Baked Lasagna with a meat sauce  
Herbed Zucchini / Roasted sweet potato

**Thursday**

Garlic Ginger Glazed Sticky Pork  
Broiled Beef Tips  
Braised Bok Choy / Vegetable fried rice

**Friday**

Fried Butterfly Shrimp with lemon butter  
Honey Barbecued Baby Back Ribs  
Snap peas / Mashed parsnip and cauliflower

**Saturday**

Baked Cod Provençale' ( tomato, garlic, capers )  
Turkey Pot Pie  
Brussel sprouts / Wild rice pilaf

**Sunday**

Roasted Prime Rib of Beef au jus  
Cape Cod Stuffed Chicken Breast with a cranberry stuffing  
Green beans / Mashed potato and sour cream

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 Caprice Salad

Fresh Arugula Salad with fresh mozzarella, tomato wedges and topped with  
Grilled marinated chicken and a herbed vinaigrette

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

Oven 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**



# *Easter Sunday Buffet*



**Sunday, April 21st, 2019**

**In the Dining Room at Blue Hill**

**At 1:00pm or 3:30pm**

**\$23.95 per person**

**Caesar Salad**

**Assorted Cold Salads**

**\***

**Roast Leg of Lamb au jus**

**Honey Glazed Baked Ham**

**Pecan Crusted Baked Salmon Fillet with a beurre blanc**

**\***

**Rissole Potato**

**Green Beans Almandine**

**\***

**Assorted Pastries**

**\***

**By Reservation Only Call 617-361-7900 by Wednesday  
April 17th at 5:00 pm to make your reservation.**

**\***

**\$23.95 adults/\$9.95 children under 10**

**All cancellations need to be made 24 hrs. in advance of this event or your account will be charged. Any no shows will also be charged to your account**

**SATURDAY NIGHT MOVIE 3-30-2019**

**BRUSH HILL AT 7:00 PM**

***Green Book***

*Cast: Viggo Mortensen, Mahershala Ali, Linda Cardellini*

A working class Italian American bouncer becomes the driver of an African American classical pianist on a tour of venues through the 1960s American South.

**BLUE HILL AT 7:00 PM**

***Can You Ever Forgive Me***

*Cast: Melissa McCarthy, Richard E. Grant, Dolly Wells*

When Lee Israel falls out of step with current tastes, she turns her art form to deception.

**SUNDAY AFTERNOON MOVIE 3-31-2019**

**ACTIVITY ROOM BLUE HILL 2:00 PM**

***The Oxbow Incident***

***Starring Henry Fonda***

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

## **Lunch at One Bistro**

Tuesday, April 2nd

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

## **Happiness Fair at Curry College**

Wednesday, April 3<sup>rd</sup>

1:30 pm Brush Hill, 1:40 pm Blue Hill

## **South Shore Plaza**

Thursday, April 4th

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

## **Roche Brothers in Westwood**

Monday, April 8th

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

## **Patriot Place Shopping**

Tuesday, April 9th

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

## **Motown Show at the Common Market**

\$39 per person Includes Lunch

*Friday, April 12th*

*11:00 am Brush Hill, 11:10 am Blue Hill*

## **Men's Lunch at Sweet Life**

Tuesday, April 16th

11:30 am Brush Hill, 11:40 am Blue Hill

## **Whole Foods Dedham**

Thursday, April 18th

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

## **Wegman's Shopping**

Monday, April 22<sup>nd</sup>

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

## **Van to the Polls**

Tuesday, April 30<sup>th</sup>

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

1:00 pm Brush Hill, 1:10 pm 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.