

The Week at Fuller

April 26th – May 2nd



Monday, April 26th:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday. A maximum of 3 swimmers/exercisers may use the pool at one time. You may wait on the pool deck until space opens. A maximum of 6 people can wait on the pool deck at one time. Masks are required on the pool deck.

The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm, Monday – Friday. A maximum of 10 residents may use the gym at once. If people are waiting for equipment, please limit your time to 30 minutes. Masks must be worn in the gym while exercising.

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.

The Van will also take you to Stop & Shop on Monday, Wednesdays, and Fridays at either 10:00am or at 2:00pm. To make a van reservation, call 617-361-7778.

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

News Currents will meet at 10:30am in the Activity Room at Blue Hill.

If you have signed up for Small Group Training at 10:00am or 11am at Brush Hill, please meet Jen in the Yoga studio at Brush Hill.

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.

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.

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.

Bridge Players meet at 1:00pm in the Function Room at Brush Hill. There is a 16 person limit. First come, first serve and everyone is welcome!

Chair Yoga Balance will be held at 2:00pm on Senior TV (Channel 222).

The Library Book Club with Milton Library Director Will Adamecyzk will be held at 2:00pm in the Tent at Brush Hill. Today you will discuss *Paul Revere's Ride* by David



Monday, April 26th:

Hackett Fischer. Please bring your book with you. May's book, *Oliver Wendell Holmes: A Life in War, Law and Ideas* by Stephen Budiansky, will be available at today's meeting as well.

Sparrow Live presents *Friends Reunited* at 3:00pm on Senior TV (Channel 222). Soprano Brenna Markey and Baritone Samuel McDonald perform some of opera's most beloved arias and duets featuring Internationally acclaimed pianist Mary Pinto. Ms. Markey

and Mr. McDonald will be performing showcase of classics including selections from Verdi's *La Traviata*, Donizetti's *Don Pasquale*, Tchaikovsky *Queen of Spades*, Puccini's *Madame Butterfly* and more! This program can also be found on www.residentapps.com anytime.

Tuesday, April 27th:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday. See Monday for current pool guidelines.

The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday. See Monday for current guidelines.

If you've signed up for the Beginners Birding course with Jack Lash, please meet at 8:30am in the Tent at Brush Hill. Please wear comfortable walking shoes and bring your cell phone (you'll learn how to use *Chirp* – a bird song identifier app for your phone) and binoculars if you have them.

Vote in the Milton Town Elections on the Fuller Van. The van will run from 9am to 12noon. Call Muriel at 617-361-7778 to sign up.

The Bank of Canton will be at Brush Hill from 9:00am - 10:00am and at Blue Hill from 11:00am to 12:00pm. Appointments are no longer needed.

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.

Give Pickleball a Try at 9:30am at the Tennis Courts at Brush Hill! All are welcome anytime to join in to play or to learn the game. All levels of players are welcome, especially first timers.

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.

Total Body Blast at 10:00am in the Tent at Brush Hill. This is a high energy class that will challenge your heart, lungs, and muscles! If you have a set of hand weights, please bring them.



Tuesday, April 27th The Blue Hill Knitters and Sewers will meet at 10:30am in the Activity Room at Blue Hill.

Back to Basics at 11:00am in the Tent at Brush Hill. With a combination of seated and standing exercises, this class will focus on restoring strength and stamina. If you have a set of hand weights, please bring them.

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.

Join Andy Kelly, the Boston Buddha for a 30-minute guided meditation at 1:00pm in the Tent at Brush Hill.

Come for Scenic Van Ride on the Fuller Van! We will depart Brush Hill at 2:00pm and Blue Hill at 2:10pm. Call Muriel to sign up at 617-361-7778.

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.

Calling All Golfers! Any golfers interested in getting together to talk golf? New to the area and want to hear about nearby courses. Want to meet some others who might be interested in playing together. Or just want to compare notes on price, deals, quality of courses? Join us in the Tent at Brush Hill at 2:30pm. If you would like to attend and need a ride, call 617-361-7778 to arrange transportation.

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.

Men's Poker Club will meet at 7:00pm in the Card Room at Brush Hill. There is an 8-person limit.

Wednesday, April 28th:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.

The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday.

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 9:30am – 12:00 pm on the second floor at Blue Hill for this week only. Call 617-361-7900 to schedule an appointment.

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

If you signed up for Small Group Training in the Yoga Studio at Brush Hill, please meet Jen at 10:00am.



Wednesday, April 28th:

The Fuller Village Cornhole Players meet at 10:15am at Blue Hill.

