

## The Week at Fuller February 1<sup>st</sup> – February 7<sup>th</sup>



### Monday, February 1<sup>st</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 – 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.

**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.

**The Café is open for delivery only Monday - Friday.** To place your order call 617-361-3987 between 11:00am to 12:00pm. We will deliver all lunch orders to your home between 12:30pm and 1:30pm. You can find the daily specials listed on Channel 222 or by phone when you call your order in to 617-361-3987.

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

Milton Community Concerts, in collaboration with Courageous Conversations, presents a one-hour livestream benefit concert:

***Still Dreaming: A Musical Tribute To MLK* will air at 7:00pm on Channel 222.**

Performers are Brianna Robinson, soprano; Mary Johnston Letellier, soprano; Philip Lima, baritone; Timothy Steele, pianist; Cynthia Harmon, narrator; special appearance by antiracist activist and best-selling author Ibram X. KendiProgram includes “Songs of Love and Justice” by Adolphus Hailstork and “I Have a Dream” by Lee Hoiby. A grant from Celebrate Milton



supported the production of this concert. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org)

**Tuesday, February 2<sup>nd</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 – Friday by reservation only.** Please call 617-361-7196 to make your reservation.

**The Bank of Canton has temporarily suspended service to Fuller Village due to rising Covid 19 numbers.**

**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.

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

**The Best of Broadway with Bonnie at 3:00pm on Zoom.** Join Bonnie as she takes you on a journey through the timeless songs of Broadway! Bonnie Rapp had the honor of playing the lead role of Christine Daaé in the National Tour/San Francisco Company of Andrew Lloyd Webber's *The Phantom of the Opera*. Some of Bonnie's favorite roles include Maria in *The Sound of Music*, Kate in *Kiss Me, Kate*, Cinderella in *Rodger and Hammerstein's Cinderella*, Louise in *Gypsy* and Sister Amnesia and Sister Leo in *Nunsense, Nunsense II and Nunsense Jamboree*. In addition, Bonnie has appeared in numerous galas, fundraisers, and Broadway concerts, including performances at Lincoln Center's Avery Fisher Hall. If you are on our Zoom database a link will be emailed to you.

**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!



**Wednesday, February 3<sup>rd</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 – Friday by reservation only.**

Please call 617-361-7196 to make your reservation.

**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).**

**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 delivery only.** To place your order call 617-361-3987 between 11:00am to 12:00pm. We will deliver all lunch orders to your home between 12:30pm and 1:30pm. You can find the daily specials listed on Channel 222 or by phone when you call your order in to 617-361-3987.

**Meet our new Dining Director, Pat LaFore on Zoom.** Call Muriel at 617-361-7778 to make a reservation, we will limit the call to 10 people. This Zoom call with Pat will take place at 1:00 p.m. A zoom link will be sent to you the day before the meeting.

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

**Thursday, February 4<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.

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**Thursday, February 4<sup>th</sup>:**

**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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**Winter Outdoor Adventure Club** – This is a group designed specifically for residents who can safely and independently hike on rocky, rooty, un-paved, hilly trails for longer than 1 hour, and who want to continue to train for more challenging winter hiking and snow shoeing adventures. Proper outerwear & footwear is required (hiking boots or shoes). If you did not attend the initial meeting of the Winter Adventure Club, have questions or concerns, and are interested in participating, please call Lisa or Jen first before signing up. This week's hike will be Little Blue. Please meet in the Commuter Parking Lot on Rt. 138 (first lot on the right after Big Blue parking lot) at 1:00pm. To sign up please call Muriel at 617-361-7778 – please note that this walk is limited to 8 people.

**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.**

**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, February 5<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 by reservation only. Please call 617-361-7196 to make your reservation.

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

**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.

**Friday, February 5<sup>th</sup>:**

**The Café is open for delivery only.** To place your order call 617-361-3987 between 11:00am to 12:00pm. We will deliver all lunch orders to your home between 12:30pm

**Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation on Senior TV (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).**

***The Best of Broadway with Bonnie* will air on Senior TV (Channel 222) at 7:00pm this evening.** Join Bonnie as she takes you on a journey through the timeless songs of Broadway! Bonnie Rapp had the honor of playing the lead role of Christine Daaé in the National Tour/San Francisco Company of Andrew Lloyd Webber's *The Phantom of the Opera*. Some of Bonnie's favorite roles include Maria in *The Sound of Music*, Kate in *Kiss Me, Kate*, Cinderella in *Rodger and Hammerstein's Cinderella*, Louise in *Gypsy* and Sister Amnesia and Sister Leo in *Nunsense, Nunsense II and Nunsense Jamboree*. In addition, Bonnie has appeared in numerous galas, fundraisers, and Broadway concerts, including performances at Lincoln Center's Avery Fisher Hall. This program is also available anytime at [www.residentapps.com](http://www.residentapps.com). For more information email Daniel McGarr at [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

