

# *Fuller Village* *in Milton*

**From the Desk of Deborah M. Felton  
March 22, 2019**

**Welcome Irene and Ray Brannelly to Brush Hill B-110.**

**Please wish Muriel Pellegrino congratulations on her 12 years at Fuller Village and thank you to Lisa Ramsey for her 15 years on staff!**

**Thank you to the Caring Committee for sponsoring a Welcome Tea for new residents to Fuller Village.**

**Come to the Fitness Expo on Wednesday, March 27<sup>th</sup> from 10 a.m. to 12:30 p.m. in the Fitness Center at Brush Hill, check out all our offerings.**

**Scams-** Do not give out any personal information to any telephone caller. We have ordered pamphlets from the federal government regarding scams and who to contact.

**Plastic bags are officially banned as of September 14, 2019 in the Town of Milton.** You may want to get into the habit now of bringing your own bags to the supermarket, pharmacy or any store in Milton.

**Best of Care our preferred Home Care Provider welcomes Shannon Day as the new scheduling coordinator for Fuller Village clients.** Shannon can be reached at 617 773-5800, then press 2.

**Fish Tacos-Wednesday, March 27<sup>th</sup> the lounge will be hosting "Fish Night".** Please call 617-3617900 to make your reservation, seating is limited.

**Villa Residents -** If you received a mailer that asks you to insure your water pipes, please ignore it and throw it in the trash!

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**Condolences to the family and friends of John Driscoll. We were saddened by John's death.**

**Condolences to the family and friends of Evelyn McAloon and to the family and friends' of former Foster resident Virginia Behm.**

**Condolences to Clara Romanus and her family on the death of her husband, Tom. Tom and Clara have been Villa residents.**



# The Week at Fuller Village

March 25<sup>th</sup> – March 31<sup>st</sup>



## Monday, March 25<sup>th</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.

**If you signed up for the Lunch at La Scala Restaurant, please meet the van at 11:15am at Brush Hill and at 11:25am 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.

**Library Book Club at 2:00pm in the Library at Brush Hill.** Join Milton Library Director Will Adamczyk to discuss *Founding Brothers: The Revolutionary Generation* by Joseph J. Ellis 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 April's selection, *Woolly: The True Story of the Quest to Revive One of History's Most Iconic Extinct Creatures* by Ben Mezrich, 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.

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, March 26<sup>th</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.



## **Tuesday, March 26<sup>th</sup>:**

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.

**If you signed up for the Fuller Craft Museum trip, please meet the van at 10:00am from Brush Hill and at 10:10am from Blue Hill.**

**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.

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.

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.

## **Wednesday, March 27<sup>th</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.

**You are invited to the Fuller Village Fitness Expo from 10:00am to 12:30pm in the Fitness Center at Brush Hill.** Join us to experience the full scope of our wellness offerings! Fitness instructors, physical therapist, massage therapist, Best of Care, yoga instructors, equipment demonstrations and healthy snacks will be on hand. Everyone is invited – call 617-361-7778 to arrange transportation to Brush Hill.

Water Aerobics at 10:00am will not be held today. Join Jen next Wednesday in the pool.

Floor Yoga with Carol at 11:00am will not be held in the Fitness Studio at Brush Hill. Join her next week.

Billiard Players meet around the Pool Table at Blue Hill at 11:30am for organized games.



**Wednesday, March 27<sup>th</sup>:**

**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 not 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.**

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

**Join Reverend John Allen for *Immigration Advocacy* at 2:00pm in the Function Room at Brush Hill.** Join us for a presentation and conversation about the diversity of ways the interfaith community is supporting immigrants and refugees in the Greater Boston Area. Rev. John Allen is the Minister at the First Congregational Church of Milton and a member of the Massachusetts United Church of Christ Immigration and Refugee Task Team. He has also worked as a humanitarian first responder along the US-Mexico border.

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 Pool will be open for Family Swim from 5:00pm – 7:00pm.

**If you made reservations for Fish Night at 5:30pm in the Lounge at the Gordon House you will enjoy Fish Tacos with all the fixings!** Reservations 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, March 28<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.

**The Curry College Nursing Collaborative *Brown Bag Medication Review & Discussion & Lunch* will be held at Curry College this morning.** The Fuller Van will take you to the college to meet your students. The Fuller Van will depart Brush Hill at 9:45am and Blue Hill at 9:50am. You will return to Fuller by 12:30pm. Please 617-361-7778 to sign up.

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.

**Thursday, March 28<sup>th</sup>:**

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



### **Thursday, March 28<sup>th</sup>:**

**This Just In! New England Conservatory faculty member Julia Cash presents a Violin Recital Preview at 2:00pm in the Function Room at Brush Hill.** Violinist Julia Cash holds degrees from New England Conservatory of Music, the Staatliche Hochschule fur Musik in Germany and the Royal Conservatory of the Netherlands. Originally from Louisville, Kentucky, Ms. Cash came to Boston to work with violinist James Buswell in 1994 and pursue an already promising musical career.