If you signed up for Small Group Training, please meet Jen in the Activity Room at Blue Hill at 11:00am.

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.

Free Blood Pressure Screening by Best of Care will be held in the Blue Hill Library from 12:00 pm – 1:00 pm, and in the Brush Hill Library from 1:00 pm – 2:00pm.

Enhance your yoga practice...virtually! Join Carol for *Chair Yoga* on Mondays via Zoom at 12:00pm.

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.

The Outdoor Adventure Club will meet today at 1:00pm. Members will be sent the hike's location and sign-up instructions.

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

The Brush Hill Knitters and Sewers will meet in the Function Room at Brush Hill at 3:00pm.

Rosary is held in the Activity Room at Blue Hill every Wednesday at 3:00pm. Everyone is welcome.

Sparrow Live presents *Friends Reunited* at 7:00pm on Senior TV (Channel 222).

See Monday for the program description. This program can also be found on www.residentapps.com anytime.

Thursday, April 29th:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.

The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday.

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.



Thursday, April 29th:

Towel Cardio in the Tent at Brush Hill at 10:00am. This is a moderately paced class, with exercises that can be done both seated and standing. Focus is on cardiorespiratory health. Please bring a small hand towel, exercise band, or yoga strap.

Nuts & Bolts of Movement in the Tent at Brush Hill at 11:00am.

Focusing on the 7 Fundamental Human Movements (push, pull, squat, lunge, hinge, rotation, gait), this class will challenge your agility and mobility. Please bring an old pillow and a set of hand weights to class if possible.

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.

The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.

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.

The Fuller Village Bike Club will ride from Mattapan to Tennean Beach this afternoon. Bikers meet at 2:15pm at the Back Patio at Brush Hill to have your bike transported to Unquity House. Please call Muriel at 617-361-7778 to sign up.

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.

Join historian Paolo DiGregorio for *From Axum to Zimbabwe: A Brief History of Africa from the 1st-15th Century* at 7:00pm on Zoom. Africa is a huge, diverse, complex continent. Its history is full of grandeur and glory, conflict and tragedy. Yet it is a tale few of us know. This talk will be an introduction to 1500 years of African history. If you are on our Zoom database, a link will be emailed to you to join.

Movie Night is Back! 16 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. Call Muriel to sign up at 617-361-7778. 10 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Call the Blue Hill Concierge to sign up at 617-361-7900.

Friday, April 30th:

The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.

The Fitness Center and Yoga Studio will be open from 8:00am -4:00pm Monday – Friday.



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

Friday, April 30th:

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

If you signed up for Small Group Training, please meet Jen in the Activity Room at Blue Hill at 10:00am.

If you signed up for Small Group Training, please meet Jen in the Activity Room at Blue Hill at 11:00am.

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.

The Café at Brush Hill is open for outdoor dining and limited indoor dining from 11:30am to 2:00pm. The Café will also be open for takeout – you are welcome to order your lunch for pickup at 617-361-3987.

***Dancing with Cris* will be held at 12:30pm in the Tent at Brush Hill. The class is \$5 per person, payable at class. If you want to get some exercise without the hard work, join our class.**

Join Rev. Martha Swanson for Bible Study at 2:00pm in the Tent at Brush Hill.

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

Movie Night is Back! 16 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. Call Muriel to sign up at 617-361-7778. 10 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Call the Blue Hill Concierge to sign up at 617-361-7900.

Saturday, May 1st:

Join Jen on Senior TV (Channel 222) at 9:00am for Chair Yoga for a gentle routine to encourage you to move and breathe.

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.

Join historian Paolo DiGregorio for *From Axum to Zimbabwe: A Brief History of Africa from the 1st-15th Century* at 3:00pm on Channel 222. See Thursday for the program description. This program can also be found on www.residentapps.com anytime.

Movie Night is Back! 16 people can enjoy a movie in the Function Room at Brush Hill at 7:00pm. Call Muriel to sign up at 617-361-7778. 10 people can enjoy a movie in the Activity Room at Blue Hill at 7:00pm. Call the Blue Hill Concierge to sign up at 617-361-7900.

Sunday, May 2nd:

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.

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.

Join historian Paolo DiGregorio for *From Axum to Zimbabwe: A Brief History of Africa from the 1st-15th Century* at 7:00pm on Channel 222. See Thursday for the program description. This program can also be found on www.residentapps.com anytime.



Movie Nights Are Back!