**Saturday, February 6<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.

***Still Dreaming: A Musical Tribute To MLK* will air at 2:00pm on Channel 222.**

Performers are Brianna Robinson, soprano; Mary Johnston Letellier, soprano; Philip Lima, baritone; Timothy Steele, pianist; Cynthia Harmon, narrator; special appearance by antiracist activist and best-selling author Ibram X. Kendi. Program includes "Songs of Love and Justice" by Adolphus Hailstork and "I Have a Dream" by Lee Hoiby. A grant from Celebrate Milton supported the production of this concert. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime. For more information email [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org)

**Sunday, February 7<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.

***The Best of Broadway with Bonnie* will air on Senior TV (Channel 222) at 3:00pm this afternoon.** See This program is also available anytime at [www.residentapps.com](http://www.residentapps.com). For more information email Daniel McGarr at [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org).

Sunday, February 7<sup>th</sup>:

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.

Dining would like to hear from you! Please email our Dining Director Patrick LaFore with thoughts and suggestions at [plafore@unidine.com](mailto:plafore@unidine.com)

**Residents' Association Corner- January 27**

We need a **loud voice** right now. Finally, we have the news media focusing on the slow roll-out of Covid vaccine in our state. I have sent the letter below on behalf of all of us. Please consider flooding inboxes with **your voice**. My letter is just an example. **We deserve to have Fuller Village be a vaccination site.**

[Kristen.Lapore@state.ma.us](mailto:Kristen.Lapore@state.ma.us) (Governor's Chief of Staff)

[Kevin.Cranston@state.ma.us](mailto:Kevin.Cranston@state.ma.us) (Vaccine Advisory Commission)

[Walter.Timilty@masenate.gov](mailto:Walter.Timilty@masenate.gov)

[William.Driscoll@mahouse.gov](mailto:William.Driscoll@mahouse.gov)

Dear Gentlemen:

This letter is written on behalf of 400 residents of Fuller Village, Milton to urge you to offer the COVID vaccine on our property. **We are dismayed that there is no conveniently accessible vaccination site in Milton and we have a highly respected Executive Director, Deborah Felton, who is ready to work with any provider of vaccine to make Fuller Village a vaccination site.**

We are a group of seniors, aged 64-102, residing in a senior living setting. Many of us are feeling anxious as we read the information. Many of us do not use technology easily. A sizable number of residents have "aged in place", do not drive and now depend on outside help. Many of us have not been in a grocery store in 9 months and now we see that the site closest to us is a grocery store. Please find a way to bring the vaccine to all of us at Fuller Village.

Sincerely,

Margaret Riley, President of Fuller Village Residents' Association

617 875 3985

**Thank You for Supporting Girls' Education in East Africa!**

In 2020, 49 Fuller Village residents contributed almost \$9,700 to Growth Through Learning (GTL), enough to support 13 girls in 2021! Wow! Your support for these bright girls to attend and graduate from secondary schools in Kenya, Uganda, and Tanzania will enable them to transform their lives and their communities. The GTL scholarship award includes all costs: tuition, uniform, exam fees, school supplies, and room and board at a safe, academically rigorous, residential school for girls. All GTL girls now in their final year of secondary school are set to graduate in April 2021, and we are currently reviewing applications for 100 new students. We are so grateful for your support. Thanks again!

Mary Ann Millsap, President of the GTL Board.

