

## The Week at Fuller

### May 3<sup>rd</sup> – May 9<sup>th</sup>



#### Monday, May 3<sup>rd</sup>:

**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, and Saturday and Sunday 10:00am – 2:00pm** 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.**

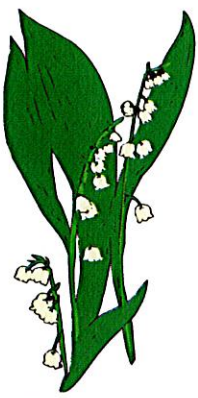
**The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. Dining In or Taking Out: Orders are now being taken in person at the café counter. Please come to the café to place your order.**

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

**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).**

***Between the World and Us: Race Still Matters* with Professor Bailey will be held at 4:00pm on Zoom.**



**Tuesday, May 4<sup>th</sup>:**

**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.**

**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.**

**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 10:00am.**

**Pickleball players meet with Coach Lori at 10:15am at the Tennis Courts at Brush Hill.**

**Total Body Blast will be held at 10:00am in the Tent at Brush Hill.**

**The Blue Hill Knitters and Sewers will meet at 10:30am in the Activity Room at Blue Hill.**

**Back to Basics will be held at 11:00am in the Tent at Brush Hill.**

**The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. Dining In or Taking Out: Orders are now being taken in person at the café counter. Please come to the café to place your order.**

**Join Jen for Chair Aerobics on Senior TV (Channel 222) at 2:00pm.**

**A Fair Planning Meeting will be held at 3:00pm in the Tent at Brush Hill.**

**Join Jen for Dance Party on Senior TV (Channel 222) at 4:00pm.**

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

**Wednesday, May 5<sup>th</sup>:**

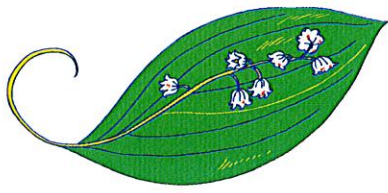
**The Pool will be open from 8:00am – 12:00pm and 3:30 – 6:30pm, Monday – Friday.**

**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.**





**Wednesday, May 5<sup>th</sup>:**

**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.**

**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 Yoga Studio at Brush Hill at 11:00am.**

**Total Body Blast: Join Jen on Senior TV (Channel 222) at 11:00am.**

**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. Dining In or Taking Out: Orders are now being taken in person at the café counter. Please come to the café to place your order.**

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

**Podiatrist Dr. Joel Chariton D.P.M. will be seeing patients today starting at 1:00pm in the Wellness Clinic at Blue Hill. To book an appointment, call his office directly at 781-986-3668. Call at 617-361-7778 to arrange transportation.**

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

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

**The Brush Hill Knitters and Sewers will meet in the Card Room at Brush Hill at 7:00pm.**

**Thursday, May 6<sup>th</sup>:**

**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 Fuller Village Bike Club meets this morning. Bikers meet at 8:30am 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.**



### **Thursday, May 6<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.**

**Towel Cardio will be held in the Tent at Brush Hill at 10:00am.**

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

**Towel Cardio with Jen will be shown on Senior TV (Channel 222) at 11:00am.**

**The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm. Dining In or Taking Out: Orders are now being taken in person at the café counter. Please come to the café to place your order.**

**The Race Discussion Group will meet at 1:00pm in the Function Room at Brush Hill.**

**Chair Aerobics: Join Jen on Senior TV (Channel 222) at 2:00pm.**

**Join historian Paolo DiGregorio at 3:00pm in the Tent at Brush Hill. Beyond Cinco de Mayo: A Brief History of Mexico From Independence to Revolution-** To many of us in the US, the history of Mexico begins and ends with May 5<sup>th</sup>, even if we don't really know why that day is celebrated. Yet, the story of Mexico in the 19<sup>th</sup> and early 20<sup>th</sup> centuries is much bigger than just one misunderstood date. It is a dramatic, tragic, and complex tale that still resonates and shapes modern Mexican society. This talk will highlight the story of Mexico from the War of Independence to the Mexican Revolution.

**Need some time for yourself? Join Carol for Restorative Yoga on Thursdays via Zoom at 4:00pm.**

**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, May 7<sup>th</sup>:**

**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.**

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



**Friday, May 7<sup>th</sup>:**



**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.**

**The Café at Brush Hill is open for outdoor dining and limited indoor seating from 11:30am to 2:00pm.** Dining in or taking out: Orders are now being taken in person at the café counter. Please come to the café to place your order.

***Dancing with Cris* will be held at 12:30pm in the Tent at Brush Hill. The class is \$5 per person, payable at 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.

**Cribbage Players meet in the Card Room at Brush Hill at 7:00pm.** The game is limited to 8 people.

**Saturday, May 8<sup>th</sup>:**

**Join Jen on Senior TV (Channel 222) at 9:00am for Chair Yoga.**

**The Pool and Fitness Center are open from 10:00am to 2:00pm.**

**Join Jen on Senior TV (Channel 222) at 11:00am for Senior Ballet.**

**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 9<sup>th</sup>: Happy Mother's Day!**

**Join Jen on Senior TV (Channel 222) for Seated Strength at 11:00am.**

**The Pool and Fitness Center are open from 10:00am to 2:00pm.**

**Join Jen on Senior TV (Channel 222) for Stretching for Stress Relief at 4:00pm.**

**Enjoy the Sheffield Chamber Players courtesy of Sparrow Live at 7:00pm on Ch 222.** Today's program is *Musica Cordis, Op. 3* - Music for strings by Franz Schubert, Johan Sebastian Bach, James Lee III, Jeffrey Mumford, Manuel Ponce, Daniel Bernard Roumain, and Akshaya Tucker. This program can also be found on [www.residentapps.com](http://www.residentapps.com) anytime.