Winner of the National Music Club Prize as a Tanglewood fellow, and a two-time Outstanding Performer award winner at the Academia Chigiana in Siena, Italy, Ms. Cash has performed all over the United States and Europe as a chamber musician and recitalist. In Boston, she performs with the Boston Ballet, Boston Pops, and has served as concertmaster for many prominent Boston musical groups such as Boston Modern Orchestra Project, Pro Arte Chamber Orchestra and Coro Allegro. She also performs in popular musicals at Boston's Wang Center. She is currently on the faculty of New England Conservatory Preparatory School and School of Continuing Education. During the summer, Ms Cash teaches at Point CounterPoint Chamber Music Camp in Vermont, where she has served as Music Director of the Prelude Program since its inception in 2010. In addition to James Buswell, other notable musical mentors include Pamela Frank, Vera Beths and Federico Agostini. Ms Cash performs on an 1860 Italian violin by Lazzeretti.

**Join Jen for the Senior Ballerina Class at 3:00pm in the Fitness Studio at Brush Hill.**

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.

**Historian Paolo DiGregorio presents *The Mongols: The Sudden Rise and Surprising Collapse of a Mighty Empire* at 7:00pm in the Function Room at Brush Hill.** In the 13<sup>th</sup> century, the fierce, nomadic tribes of Central Asia were united under the leadership of Ghengis Khan. Within decades, the Mongol warriors had conquered and laid waste to territory from China to the edge of Europe and created militarily powerful and socially complex kingdoms. But just as suddenly as the Mongols rose, their grip on power was loosened.

### **Friday, March 29<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.

**We have 12 BC High Students coming to Fuller Village today for a morning of community service from 9:30am – 11:00am.** They will be here to help you with any of your hand-held devices. No need to sign up – just drop in and get help navigating your cell phone, iPhone, laptop computer, iPad, tablet, Nook or Kindle. You will find 6 of them in the Coffee Room at Blue Hill and the other 6 in the Card Room at Brush 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.



### **Friday, March 29<sup>th</sup>:**

*Dancing with Cris* is will not be held today. Join her next week at 12:30pm.

**Rescheduled - Join Professor John Hill and colleagues to learn about the Happiness Fair (taking place on Wednesday, April 3rd at Curry College) at 2:00pm in the Function Room at Brush Hill.** Prof. Hill thinks Curry students would benefit from hearing you talk about what has given you joy, life satisfaction, and/or a feeling of a life well-lived. On Wednesday, April 3rd you will have a table at Curry College from 2:00pm to 4:00pm, with space for you to place memorabilia, pictures, posters, symbols of happiness, or sadness. Students would then talk to (“interview”) you to learn about your experiences. Today’s meeting is an opportunity to learn more about the project – you are not committed if you attend . If you are interested in participating but cannot make today’s meeting, please call Lisa at 617-361-2116.

The Pool is open for Resident and Guest Swim from 3:30pm – 5:00pm.

**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.** Everyone is welcome.

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.

**New at Fuller Village! Join *The Shutdowns* at 6:30pm in the Activity Room at Blue Hill.** The Shutdowns specialize in 50’s and 60’s hits from The Beatles to Motown. Jack Griffin, Rich Adams and Bill Coover all sing and play – the trio encourages you to join them! Dancing is encouraged as well so kick off your shoes and have some fun. Call 617-361-7778 to arrange transportation.

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

### **Saturday, March 30<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 fellow golfers today at 1:00pm in the Function Room at Brush Hill for a Putting Practice Session in preparation for the 6 hole Putting Tournament at Brush Hill on April 4<sup>th</sup>.** Everyone is welcome – all golfers and wannabees! If you have any questions about the practice or tournament, please call Brewster Gifford at 617-364-4844. Please call Muriel at 617-361-7778 to register for the Tournament on April 4<sup>th</sup> .

**This Just In! Join Milton Academy student Matt Bower for Cribbage or Card Games at 1:00pm in the Activity Room at Blue Hill.** Matt is a Milton Academy student in the 11th grade who loves playing cards with his grandparents. They live in Michigan, so he can’t play



### **Saturday, March 30<sup>th</sup>:**

with them as much as he would like. He enjoys playing cribbage, euchre, poker, plus more and would be open to play any sort of card game that you know how to play.

