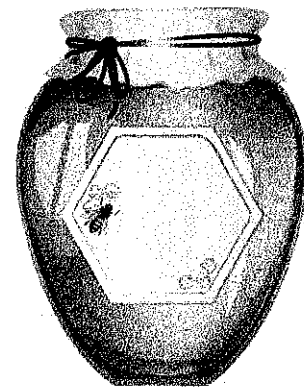


The Week at Fuller Village

September 9th - September 15th



Monday, September 9th:

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

The Fitness Center is open from 8:00am to 5:00pm today.

Walking Club meets at 8:35am at the back patio at Brush Hill. Walk along the shore of Wollaston Beach. The van will let us off and we will walk a mile out and back on the sidewalk of Quincy Shore Drive. Please wear clothing and shoes appropriate for the weather and temperature, layers and hats are strongly encouraged. Please remember that you should be able to walk unassisted for this excursion. Call 617-361-7778 to sign up.

Meet Guiliana for Aqua Zumba at 9:15am in the Pool at Brush Hill.

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.

Wii Bowlers meet at 1:00pm in the Activity Room at Blue 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 villa residents, Dr. Mary Ann Millsap and Dr. Nancy Wilber, for photos and stories from their trip to Kenya and Tanzania at 2:00pm in the Brush Hill Function Room. In August, on behalf of the Massachusetts-based nonprofit, Growth through Learning (GTL), they visited secondary schools and talked with the bright needy girls and alumnae that GTL supported to attend high school. Dr. Millsap is the GTL board president, and she will be joined by its executive director, Wanjiku Mwangi.

Bocce players meet at 3:00pm at the Bocce Court at Brush Hill for organized games.

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, September 10th:

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 Fuller Village Bike Club is biking to Castle Island this morning.

Bikers meet the Van at the back patio at Brush Hill at 9:00am for a ride to the Kennedy Library with your bikes. We will bike from the Kennedy Library out to Castle Island with plenty of time to enjoy the view and have a bite at Sullivan's. The van can take 7 bikers – please call 617-361-7778 to sign up.

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.

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

Join Rich Travers at 1:30pm in the Activity Room at Blue Hill for Popular Music of the 1950's Part 1. This lecture includes the popular music from the US and Europe. Rhythm and Blues, Rock and Roll, Doo Wop and Country Music dominated and defined the decade's music. Park One takes a close look at Rhythm and Blues, Doo Wop, Pop music and Rock and Roll.

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 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.

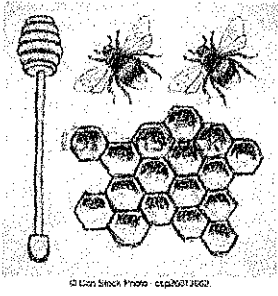
The Men's Poker group meets at 7:00pm in the Card Room at Brush Hill.

Wednesday, September 11th:

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 11th:

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.

Come to the September Birthday Breakfast at 10:00am in the Activity Room at Blue Hill where you will enjoy hot coffee, fresh fruit and pastries thanks to a generous donation from the Bank of Canton.

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!

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 at 781-986-3668.

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.

Fuller Village Resident Dr. John O’Hurley, FACS, to speak on birth categories, including fraternal, identical and conjoined twins as well as *Stone Babies* at 3:30pm in the Function Room at Brush Hill. Dr. O’Hurley is looking forward to sharing with his fellow residents his interest in these topics as well as in recent advances in the Neurosciences, Genetics and Addiction.

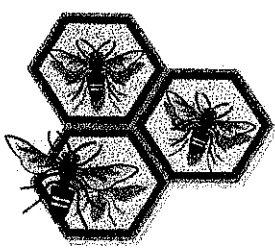
The Pool will be open for Family Swim from 5:00pm – 7:00pm.

The Fuller Village Lounge at the Gordon House will be open for business this evening from 5:00pm to 7:00pm.

The Trail of Sacco & Vanzetti documentary will be shown at 7:00pm in the Activity Room at Blue Hill. Sacco and Vanzetti were two Italian born Americans who were accused of murdering a man during a robbery at the Slater and Morrell shoe company in Braintree MA in 1920. Their very controversial conviction of first-degree murder resulted in the death penalty in 1927. Many people thought they didn't get a fair trial and were innocent. Thank you to Roz Spigel for arranging!

