

Fuller Village

in Milton

From the Desk of Deborah M. Felton
May 24, 2019
Happy Memorial Day

Welcome new resident Margaret Brien to Foster 204!

Please check the back of the May calendar for the Memorial Day Schedule. Our offices, cafe and pool are closed. Fitness Center is open from 11:00 a.m. to 5:00 p.m.

A cup of tea...the other day I had the opportunity to have an impromptu cup of tea with three women who live at Fuller Village. I know that we are a welcoming and friendly community, but I experienced that benefit firsthand during this delightful and relaxing conversation about many things! Today, my extraordinary assistant, Joey DiGiano attended an online webinar and she thought this quote captured the story of my cup of tea. "There is a basic human desire to feel seen, understood, cared for and welcomed." Will Guidara, Co-Owner Eleven Madison Park, a fine dining establishment in NYC.

Norfolk District Attorney Michael Morrissey, is hosting a FREE SHRED DAY at the Council of Aging parking lot, 10 Walnut Streeton Thursday, May 30th from 10:00 a.m. to 1:00 p.m. This is open to Milton residents only. You will need to transport your papers to the COA on that date.

Elevator renovations - The Foster elevator will undergo renovations on Wednesday, May 29 and Thursday, May 30 from 6:30 a.m. to 2:30 p.m. If you need assistance, please call the concierge desk and a staff member will gladly assist you.

Restorative Yoga - Never done yoga before? You need no experience to participate in a restorative yoga class. You do need to be able to get down on the floor and get up on your own. In a restorative yoga class, you hold one pose for a longer period than a traditional yoga class. We will be holding a few introductory classes to see if there are enough people interested in a regularly scheduled class in the Fall. Try it, Thursday, May 30th at 4:00 p.m.

Please Plan Ahead – by the end of the month, dinner reservations may not be available when you want them.

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Condolences to Paul Cotter and family of the death of his wife, Ann.

The Week at Fuller Village

May 27th - June 2nd



Monday, May 27th: Memorial Day

The Office, Café and Pool are Closed

The Fitness Center is open from 11:00am to 5:00pm today.

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.

Chair Yoga Balance is Cancelled 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.

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

Tuesday, May 28th:

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.

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

If you signed up for the Charles Riverboat Cruise and Luncheon, please meet the van at 10:00am at Brush Hill and at 10:10am at Blue Hill.

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.

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.



Tuesday, May 28th:

Pickleball players meet at 4:00pm at the Tennis Court at Brush 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, May 29th:

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 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.

If you signed up for the Men's Lunch at Sweet Life Bakery, please meet the van at 11:30am at Brush Hill and at 11:40am at Blue Hill.

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 Library Book Club will meet at 2:00pm in the Library at Brush Hill. Join Milton Library Director Will Adamczyk to discuss *Brilliant Beacons: A History of The American Lighthouse*, by Eric Jay Dolan. 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 June's selection, *A Revolution in Color: The World of John Singleton Copley* by Jane Kamensky, 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.

Bridge players meet at 2:15pm in the Coffee Room at Blue Hill for organized games.

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.



Wednesday, May 29th:

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.

The Fuller Village Chorus, under the direction of Penny Knight, will perform a Choral Concert at 7:00pm in the Function Room at Brush Hill. The chorus will be accompanied by Brush Hill resident Judy

Cobble. Everyone is invited to join them for refreshments in the Cafe after the concert. Tonight's Concert is a fundraiser for the Milton Residents Fund. We will be collecting donations at the door. Checks in any amount will be gratefully accepted.

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, May 30th:

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

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

Tennis players meet at 8:00am at the courts at Brush Hill. Come out to the tennis court for great instruction and fun tennis play. All levels welcome, no sign up necessary.

If you signed up for Twin River Casino, please meet the van at 9:30am from Brush Hill and at 9:40am from 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.

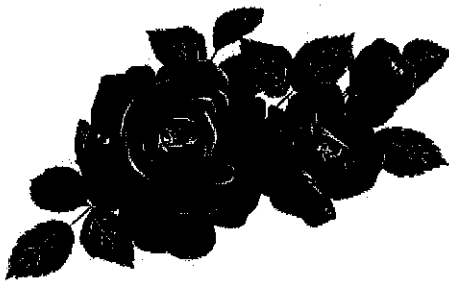
If you signed up for the 8-week Balance Class with Elliot Physical Therapy, please meet at 12:30pm in the Fitness Studio at Brush Hill. This class is full – please do not drop in if you are not a confirmed participant. See Jen to be put on a waitlist for the next class series.

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

Restorative Yoga with Carol will be held at 4:00pm in the Fitness Studio at Brush Hill. Restorative yoga is a practice that is all about slowing down and opening your body through passive stretching. During the long holds of restorative yoga, your muscles are allowed to relax deeply. It's a unique feeling because props, rather than your muscles, are used to support your body. Because you will not be moving as vigorously as a regular yoga class, be sure to bring an extra layer to stay warm.

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.



Thursday, May 30th:

Join Brush Hill residents Lorraine Allen and Libby Kaplan for Bingo in the Function Room at Brush Hill at 7:00pm. \$5 per person to play and everyone is welcome! Call 617-361-7778 to arrange transportation.

Friday, May 31st:

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.

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.

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.

