

# The Week at Fuller Village

September 2<sup>nd</sup> - September 8<sup>th</sup>



## **Monday, September 2<sup>nd</sup>: Labor Day**

**The Office, Café, Pool and Fitness are Closed**

News Currents meets at 10:30am in the Coffee/Card Room at Blue Hill this morning.

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.

## **Tuesday, September 3<sup>rd</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.

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.

**Celebrate Catholic Mass with Father Bennett at 2:00pm in the Activity Room at Blue 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.

**Pickleball players meet your instructor Lori 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 group meets at 7:00pm in the Card Room at Brush Hill.

## **Wednesday, September 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 5:00pm.

Weights on Wednesdays will be held in the Fitness Center today at 8:50am or 9:50am for the "10 Workout".



### Wednesday, September 4<sup>th</sup>:

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 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.** The chorus will be open to new members for the month of September. New members are encouraged to join at this time!

Bridge players meet at 1:00pm in the Coffee Room at Blue Hill for organized games.

**Local author Kim McLarin will read from her latest book *Womanish: A Grown Black Woman Speaks on Love and Life* at 2:00pm in the Function Room at Brush Hill.** Kim McLarin is the author of the novels *Taming It Down*, *Meeting of the Waters*, and *Jump at the Sun*, the memoir *Divorce Dog* and co-author of the memoir *Growing Up X* with Ilyasah Shabazz. Her latest book is *Womanish: A Grown Black Woman Speaks on Love and Life*. Her work has been honored by the Massachusetts Center for the Book, the Hurston-Wright Legacy Award and the Black Caucus of the American Library Association, among others. Her nonfiction writing has appeared in the New York Times, The Washington Post, the New England Review, the Sewanee Review, Lithub and many other publications. She is a former staff writer for the New York Times, The Philadelphia Inquirer, The Greensboro News & Record, and The Associated Press, and is currently an associate professor and graduate program director of the MFA in Popular Fiction Writing and Publishing at Emerson College in Boston. She appears regularly on *Basic Black* on WGBH-TV.

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 6:00pm.** 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.



**Wednesday, September 4<sup>th</sup>:**

**If you made reservations for Cheap Eats Night at 5:30pm in the Lounge at the Gordon House, you will enjoy Chicken Nacho's with all the fixings! Call 617-361-7900 to make your reservation.**

**The Fuller Village Lounge at the Gordon House will be Closed unless you have a 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, September 5<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.

**Tennis players meet at 8:00am at the courts at Brush Hill.**

Chair Yoga Balance with Jen will be held at 10:00am in the Fitness Studio at Brush Hill.

**The Fuller Van is going to see *Changing Landscapes: Sculpture at the Eustis Estate* -** More than eighty contemporary sculptures by members of the New England Sculpture Association fill the grounds and the three galleries on the second floor of the Eustis Estate on Canton Ave. The estate, in an eighty-acre picturesque setting at the base of the Blue Hills, is the perfect backdrop for art that uses material related to landscape and the environment. *Changing Landscape* explores how sculpture has an impact on its environment and enhances a visitor's experience. Visitors can walk outside among the strategically placed sculptures and see their surroundings in a new way. The van will depart Brush Hill at 10:00am and Blue Hill at 10:10am. Call 617-361-7778 to sign up. Please note, this is an unescorted trip with a good deal of outside walking off paved paths. Please wear sturdy walking shoes, a hat and bring a bottle of water.

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.

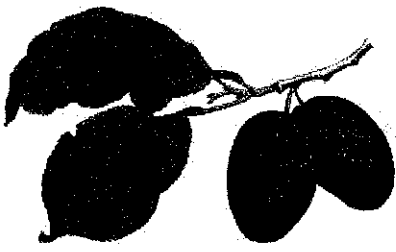
**Crafts with Cindy at 1:30pm in the Activity Room at Blue Hill. Feel Felt-tastic!!**

With spools of felt yarn you will assemble flat circles together to create a centerpiece mat for your table. This is a free class for 8 people. All your supplies will be provided. Please call 617-361-7778 to sign up.

**Restorative Yoga with Carol will be held at 3:30pm in the Fitness Studio at Brush Hill. See attached flyer for more information.**

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, September 5<sup>th</sup>:**

**Join Greg Galer, Executive Director of the Boston Preservation Alliance (and Marilyn and Larry Galer's son) at 7:00pm in the Function Room at Brush Hill.** Historic preservation cuts to the core of community identity, place making, and psychological and economic well-being. In a city like Boston

history surrounds us, but that unique character isn't with us today by its own momentum. Hear from a historic preservation professional about the challenges and opportunities of keeping the stewardship of Boston's legacy present, healthy, and evolving for today, tomorrow, and subsequent generations. Greg Galer, Executive Director of the Boston Preservation Alliance, developed his interest in history right here in Milton (Milton High '85). He began his 30-year preservation career studying the industrial corridor of the Blackstone Valley running from Providence to Worcester and has since been active in the preservation of hundreds of historic resources.

### **Friday, September 6<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.

**Come to the Blue Hill Coffee Hour in the Coffee Room at 10:00am this morning – everyone is welcome!**

Water Aerobics will be held in the Pool at Brush Hill at 10:00am.

**Join your friends at the "Sweet 16" Cornhole Tournament at 10:00am on the lawn by the tennis courts at Brush Hill.** Cornhole is a lawn game that is easy to learn. 16 teams will compete for great prizes for the top 3 teams. Call Jen at 617-361-7196 to join in!

Join Shira 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 Jazz Lovers Club meets at 2:00pm in the Activity Room at Blue Hill.** If you are one that loves jazz, bring your favorite jazz CD to listen to and discuss. The great jazz pianists will be featured today. All are welcome! Thank you to Brush Hill resident Judy Cobble for arranging.