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 12th:

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.

If you signed up for the Peabody Essex Museum, please meet the van at 9:30am at Brush Hill and at 9:40am at Blue Hill.

Chair Aerobics with Jen will be held in the Activity Room at Blue Hill at 11:15am.

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

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

Jazz pianist Ethan Stone will perform 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. If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

The Pool will be open for Resident and Guest Swim from 3:00pm to 5:00pm.

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

The Fuller Village Lounge at the Gordon House will be open for business this evening from 5:00pm to 7:00pm.

The Trail of Sacco & Vanzetti documentary will be shown at 7:00pm in the Function Room at Brush Hill. Sacco and Vanzetti were two Italian born Americans who were accused of murdering a man during a robbery at the Slater and Morrell shoe company in Braintree MA in 1920. Their very controversial conviction of first-degree murder resulted in the death penalty in 1927. Many people thought they didn't get a fair trial and were innocent. Thank you to Roz Spigel for arranging!

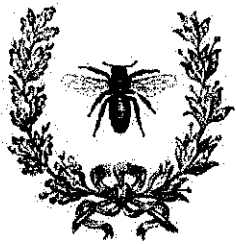
Friday, September 13th:

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.



Friday, September 13th:

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.

Join Justice Peter Agnes & Former Governor Mike Dukakis at 2:00pm in the Function Room at Brush Hill for a discussion about the Sacco and Vanzetti Trail. As we approach the 100th anniversary of the infamous trial that led to the conviction and execution of Nicola Sacco

and Bartolomeo Vanzetti, it is more important than ever to reflect on the lessons to be learned from what attorney and author Herbert B. Ehrmann called "The Case That Will Not Die."

Former Governor Michael S. Dukakis and Appeals Court Justice Peter W. Agnes, Jr. will offer their thoughts about this controversial case and why it is still relevant today. In particular, Governor Dukakis will talk about his decision while Governor in 1977, on the 50th anniversary of the execution of Sacco and Vanzetti, to issue an executive proclamation declaring that the men did not receive a fair trial. Justice Agnes will discuss aspects of the trial and some of the changes in Massachusetts law that the case brought about."

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.

Join Herbie Ray and Steve Heck for an entertaining hour of after dinner music at 7:00pm in the Activity Room at Blue Hill.

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

Saturday, September 14th:

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 at 10:00am in the Card Room at Brush Hill. Call 617-361-7778 to schedule your 30-minute appointment.

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 15th:

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.

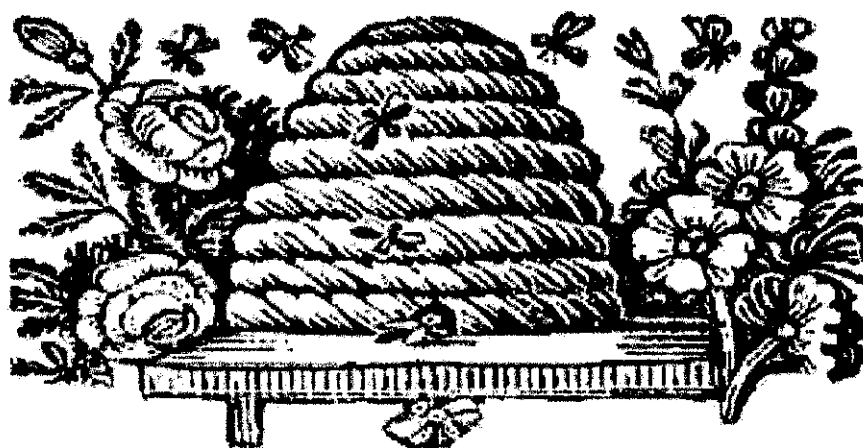
Join classical pianist Adam Bergeron at 7:30pm in the Function Room at Brush Hill.

Once again Adam Bergeron will be offering a spontaneous program, where he'll create his program of classical standards and original compositions right on the spot. Adam Bergeron is an artistic juggernaut. Trained as a concert pianist, he also studied voice and composition before leaving music school to play keyboards, bass guitar, drums and percussion in every style.

Residents' Association Corner

The Residents' Association Board will meet on Wednesday, September 11 at 2:30 in the Activity Room at Blue Hill. Board meetings are open to all residents. If you have a suggestion you may also speak with your representative to bring ideas to the Board. The Board generally meets on the second Wednesday of the month and meets a minimum of eight times a year.