Thursday, April 22nd,

Friday, April 23rd

Saturday, April 24th

BRUSH HILL at 7:00 pm

16 people can enjoy a movie in the Function Room at Brush Hill.

Call Muriel to sign up at 617-361-7778.

Little Women

Cast: Meryl Streep, Emma Watson, Laura Dern, Abby Quinn, Chris Cooper

The writings of Louisa May Alcott unfold as the writer's alter ego Jo Marsh.

Four young women determined to live their lives on their own terms.

BLUE HILL at 7:00 pm

10 people can enjoy a movie in the Activity Room at Blue Hill.

Call the Blue Hill Concierge to sign up at 617-361-7900.

Knives Out

Cast: Rain Johnson, Chris Evans, Christopher Plummer

When renowned crime novelist Harlan Thrombey is found dead, the inquisitive detective Benoit Blanc is enlisted to investigate.

Gordon House

Dining Room Dinner Menu

Please call us at 617-361-6958 11:00 am- 1:00pm

Monday, April 26

Beef Noodle Soup or Salad du Jour
Espresso Rubbed Steak with Fennel Jus
Honey Bourbon Pork Loin with BBQ Gravy
Baked Sweet Potato
Green Beans
Oatmeal Raisin Cookie or
NY Style Cheesecake

Friday, April 30

Seafood Chowder or Salad du Jour
Crab Tartine with Mango Salsa
Herb Roasted Pork Chop in Pan Sauce
Brown Rice and Steamed Broccoli
Coconut Cake
or Cream Cheese Brownie

Tuesday, April 27

White Bean and Fennel Soup
or Salad du Jour
Lemon Pepper Chicken Quarters
Linguini with White Clam Sauce
Rice Pilaf and Summer Succotash
Chocolate Bundt Cake or
White Chocolate Cranberry Cookie

Saturday, May 1

Sausage and Navy Bean Soup
or Salad du Jour
Mediterranean Tuna Salad
Southern Fried Chicken
Barley Pilaf and Corn with Peppers
Fresh Fruit Tart or
Blueberry Pie

Wednesday, April 28

Cream of Tomato with Orzo Soup
or Salad du Jour
Garlic Herb Meatloaf with Gravy
Buttercrumb Scrod with Tarter Sauce
Mashed Potato and Buttered Carrots
Peanut Butter Chocolate Cookie or
German Chocolate Cake

Sunday, May 2

Split Pea Soup
or Salad du Jour
Prime Rib with Au Jus
Vegetable Lasagna
Rosemary Roasted Potato's &
Sauteed Rainbow Chard
Hot Fudge Sundae or
Double Chocolate cake

Thursday, April 29

Carrot Ginger Soup or Salad du Jour
Miso Glazed Salmon
Veal Caccatorie over Pasta
Roasted Red Potatoes
and Sauteed Spinach
Lemon Squares or M&M Cookie

we create
authentic food
FROM SCRATCH

we use fresh, responsibly sourced, seasonal ingredients & culinary creativity. We are guided by environmentally held practices, avoid additives, chemicals and preservatives.

experience the difference

with us

All entrees are 17.95 plus tax, which includes an appetizer, beverage & dessert. Before ordering, please make your server aware of any food allergies.

Fuller Village | **UNIDINE**
— LIVES A FULLER LIFE —

Always Available Menu

Call 617-361-6958 between 11am & 1pm for take out orders

APPETIZERS ... 2.95

Soup du Jour
Fresh Garden Salad
Fresh Fruit Salad

* ask about our selection of house made dressings *

SIGNATURES

a non-alcoholic beverage is included with signature selections

Fresh Baked
Haddock...17.95

seasoned baked haddock with a hint of lemon & panko bread crumbs. Served with the evening side dishes.

Fuller Village
Burger...9.95

chargrilled with or without cheese. Served with lettuce, tomato, french fries & pickle.

Pastrami Reuben ...9.95

grilled pastrami Sauerkraut House made Russian dressing ,and melted swiss, on marble rye bread

Lighter Fare...9.95

large garden salad with choice of adding: chicken salad with cran-raisins & toasted almonds, tuna salad, marinated grilled chicken breast, grilled salmon. Served with roll and butter.

