

# The Week at Fuller

## December 14<sup>th</sup> – December 20<sup>th</sup>



### Monday, December 14<sup>th</sup>:

**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.** You may reserve your 30-minute time slot by calling the Brush Hill Desk at 617-361-7778.

**The Fitness Center and Yoga Studio** will be open from 8:00am -12:00pm Monday through Friday by reservation only. Please call 617-361-7196 to make your reservation.

**The Fuller Van will take you to Milton Hospital on Mondays, Wednesdays, and Fridays from 8:45am to 4:00pm for doctors' appointments and lab work. To make a van reservation, call 617-361-7778.**

**Chair Yoga Balance at 10:00am on Senior TV (Channel 222):** Join Jen for a class that focuses on stretching, chair yoga poses, breathing and meditation. Offering a wonderful way to start your week, or check in for a mid-week tune-up, this class will enhance your balance and stability, leaving you feeling stronger and more centered. Class is designed to accommodate all abilities. No previous yoga experience is necessary.

**Enhance your yoga practice...virtually! Join Carol for Floor Yoga on Mondays via Zoom at 11:00am.** She will guide you through 45 minutes of yoga from the comfort of your own home. If you are on our Zoom email list, the link to join the class has been sent to you.

**Enhance your yoga practice...virtually! Join Carol for Chair Yoga on Mondays via Zoom at 12:00pm.** She will guide you through 45 minutes of yoga from the comfort of your own home. If you are on our Zoom email list, the link to join the class has been sent to you.

**The Café is open** for takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home.

**Chair Yoga Balance will be held at 2:00pm on Senior TV (Channel 222)** See 10:00am for class description.

**The Library Book Club with Milton Library Director Will Adamczyk will be held on Zoom at 2:00pm this afternoon.** Today's you will discuss *Valiant Ambition: George Washington, Benedict Arnold and the Fate of the American Revolution*. If you are in our Zoom database, an invitation will be emailed to you. Once you are done with your book, please return it to the front desk. We will drop it off at the Library for you. Call Muriel at 617-361-7778 to get a copy January's book *A Death in Belmont* by Sebastian Unger.





## Tuesday, December 15<sup>th</sup>:

**The Bank of Canton will be at Brush Hill from 9:00am - 10:00am and at Blue Hill from 11:00am to 12:00pm by appointment only.** Call Muriel at 617-361-7778 for a Brush Hill appointment and Claire or Erika at 617-361-7900 for an appointment at Blue Hill.

**Standing Stretching & Strength: Join Jen on Senior TV (Channel 222) at 9:00am for a fully standing class to encourage core stability, flexibility, and mobility.** A theraband is recommended but you can do this class with just your bodyweight too.

**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 10:00am for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.** While sitting, participants enjoy a cardiovascular challenge, free weights, exercise balls and resistance bands to get a non-impact, full-body workout.

**The Café is open** for takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home.

**Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation on Channel 222 at 1:00pm.** Andy will send us 3 new meditations each month, so each week will be different.

**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.** See 10:00am for class description.

**Dance Party: Join Jen on Senior TV (Channel 222) at 4:00pm for a very upbeat and vigorous class that focuses on rhythm, balance, and cardiorespiratory health.** No dance experience required, just a willingness to have fun!

**Join renowned pianist Frederick Moyer on Channel 222 at 7:00pm this evening** as he celebrates the Holiday season AND Beethoven's 250th birthday! Yes, this December 16 (or 17? -- we're not sure which) is the 250th anniversary of the birth of one of the greatest, most revolutionary composers, whose profound influence reached far beyond music. Fred's recital includes solo classical and jazz with bassist Peter Tillotson and drummer Jim Gwin. You will enjoy: Bach's (arranged by Myra Hess) *Jesu, Joy of Man's Desiring*, Beethoven's *Waldstein Sonata* (complete), Bartok's *Rumanian Christmas Carols* as well as Jazz arrangements of *Let It Snow*, *The Christmas Song*, *Borukh Ate*, *Zingt Der Tate* (Hannukah song), *Christmas is Coming* and others.