**FULLER VILLAGE DINNER MENU**

**Monday, February 1**

Boston Baked Cod  
Au Gratin Potatoes with Steamed Broccoli  
Beef Barley Soup OR Salad of Your Choice  
Dutch Apple Pie OR Chocolate Chunk Cookie

**Tuesday February 2<sup>nd</sup>**

Butternut Squash Lasagna  
Parmesan Roasted Brussel Sprouts  
Pasta E Fagioli Soup OR Salad of Your Choice  
Tiramisu OR Oatmeal Raisin Cookie

**Wednesday, February 3<sup>rd</sup>**

Turkey Meatloaf  
Roasted Vegetable Rice Pilaf with Sauteed Green Beans  
Chicken Tortellini Soup OR Salad of Your Choice  
Banana Cake OR Peanut Butter Cookie

**Thursday, February 4<sup>th</sup>**

Beef Stew  
Tomato Gnocchi Soup OR Salad of Your Choice  
New York Style Cheesecake OR Sugar Cookie

**Friday, February 5<sup>th</sup>**

Pasta with Seafood Marinara  
Roasted Cauliflower  
Chicken Noodle Soup OR Salad of Your Choice  
Strawberry Short Cake or White Chocolate Macadamia Nut Cookie

**Saturday, February 6<sup>th</sup>**

Barbeque Grilled Chicken Breast  
Mashed Sweet Potatoes with Sauteed Spinach and Cornbread  
Corn Chowder OR Salad of Your Choice  
Peach Pie OR Chocolate Chunk Cookie

**Sunday, February 7<sup>th</sup>**

Herb Roasted Prime Rib  
Garlic Mashed Potatoes with Roasted Acorn Squash  
Chef's Choice Soup OR Salad of Your Choice  
Chocolate Mousse OR Sugar 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

**Chicken Parmigiana Sub**

**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**





— LIVE A FULLER LIFE —

**CAFÉ LUNCH SPECIALS FOR THE WEEK OF**  
**MONDAY, FEBRUARY 1<sup>ST</sup> THROUGH FRIDAY, FEBRUARY 5<sup>TH</sup>**

**PLEASE PLACE YOUR LUNCH ORDER BETWEEN**  
**11:00 AM AND 12:00 NOON**  
**YOUR FOOD WILL BE DELIVERED BETWEEN 12:30 PM AND**  
**1:30 PM**

**Daily Hot Lunch Special**

\$8.95

**MONDAY, FEBRUARY 1<sup>ST</sup>**  
CHEESE MANICOTTI WITH SIDE CAESAR SALAD

**TUESDAY, FEBRUARY 2<sup>ND</sup>**  
BATTER DIPPED FISH SANDWICH

**WEDNESDAY, FEBRUARY 3<sup>RD</sup>**  
CRAB CAKE BLT

**THURSDAY, FEBRUARY 4<sup>TH</sup>**  
GRILLED RACHEL (TURKEY REUBEN WITH SLAW)

**FRIDAY, FEBRUARY 5<sup>TH</sup>**  
GRILLED BLACK FOREST HAM & CHEESE SANDWICH WITH  
SOUP OF THE DAY

# Vaccine Information

Due to the high demand and constrained vaccine supply, COVID-19 vaccinations appointments are extremely limited. Phase 2 will start 2/1/21 and it will include adults over the age of 75. The Milton Board of Health will receive a limited number of doses and can be contacted at 617-898-4947 to place your name on a list. Someone will get back to you to schedule an appointment. Beth Israel Lahey has offered their support in scheduling the vaccine. You can email [bilhvaccinescheduling@bilh.org](mailto:bilhvaccinescheduling@bilh.org) or call 617-278-8891 to leave a confidential message. Beth Israel Lahey will be setting up a clinic at State Street in Quincy. Here are some additional locations that are currently scheduling vaccine appointments:

- Gillette Stadium, book an appointment at <https://www.cic-health.com/vaccines> or try calling 888-623-3830-you may have to wait in a line.
- Newton CVS, book an appointment at <https://www.cvs.com/immunizations/covid-19-vaccine> or try calling 617-244-0821
- South Boston Community Health Center, book an appointment at <http://bit.ly/38SUWs2> or try to call 617-269-7500
- Chestnut Hill Wegmans, book an appointment at <https://www.wegmans.com/covid-vaccine-registration/> or try to call 617-762-2000
- Revere CVS, book an appointment at <https://www.cvs.com/immunizations/covid-19-vaccine> or call 781-289-6099
- Carney Hospital in Dorchester is accepting appointments, call 877-358-8794
- Good Samaritan in Brockton is accepting appointments, call 877-358-8794
- If you are a Veteran, you can call the VA Hospital in West Roxbury at 617-323-7700 to request a vaccine.

We cannot guarantee that there will be appointments, but new sites will be opening every day. There are a few independent pharmacies that are working on our behalf to obtain enough vaccine doses for our community. I cannot guarantee this will happen but will keep you advised.

**\*\*Please let your front desk know when you have received your first dose of the vaccine for future planning purposes. \*\***