Historian Paolo DiGregorio will present *America's Forgotten Wars: Or how the Young Republic Conquered a Continent and Gained an Empire* at 6:30pm in the Activity Room at Blue Hill. The 19th century was a period of significant change and growth for the United States. Over the course of 50 years, the nation grew from a small collection of states along the East Coast of America to a transcontinental, and eventually, international power. Two foreign wars, one with Mexico, one with Spain, played central roles in the expansion of American power. This lecture will explore the causes, course, and effects of these conflicts.

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

Saturday, June 1st:

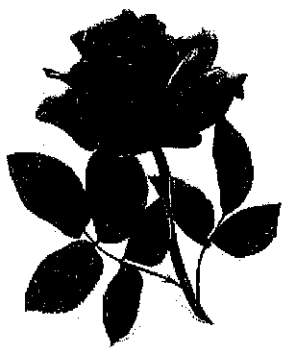
The Pool is open for Open Swim from 9:00am – 11:00am and for Family Swim from 11:00am – 1:00pm.

The Fitness Center is open 8:00am – 1:00pm.

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

Learn to play Eucre with Milton Academy student Matt Bower at 12:30pm in the Coffee Room at Blue Hill. Eucre is a trick-taking card game most commonly played with four people in two partnerships with a deck of 24, 28, or sometimes 32, standard playing cards.

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



Saturday, June 1st:

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, June 2nd:

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.

Erik Lindgren and the Bespoke Consort will perform at 2:00 pm in the Function Room at Brush Hill. The ensemble which includes Thomasine Berg on flute, Vessela Stoyanova on Marimba Lumina, Valerie Thompson on cello and Erik Lindgren on piano, will present an invigorating afternoon of crossover chamber music-sans-boundaries including neo-Baroque escapades, Impressionistic tone poems, original tangos, quirky Musical Novelties, Alberto Ginastera's "Estancia" ballet suite, plus rollicking arrangements of Erik Satie and Leroy Anderson selections.

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

Residents' Association Corner

Being financially insecure in a suburban town like Milton presents many difficult circumstances. This week Noreen Dolan, Coordinator of the Milton Residents Fund, spoke to groups at both Blue Hill and Brush Hill to explain how this fund assists Milton families and individuals who are facing financial challenges. Noreen described a myriad of circumstances which would activate the fund including emergency food, clothing, or housing assistance. **On May 29th our Fuller Village Chorus will present the spring concert and will be asking all of us to consider making a donation to the Milton Residents Fund.** We hope you will consider donating to this important organization.

Planning ahead - Save the date: Thursday, June 20th for an afternoon Field Day on the beautiful property of Brush Hill. More information to come.



SATURDAY NIGHT MOVIE 5-25-2019

BRUSH HILL AT 7:00 PM

Sgt. Stubby: An American Hero

Cast: Logan Lerman, Helena Bonham Carter, Gerard Depardieu

The true story of a stray dog who joins his new master on the battlefields of the First World War. For his valorous actions, Sgt. Stubby is still recognized as the most decorated dog in American history.

BLUE HILL AT 7:00 PM

Apollo 11

Cast: Buzz Aldrin, Joan Ann Archer, Janet Armstrong

A look at the Apollo 11 mission to land on the moon led by commander Neil Armstrong and pilots Buzz Aldrin and Michael Collins.

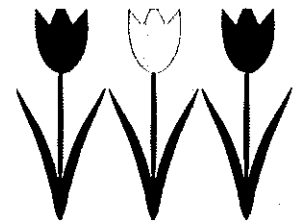
SUNDAY AFTERNOON MOVIE 5-26-2019

ACTIVITY ROOM BLUE HILL 2:00 PM

A Lion in Winter

Starring Katherine Hepburn

Fuller Village Dinner Menu
For the week of
May 27th through June 2nd 2019



Monday

Chicken Marsala
Teriyaki Scallops over rice noodles
Broccoli / Basmati rice pilaf

Tuesday

Barbecued Chicken
Shrimp Primavera with fresh herbs and white wine over penne pasta
Zucchini / Mashed potato and cauliflower

Wednesday

Baked Cheese Lasagna with marinara sauce
Roasted Apple Stuffed Pork Loin with a cider glaze
Sautéed spinach / Roasted potato

Thursday

Veal Picatta (capers, lemon, parsley , wine)
Baked Stuffed Sole with a Vegetable Stuffing
French green beans / Baked potato

Friday

Fresh Baked Haddock with an herbed panko crumb topping
Roast Sirloin of Beef with a thyme demi-glaze
Harvard beets / Roasted Asparagus / Delmonico potato

Saturday

Broiled Turkey Tips
Fish Cakes with a remoulade sauce
Peas and pearl onion / Roasted potato

Sunday

Roasted Prime Rib of Beef Au Jus
Seared Salmon with lemon
Green beans almandine / Mashed Sweet 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

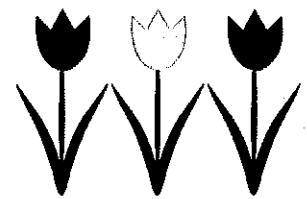
Appetizers

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 Caesar Salad

Fresh Romaine Lettuce with croutons, parmesan cheese and a Caesar style dressing.
Topped with grilled sliced chicken breast

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