## Wednesday, December 16<sup>th</sup>:

**The Silver Linings Salon is open for business starting at 9:00am.** Please call Sue at 617-361-8746 to make your appointment.

**South Shore Internal Medicine Wellness Clinic** is open today from 9:30 am– 12:00 pm on the second floor at Blue Hill. Call 617-361-7900 to schedule an appointment.

**Chair Yoga Balance with Jen** will be shown at 10am on Senior TV (Channel 222).





### Wednesday, December 16<sup>th</sup>:

**Fuller Village corn hole players have decided to continue our Wednesday morning at 10:30am.** They will continue to play in Winter if temperature is 40 degrees or higher, no rain or snow in the air or on the ground. If you have any doubts please call Fred

Hopkinson at 781-901-1923 or Jeanne Bronk at 617-910-9936.

**Total Body Blast: Join Jen on Senior TV (Channel 222) at 11:00am for a vigorous class that targets the total body with challenging exercises.** Class is done standing, with hand weights, but many exercises can be done seated with bodyweight.

**Enhance your yoga practice...virtually! Join Carol for *Floor Yoga on Mondays via Zoom at 11:00am.*** If you are on our Zoom email list, the link to join the class has been sent to you.

**Enhance your yoga practice...virtually! Join Carol for *Chair Yoga on Mondays via Zoom at 12:00pm.*** If you are on our Zoom email list, the link to join the class has been sent to you.

**The Café is open** for takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home.

**Don't Let Winter Get You Down and Out! Come to the Winter Adventure Club Info Meeting at 2:00pm on the back patio at Brush Hill this afternoon.** Join Jen, Lisa, and special guest, Dr. Robert Reenan of Brown University to learn about the incredible ways to stay active and healthy outside during the winter months. Robert has climbed over 300 mountains, the majority of them in winter conditions, so he knows how to stay safe and active when there is snow on the ground! Topics will cover general winter safety, potential winter activities, and proper equipment & clothing. Please call Muriel at 617-361-7778 to sign up.

**Chair Yoga Balance with Jen will be shown at 2pm on Senior TV (Channel 222)**

### Thursday, December 17<sup>th</sup>:

**The Silver Linings Salon is open for business starting at 9:00am.** Call Sue at 617-361-8746 to make your appointment.

**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 10:00am for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.**

**Towel Cardio: Grab a dish towel but keep the dishes in the cupboard! Join Jen on Senior TV (Channel 222) at 11:00am for a challenging full body workout.** Class is done standing but many exercises can be modified for a seated position in a chair.

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**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 2:00pm for this fun filled exercise class that increases strength, cardiovascular and flexibility capacity.**





**Thursday, December 17<sup>th</sup>:**

**Need some time for yourself? Join Carol for Restorative Yoga on Thursdays via Zoom at 4:00pm.** Class is designed to help you slow down and spend more time in restful poses. If you are on our Zoom email list, the link to join the class has been to you.

**Friday, December 18<sup>th</sup>:**

**The Silver Linings Salon is open for business starting at 9:00am.**

Please call Sue at 617-361-8746 to make your appointment. If you need a ride to and from the salon, please call Muriel at 617-361-7778 to arrange transportation.

**Chair Yoga Balance with Jen will be shown at 10:00am on Senior TV (Channel 222).**

**The Café is open** for takeout only. Please call your order into the Café at 617-361-3987 during the hours of 11:00am to 2:00pm. We will deliver all lunch orders to your home.

**Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation on Channel 222 at 1:00pm.** Andy will send us 3 new meditations each month, so each week will be different.