DESSERTS

a la carte...2.95

Chef's Featured
Cookie of the Day

Fresh Fruit Cup...2.95

Sugar Free Jello...2.95

Sugar Free Ice Cream...2.95

BEVERAGES

Coke

Diet Coke

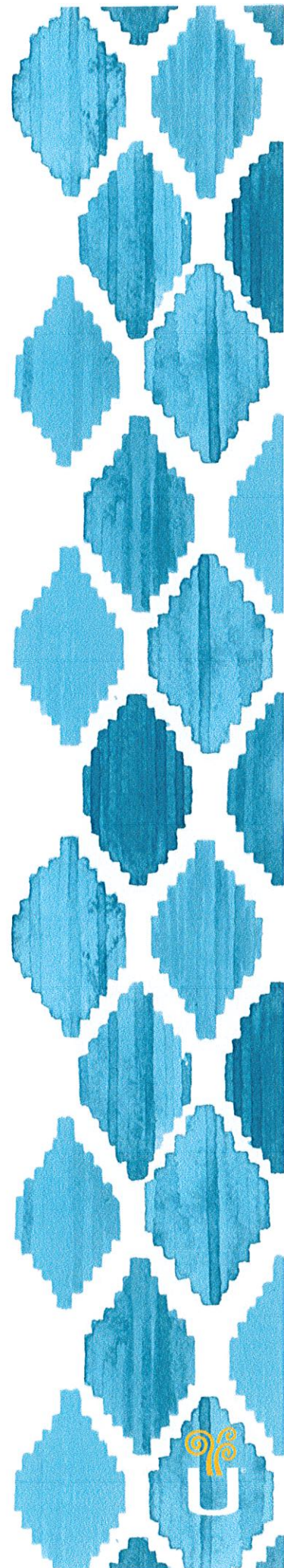
Ginger Ale

Diet Ginger Ale

V-8

2% Milk

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. *Made without gluten ingredient options available upon request.



Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, april 26

Pastrami Reuben

*grilled pastrami, with sauerkraut, home-made Russian dressing,
melted swiss cheese on marble rye bread*

tuesday, april 27

Mushroom and Swiss Burger

caramelized onions, mushrooms and swiss cheese

wednesday, april 28

Prime Rib of Beef "French Dip"

Perfectly sliced prime rib in a fresh made au jous sauce

thursday, april 29

Quiche Lorraine

with a small garden salad

friday, april 30

Fisherman's Platter

Fried shrimp, scallops, fish and onion rings
plated with a side of fries and tartar sauce

Dining Services

New Dining Information

Gordon House Dining Room

Reservations - Dining In

For Dinner Reservations for the current week, including the weekend, please call Monday - Friday from 11:00am to 1:00pm

Please Note - dinner seatings are 6:00pm, 6:15pm and 6:30pm

Reservations - Take Out

Take Out Reservations Monday - Friday please call day of from 11:00am to 1:00pm

Take Out Reservations Saturday - Sunday please call Friday from 11:00am to 1:00pm

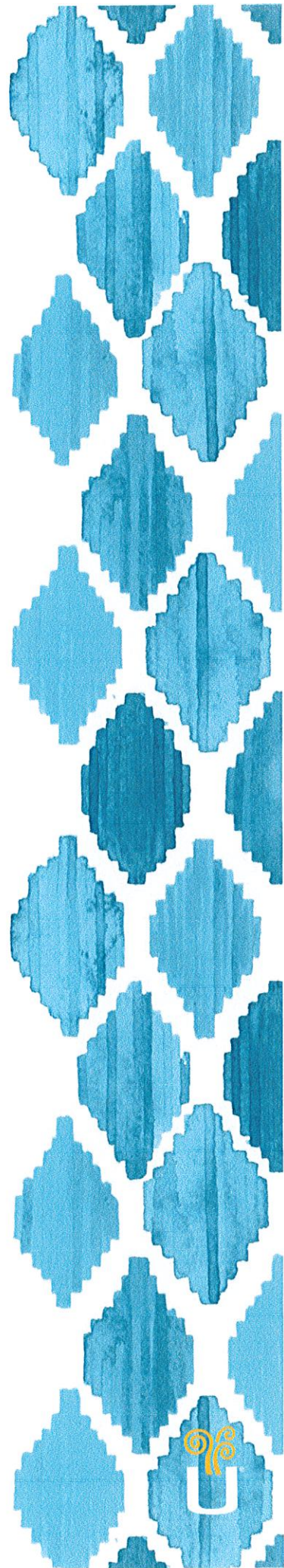
Please call us at 617-361-6958

Brush Hill Café

Indoor and Outdoor Seating is Now Open
indoor seating is limited

Dining In or Take Out

Orders are now being taken in person at the café counter. Please come to the café to place your order.





2021 Milton Town Elections Tuesday, April 27th

The Fuller Van will run you to the polls between
9am and 12 noon.

Call Muriel at 617-361-7778 to sign up.