Our Own Stars: How fortunate we are to have residents who will step forward to bring us programs about their interests and expertise. On Monday, September 9th at 2:00, Mary Ann Millsap will introduce us to the organization she represents Growth Through Learning. She has recently returned from East Africa where this organization works to help girls from Kenya and Tanzania receive high school educations. John O'Hurley, retired physician, will speak on Wednesday, September 11th at 3:30 about Human Reproduction and advances in Neuroscience, Genetics and Addiction. To complete a wonderful week, Rita Agnes' son, Judge Peter Agnes, will speak at 2:00 on Friday, September 13th on the 100th anniversary of the notorious Sacco and Vanzetti trial.



Fuller Village Dinner Menu
For the week of
September 9th through September 15th

Monday

Chicken Coq Au Vin (red wine, onion, mushroom)
Beef and Pepper Teriyaki
Broccoli / Jasmine Rice Pilaf

Tuesday

Seared Scallops Beurre Blanc
Roasted Stuffed Pork Loin with an apple brandy glaze
Zucchini / Roasted Fingerling Potato

Wednesday

Grilled Swordfish with maître' d butter
Sliced Medallions of Beef with a Dijon demi-glaze
Vegetable / Lyonnaise Potato

Thursday

Baked Meatloaf with a Mushroom Sauce
Oven Fried Haddock
Chefs Vegetable / Mashed Potato

Friday

Fried Coconut Shrimp served with Honey Mustard dipping sauce
Braised Beef Brisket with natural gravy
Chefs Vegetable / Baked potato

Saturday

Seafood Alfredo over Fettucine
Chicken Marsala
Chefs Vegetable / Basmati Rice Pilaf

Sunday

Roasted Prime Rib of Beef Au Jus
Baked Salmon with Balsamic reduction drizzle
Green Beans / 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

Mediterranean Grilled Chicken and Chick Pea Salad

Fresh Arugula with chick pea, red onion , tomato, zucchini, and summer squash.
topped with grilled sliced chicken breast and 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

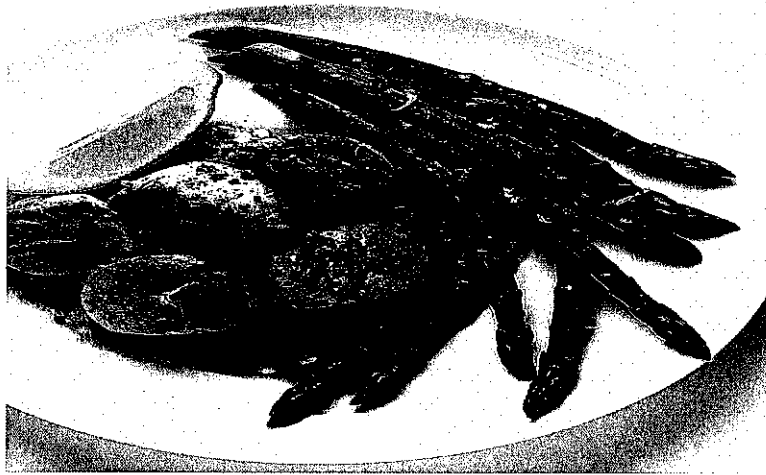
Sugar Free Jell-O / Sugar Free Strawberry Ice Cream

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

Patio Dinner Night



**On Tuesday September 17th, 2019
The Brush Hill Outdoor Patio will be offering**

Broiled Scallop Dinner

This will be on a first come, first serve basis. You must make a reservation to enjoy this offering. This is an open seating event and seating will be limited to 30 people

**Please call Muriel @ 617-361-7778 by
Friday September 13th, 2019**

Join Us on September 17th at 5:30 p.m.

We will be serving
Caesar Salad

Broiled Scallops with basmati rice pilaf and asparagus

Chocolate Éclair with chocolate drizzle

\$24.95

SATURDAY NIGHT MOVIE 9-07-2019

BRUSH 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.