**Chair Yoga Balance with Jen will be shown at 2:00pm on Senior TV (Channel 222).**

**Join renowned pianist Frederick Moyer on Channel 222 at 7:00pm this evening** as he celebrates the Holiday season AND Beethoven's 250th birthday! Yes, this December 16 (or 17? -- we're not sure which) is the 250th anniversary of the birth of one of the greatest, most revolutionary composers, whose profound influence reached far beyond music. Fred's recital includes solo classical and jazz with bassist Peter Tillotson and drummer Jim Gwin. You will enjoy: Bach's (arranged by Myra Hess) *Jesu, Joy of Man's Desiring*, Beethoven's *Waldstein Sonata* (complete), Bartok's *Rumanian Christmas Carols* as well as Jazz arrangements of *Let It Snow*, *The Christmas Song*, *Borukh Ate*, *Zingt Der Tate* (Hannukah song), *Christmas is Coming* and others.

**Saturday, December 19<sup>th</sup>:**

**Join Jen on Senior TV (Channel 222) at 9:00am for Chair Yoga for a gentle routine to encourage you to move and breathe.** A great way to start your day.

**Join Jen on Senior TV (Channel 222) at 11:00am for Senior Ballet for a super fun way to spend 20 minutes of your day!** No dance experience required. Class focuses on core strength and balance while moving to classical music.

***Happy Holidays with Dan Gabel and The Abletones*** will feature the authentic vintage sounds of Gabel's 18-piece big band, along with the Moon Maids vocal group and special guests at 7:00pm on Zoom. The classic appeal of the big band era brings the listener back to the 1930s and 40s, sitting "By the Fireside" with family and friends. Timeless classics such as *Happy Holidays*, *What Are You Doing New Year's Eve*, and *Let it Snow* were arranged by Gabel, along with some swinging versions of *Boogie Woogie Santa Claus*, and even *The Nutcracker Suite*. With an hour-long program filmed at Worcester's historic Hanover Theatre, the sights and sounds of this classic era come alive again. If you are on our Zoom database you will be sent a link to join.

**Sunday, December 20<sup>th</sup>:**

**Join Jen on Senior TV (Channel 222) for Seated Strength at 11:00am for a quick class to engage the total body while seated.** A set of light hand weights is recommended, but you can do this class with just your own bodyweight too.

**Tenor David Won and Pianist Tim Steele present a Holiday Concert on Channel 222 at 2:00pm this afternoon featuring memorable music of the season with traditional favorites.**

**Join Jen on Senior TV (Channel 222) for Stretching for Stress Relief at 4:00pm and enjoy a quick class to relieve the body and the mind.** First half of class is seated, second half is supported-standing, with a chair. All stretches are gentle and intended to release those tight areas of the body where we carry stress. A wonderful way to end your day.





The MFHC Board of Directors made a donation to the Milton Residents Fund.  
We encourage residents to make a donation if you are able.

To the Fuller Village Community,


**On behalf of the Trustees of the Milton Residents Fund, I would like to send a heartfelt Thank You for your generous gift of \$500.00 to help our Milton families and children in need.** As of today, we have had 79 Milton families apply for holiday assistance which consists of 103 adults and 199 children. These parents could not otherwise afford basic necessities or gifts, and many more requests for assistance with rent, utilities, and medical expenses continue to come in. With the holiday season fast approaching parents have increased anxiety about buying needed items, let alone gifts. Donations of gifts and funds from the community are gratefully used towards these requests, and help spread some hope to our neighbors.

During this unprecedented time, with extreme anxiety and worry, it is wonderful to know what a kind and generous community we have in Milton and beyond. We have so many individuals and families here in town that need assistance to get through the year during the best of times, that we know needs will spike during this time of lost income and illness. Any gifts to the fund will be directed to individuals and families in Milton who are in need of emergency medical supplies and food items, funds to stabilize housing, or other urgent needs during this health crisis. We are extremely grateful for the generosity.

In the past year, The Milton Residents fund has assisted over 110 adults age 19-61, 26 adults age 62 or older, and more than 110 children. Urgent needs were all directly related to housing stability, utility shutoff, request for home heating oil (once government fuel assistance was expended), emergency medical costs, basic needs such as a mattress, fridge or eyeglasses, professional or educational advancement as a pathway out of poverty or urgent car repair to maintain employment. And now, with this current health crisis we are assisting families in need with groceries, medical supplies, and household essentials.