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

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.

**Kenny Morell will perform at 7:00pm in the Activity Room at Blue Hill.** Join Kenny, a Berklee College of Music trained Pianist for an entertaining hour of after dinner music!

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

### **Saturday, September 7<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 at Brush Hill.**

**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, September 8<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 Lifelong Learning Committee presents *Three Identical Strangers* at 7:30pm in the Function Room at Brush Hill.** Three strangers are reunited by astonishing coincidence after being born identical triplets; separated at birth and adopted by three different families. Their jaw-dropping, feel-good story instantly becomes a global sensation complete with fame and celebrity. However, the fairy-tale reunion sets in motion a series of events that unearth an unimaginable secret – a secret with radical repercussions for us all.

### **Residents' Association Corner**

**Corn Hole Tournament!** Friday, September 6<sup>th</sup> from 10:00 until noon. What is this? Corn Hole is a beanbag toss game that is a lot of fun for groups to play. The Residents' Association purchased three light weight, portable games for residents' use. The games are available to borrow in the Fitness Center at Brush Hill and in the Fitness storage closet at Blue Hill. Jen has set up a Tournament for us next week and participants will enjoy having friends and neighbors around to cheer them on. This is another way to stay active.

The **Nominating Committee** of the Residents' Association has implemented the updated By-Laws and proposed a slate of nominees for open representative positions for the 2019-2020 Board. There have been no additional residents who have come forward so the proposed slate will be formally approved. Sincere thanks to all who participated in the most recent Nominating Committee work.

## **SATURDAY NIGHT MOVIE 8-31-2019**

**BRUSH HILL AT 7:00 PM**

### ***The Bookshop***

*Cast: Emily Mortimer, Bill Nighy, Hunter Tremayne*

England 1959. In a small East Anglian town, Florence Green decides, against polite but ruthless local opposition, to open a bookshop.

**BLUE HILL AT 7:00 PM**

### ***The Promise***

*Cast: Oscar Isaac, Charlotte Le Bon, Christian Bale*

Set during the last days of the Ottoman Empire, *The Promise* follows a love triangle between Michael, a brilliant medical student, the beautiful and sophisticated Ana, and Chris - a renowned American journalist based in Paris.

## **SUNDAY AFTERNOON MOVIE 9-01-2019**

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

### ***The Doobie Brothers***

***Farewell Tour Concert 1982***

Fuller Village Dinner Menu  
For the week of  
September 2nd through September 8th



**Monday**

Honey Mustard Glazed Baked Chicken  
Grilled Italian Sausage with Onions and Peppers  
Corn on the Cob / Potato Salad / Cole Slaw

**Tuesday**

London Broil with a Sherry Mushroom Sauce  
Shrimp Scampi ( olive oil, garlic, white wine, parsley )  
Spinach with olive oil and garlic / Jasmine Rice Pilaf

**Wednesday**

Spaghetti with Meatballs  
Herb Crusted Sliced Pork Tenderloin with Natural Juices  
Chefs Vegetable / Roasted Fingerling Potato

**Thursday**

Sliced Beef Medallions with a Thyme Demi-Glace Sauce  
Fresh Baked Haddock with an Herbed Crumb Topping  
Chefs Vegetable / Mashed Potato with Fresh Chive

**Friday**

Barbecued Baby Back Spareribs  
Broiled Scallops  
Chefs Vegetable / Baked Potato

**Saturday**

Parmesan Crusted Chicken Breast  
Ham and Bean Dinner  
Chefs Vegetable / Fried Potato Wedges

**Sunday**

Roasted Turkey Dinner with Stuffing and Gravy  
Broiled Swordfish Steak  
Green Beans / 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

Chef Salad

Fresh Salad Greens topped with Tomato, Red Onion, Hard Boiled Egg, Cucumber,  
Olives, Julienne Ham, Turkey and Swiss Cheese  
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

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**



**3:30 PM, Wednesday, Sept 11, 2019**  
**A Presentation on Human Reproduction,  
Neuroscience, Genetics and Addiction**  
**by Fuller Resident John O'Hurley, MD, FACS**



**Dr. O'Hurley will speak on birth categories, including fraternal, identical and conjoined twins, and *Stone Babies*. His talk will also cover advances in Neuroscience, Genetics and Addiction.**

RELAX  
RENEW  
RESTORE



## Restorative Yoga @ Fuller Village

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.

First class is Thursday, September 5<sup>th</sup>

Join Carol every other Thursday thereafter

@

3:30 in the Yoga Studio

~Namaste~

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

### **Sculpture Park at Eustis Estate**

Thursday, September 5th

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

### **Bike Club to Castle Island**

Tuesday, September 10th

9:00 am Brush Hill, 9:10 am Blue Hill

### **Peabody Essex Museum**

Thursday, September 12th

9:30 am Brush Hill, 9:40 am Blue Hill

### **Men's Lunch at Not Your Average Joe's in Westwood**

Monday, September 16th

11:45 am Brush Hill, 11:55 am Blue Hill

### **Twin River Casino**

Tuesday, September 17th

9:30 am Brush Hill, 9:40 am Blue Hill

### **South Shore Plaza**

Thursday, September 19th

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

### **Driving Tour of Boston and Lunch on Your Own at the No Name**

Tuesday, September 24th

10:30 am Brush Hill, 10:40 am Blue Hill

### **Tour of the Omni Parker House**

Thursday, September 26th

10:15 am Brush Hill, 10:25 am Blue Hill

### **Tour of Milton**

Friday, September 27th

10:00 am Brush Hill, 10:10 am 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.