BLUE HILL AT 7:00 PM

Tolkien

Cast: Nicholas Hoult, Lily Collins, Colm Meaney

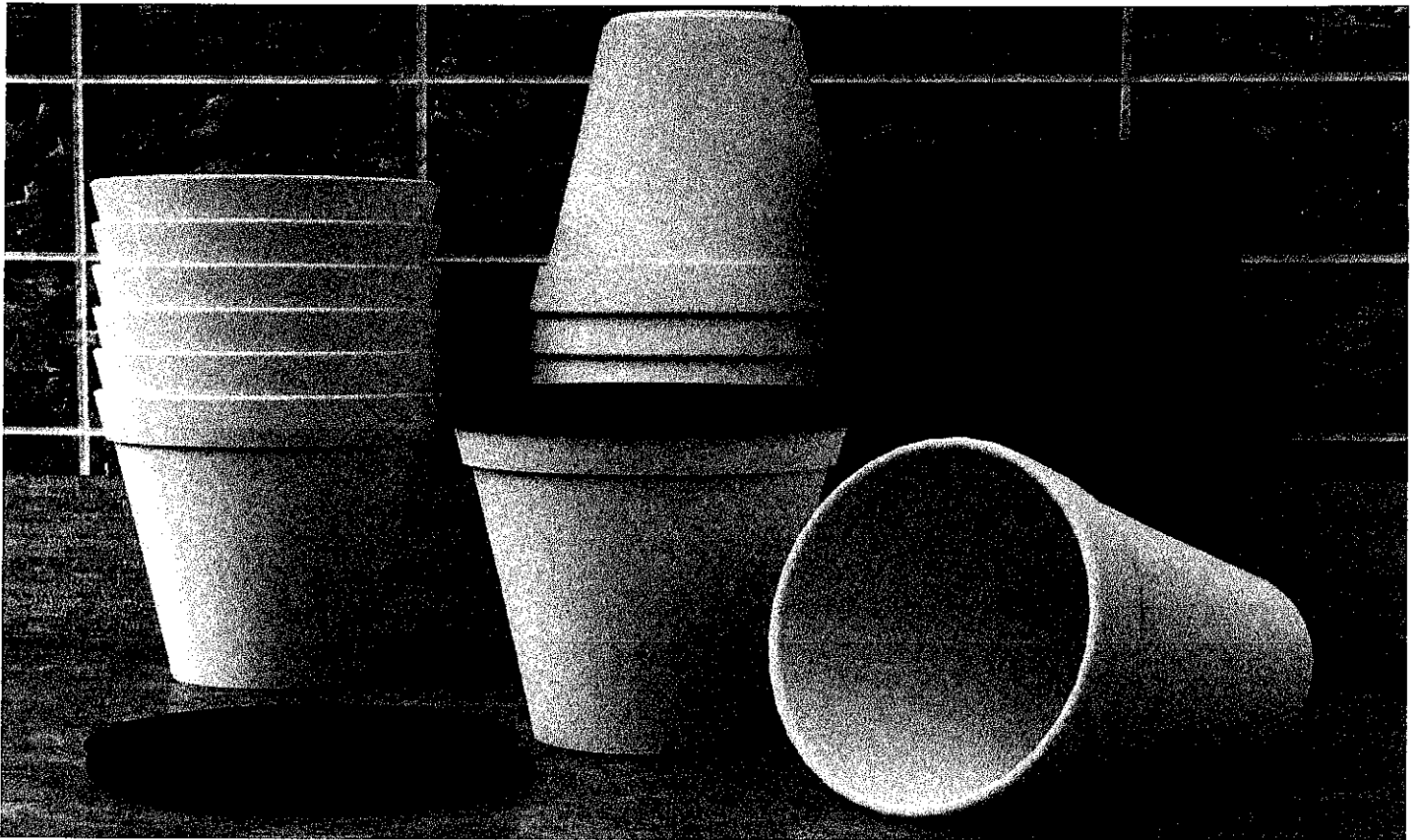
The formative years of the orphaned author, J.R.R. Tolkien as he finds friendship, love and artistic inspiration among a group of fellow outcasts at school.

SUNDAY AFTERNOON MOVIE

ACTIVITY ROOM BLUE HILL 2:00 PM

No Sunday Afternoon Movies until

October 13th



In an effort to reduce the use of Styrofoam at Fuller Village, we ask that you bring your own coffee mug to coffee hours. We will also have mugs available for your use. Thank you for your cooperation!