Ongoing support and financial contributions from community members are a huge help to us in providing all this assistance throughout the year to our Milton neighbors. We are honored to be the recipient of your support and will continue to use any donations well to help those most in need.

Thank you once again.

Sincerely,   
Noreen Kearney Dolan, LCSW

Fund Coordinator, Milton Residents Fund

*The Milton Residents Fund, through First Parish in Milton, Unitarian, is a 501(c)(3) organization and gifts are tax deductible to the extent permitted by law. No goods or services were provided to you in consideration of your gift.*



## **FULLER VILLAGE DINNER MENU**

### **Monday, December 14<sup>th</sup>**

Grilled Sweet Italian Sausage  
Creamy Macaroni & Cheese with Pan Flashed Sweet Peas & Onions  
Tuscan White Bean Soup OR Salad of Your Choice  
Red Velvet Cake OR Oatmeal Raisin Cookie

### **Tuesday, December 15<sup>th</sup>**

Teriyaki Sesame Beef & Broccoli Stir Fry  
Asian Vegetable Fried Rice  
Home-Style Chicken Noodle Soup OR Salad of Your Choice  
Chocolate Cream Pie OR Sugar Cookie

### **Wednesday, December 16<sup>th</sup>**

Lemon Herbed Grilled Chicken Thighs  
Oven Roasted Bliss Potatoes with Steamed Green Beans  
Cream of Asparagus Soup OR Salad of Your Choice  
Turtle Cheesecake OR Chocolate Chunk Cookie

### **Thursday, December 17<sup>th</sup>**

Garlic & Rosemary Marinated Steak Tips  
Creamy Mashed Potatoes with Buttered Corn  
Hearty Beef & Barley Soup OR Salad of Your Choice  
Blueberry Pie OR Peanut Butter Cookie

### **Friday, December 18<sup>th</sup>**

Pan Flashed Honey Garlic Shrimp  
Fresh Herbed Buttered Pasta with Roasted Butternut Squash  
New England Clam Chowder OR Salad of Your Choice  
Homemade Pecan Fudge Brownies OR White Macadamia Nut Cookie

### **Saturday, December 19<sup>th</sup>**

Tangy BBQ Tenderloin of Pork  
Sweet Potato Mashed with Creamed Spinach  
Cuban Black Bean Soup OR Salad of Your Choice  
Lemon Cream Cake OR Oatmeal Raisin Cookie

### **Sunday, December 20<sup>th</sup>**

Herb Roasted Prime Rib  
Honey Glazed Carrots with Baked Potato  
Chef's Choice OR Salad of Your Choice  
Coconut Layer Cake OR Chocolate Chunk Cookie

***All Entrees are \$17.95 plus tax, which includes Appetizer, Beverage and Dessert  
Before ordering, please make your server aware of any Food Allergies***



**Appetizers**

Fresh Garden Salad

Fresh Fruit Salad

**Menu Items**

**Fresh Baked Haddock \$17.95**

Seasoned Baked Haddock with a hint of Lemon and Panko Breadcrumbs

Served with the Evening Side Dishes

**\*Fuller Village Burger**

Char-grilled with or without Cheese

Served with Lettuce, Tomato, French Fries and Pickle

**Lighter Fare**

A Large Garden Salad with choice of adding:

Chicken Salad with Cran-Raisins and Toasted Almonds

Tuna Salad

Marinated Grilled Chicken Breast

Grilled Salmon

Served with a Roll and Butter

**Grilled Basil Marinated Chicken Breast with Roasted Red Peppers and Provolone Cheese  
on French Bread**

**Each of the above items are priced at \$9.95 a la carte**

A non-alcoholic beverage is included with the above selections

**Beverages**

Coke, Diet Coke, Ginger Ale, Diet Ginger Ale, V-8, 2% Milk

**Desserts a la carte \$2.95**

Chef Selection of the Dessert Du Jour

Cookie of the Day OR Fresh Fruit Cup

Sugar Free Jell-O OR Sugar Free Pie

**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.**

**\*These items may be served raw or undercooked.**

**\*Gluten Free Options Available Upon Request**

**Call 617-361-6958 between 11am and 1pm for Take-Out Orders**



**Growth Through Learning**



## **Update on Girls' Education in East Africa!**

First of all, thank you! A very special thank you to the 21 Fuller Village residents who together have supported six (6) girls in secondary school this past year! And also many thanks to the residents who sewed masks from our Tanzanian cloth! The masks are highlighted in our 2020 newsletter!

As you'll remember from our slide show presentation last September, few girls in East Africa attend high school and even fewer graduate. Growth Through Learning (GTL) provides full secondary education scholarships for exceptional young women in Kenya, Uganda, and Tanzania who would otherwise be unable to afford education beyond primary school.

What a year this has been for East Africa and our GTL girls! All 317 girls started school in late January, but six weeks later they and all other students were sent home to stop the spread of Covid. Despite locusts, floods, drought, and a pandemic, the GTL girls persisted. All 55 girls in Tanzania returned to school in June of 2020! All Tanzanian girls you saw in our slide show are safe and studying hard.

When Uganda and Kenya re-opened secondary schools in October, limiting the return to those in their last year of school, ALL GTL scholars in that grade returned as well! They are set to graduate in April 2021, giving us a graduation rate of 95 percent! That is, of the almost 100 GTL girls who started secondary school in 2017, almost all will graduate. This number is incredibly important – it means that virtually everyone is succeeding, not only a few stars. [By contrast, Boston's graduation rate is about 75 percent.]

I have put the most recent newsletter in the mailboxes of all of you whom I remember attended last year's presentation. If you did not get one, please let me know – I have plenty of copies! Please call me or leave me a note in my villa mailbox (50 Caroline Drive).

We appreciate whatever you can give, either in my villa mailbox or by mail or on-line at our web-site ([www.growththroughlearning.org](http://www.growththroughlearning.org)). If you can give \$100 or more, we will send you a mask from the Tanzanian materials! Your donation today will directly support our 317 scholars as they start their 2021 school year in January.

Thank you,

Mary Ann Millsap



# Banking Day

## For Fuller Village at Brush Hill Residents

### Join us for Banking Day

Every Tuesday

9:00 AM - 10:00 AM

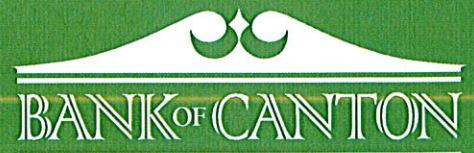
Function Room

**We look forward to  
seeing you!**

Bank of Canton and Fuller Village happily offer a weekly banking program for residents and employees! Every Tuesday from 9:00 AM to 10:00 AM, Bank of Canton representatives will be available in the Function Room to:

- Open accounts
- Accept deposits
- Cash small checks (customers only)
- Set up direct deposit
- Show you our onsite ATM
- And more!

When you open a Bank of Canton checking account, you'll receive a free order of standard checks, and free ATM withdrawals from our onsite Bank of Canton ATM! We'll help re-establish your Direct Deposits and any other electronic transactions, too. Please remember to bring your personal ID and Social Security number.



Member FDIC. Member DIF.  
NMLS #408169.

888.828.1690  
[www.ibankcanton.com](http://www.ibankcanton.com)



Leston Edwards

Muriel Pellegrino

John Arango

Celebrate....

Daniel  
Merrill

Jennifer DeLeonardi

Robert

The tradition of giving,  
The beauty of the season,  
and a New Year of peace,  
health and happiness.

Brandon  
Garrick

With warm wishes,

Bob Cook

Bugger  
Lester

Deborah Tilton

Elaine Swabnick

Eric

Clayton

Eric Donahue

Jay Diviliano

Andrew

Barbara

Mark Matysek

Lisa Ramsey

Walter

Mark

John M. Dwyer