**Today's program is 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 *Versailles Rediscovered: The Sun King's Vanished Palace*. Watch as the Palace of Versailles undergoes unprecedented restoration work and an extensive digitalization campaign of the many maps relating to it. Unique scanning technologies and new excavations will offer fresh insight into the world's most visited palace and the life of the Sun King.**

**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, March 31<sup>st</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 Susan Reed Trio will perform at 7:00pm in the Function Room at Brush Hill.** Susan Reed is a violinist and vocalist, well-versed in the language of Jazz including swing, Latin, Bebop and Blues. With songs and strings, Susan and guitarist Eric Baldwin and Bassist, John Turner, will have you tapping and humming along to tunes straight out of the Great American Songbook. In addition to her musicianship, Susan is an educator and storyteller. She will take you on a journey, weaving together tunes and tales, sharing her listening guide for those new to our original American art form, Jazz.

#### **Residents' Association Corner**

You will be receiving a copy of THE RESIDENTS' ASSOCIATION BYLAWS. They have been revised to be clearer and more concise. The Bylaws Committee has been working on these revisions for almost a year. A notable change is in the method for nominating and electing officers and representatives. A vote of the full Association to approve these amended Bylaws will be on April 10, 2019. To answer any questions pertaining to these Bylaws, 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  
March 25th through March 31st 2019

**Monday**

Seafood Cioppino ( tomato, basil, garlic, and thyme )  
Beef Goulash  
Broccoli / Basmati rice pilaf

**Tuesday**

Barbecued Chicken  
Sliced Beef Medallions with a garlic demi-glace  
Roasted asparagus / Mashed potato

**Wednesday**

Grilled Sliced Italian Sausage with bow tie pasta and roasted tomatoes  
Veal Marsala  
Herbed Zucchini / Roasted potato

**Thursday**

Apple Glazed Roast Pork Tenderloin  
Balsamic Grilled Chicken with a bruschetta topping  
Green beans / Roasted fingerling potato

**Friday**

Fresh Baked Haddock with a panko crumb topping  
Roasted Statler Chicken breast with natural juices  
Spinach with olive oil and garlic / Baked potato

**Saturday**

Fish Cakes with aioli sauce  
Ham and Bean Dinner  
Peas / Roasted sweet potato

**Sunday**

Roasted Turkey Dinner with stuffing and gravy  
Baked Stuffed Sole with lemon butter  
Green beans / Mashed potato with fresh chive

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

Roasted Chilled Tenderloin of Beef Salad

Fresh Field greens with sliced chilled tenderloin of beef ,gorgonzola cheese,  
walnuts, and tomato and served with a shallot vinaigrette 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

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

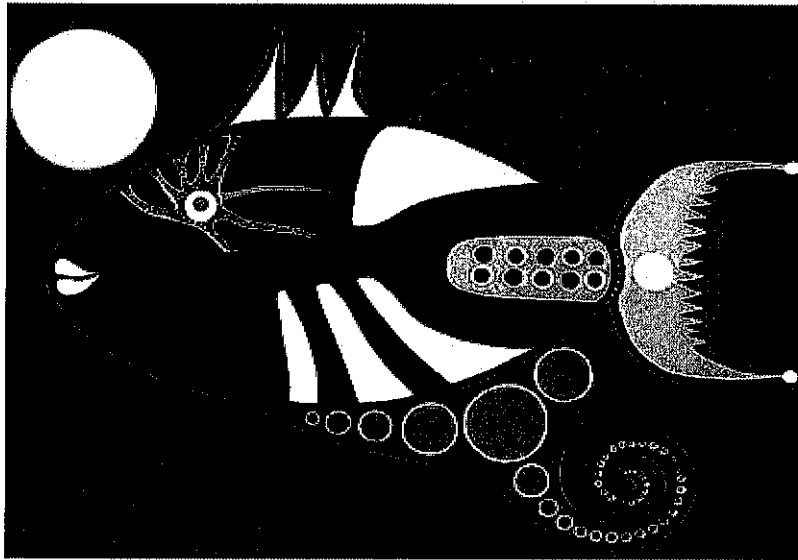
Sugar Free Jell-O / Sugar Free Strawberry Ice Cream

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**

# Fish Taco Night



**On Wednesday March 27th the Blue Hill Lounge  
will be offering  
“Fish Taco Night”**

This will be on a first come, first serve basis. You must  
make a reservation to enjoy this offering.

**Please call 617-361-7900 by Tuesday March 26th**

**Join Us on March 27th at 5:30 p.m.**

We will be serving Caesar salad and make your own fish  
tacos with spanish rice, and all the toppings.

Chef selection of dessert

**\$16.95 per person**

**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 3-23-2019

**BRUSH HILL AT 7:00 PM**

## ***The Wife***

*Cast: Glenn Close, Jonathan Pryce, Max Irons*

A wife questions her life choices as she travels to Stockholm with her husband, where he is slated to receive the Nobel Prize for Literature.

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**BLUE 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.