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The Caring Committee now has a periodic “Corner” in our newsletter.

We hope to share the themes of our monthly meetings here in our

CARING COMMITTEE CORNER

By Betsy Buchbinder

Welcome to our latest “new normal” and with less alone time, less solitude!

We have already demonstrated our resilience after a long and challenging year

and look forward to more time with family, friends and our Fuller neighbors.

We know we must still practice caution to stay well. This past year we have learned how self-

reliant we really are as we have developed new routines to pass each long day. Solitude has

shown us that we can initiate new hobbies; that we can listen and

learn so much from TED talks. And we have discovered free courses we can

get on our iPads from major Universities across the country. We now know we can actually

enjoy our own company! Aloneness has made us realize, even more, how important our

friends and families are in our lives. Amazon .com for some of us, has become our newest and

(almost) a best friend as we navigated all the shopping possibilities it offers. “The Reaching

Out Committee “, Ellen Dunn, Pat Kelleher and Marty Allen and their volunteers have joined

to reach every Fuller resident with periodic puzzles, games, quizzes and telephone calls. We

are not quite fully back here at Fuller Village, but our new normal is welcomed as we continue

to follow whatever the guidelines are to stay well and to stay safe.

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# Gordon House

## Dining Room Dinner Menu

### Monday, May 3

Broccoli & Cheese Soup  
or Salad du Jour  
Perri Perri Shrimp  
Stuffed Pork Chop  
Roasted Red Potato and  
Buttered Peas  
Black Forest Cake or Sugar Cookie

### Friday, May 7

New England Clam Chowder  
or Salad du Jour  
BBQ Ribs  
BBQ Chicken  
Potato Salad and Buttered Corn  
Peach Cobbler  
or White Chocolate Craisin Cookie

### Tuesday, May 4

Hearty Vegetable Soup  
or Salad du Jour  
Yankee Pot Roast  
Roasted Turkey  
Rice Pilaf and Glazed Carrots  
Chocolate Cream Pie or  
Peanut Butter Cookie

### Saturday, May 8

Chicken Noodle Soup  
or Salad du Jour  
Spaghetti with Meatballs  
Chicken Francaise  
Spaghetti and Mixed Squash  
Blueberry Pie or  
Chocolate Chunk Cookie

### *cinco de mayo*

### Wednesday, May 5

Turkey Noodle Soup  
or Salad du Jour  
Fish Tacos  
Chicken Fajitas  
Cilantro Lime Rice and  
South of the Border Peppers & Onions  
Blondie Bar or M&M Cookie

### *mothers day*

### Sunday, May 9

Beef Barley Soup or Salad du Jour  
Prime Rib with Au Jus  
Stuffed Shrimp in a Lemon Beurre Blanc  
Baked Potato &  
Fresh Asparagus  
NY Style Cheesecake or  
Sugar Cookie

### Thursday, May 6

Pasta Fagioli or Salad du Jour  
Beef Burgundy  
Grilled Salmon  
Mashed Potato and Green Beans  
Fruit Tart or Double Chocolate 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 wine

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  
— LIVE A FULLER LIFE —





# Always Available Menu

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

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## APPETIZERS ... 2.95

Soup du Jour  
Fresh Garden Salad  
Fresh Fruit Salad

\* ask about our selection of house made dressings \*

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## 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.

Pastrami Reuben ...9.95  
grilled pastrami Sauerkraut  
House made Russian dressing ,and  
melted swiss, on marble rye bread

Tomato, Bacon Grilled Cheese  
...9.95  
tomato, bacon, and cheddar cheese  
on a choice of white, wheat or  
marble rye or rye.

Fuller Village Burger...9.95  
chargrilled with or without cheese.  
Served with lettuce, tomato,  
french fries & pickle.

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.

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## DESSERTS

a la carte...2.95

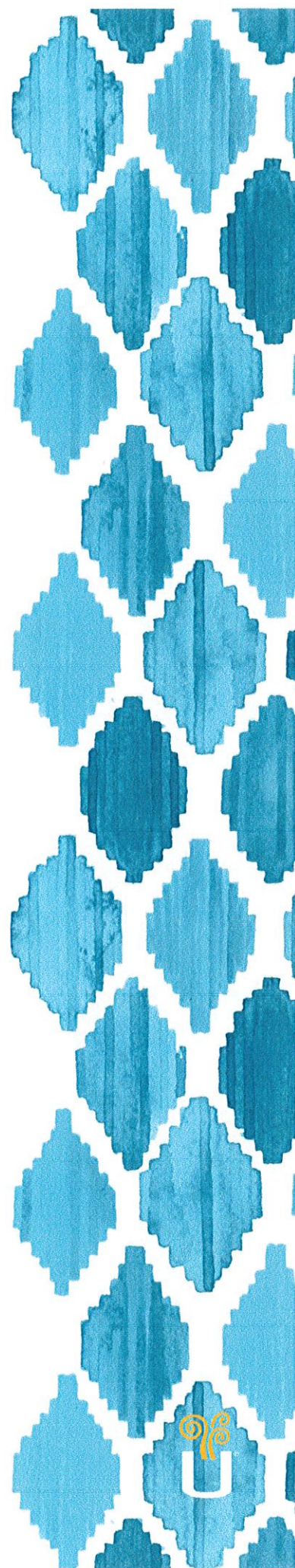
Chef's Featured  
Cookie of the Day  
Fresh Fruit Cup...2.95  
Sugar Free Jello...2.95  
Sugar Free Ice Cream...2.95

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## 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

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monday, may 3

Monte Christo Sandwich

ham, turkey, and swiss dipped in an egg batter and fried to golden brown

tuesday, may 4

Egg Salad Sandwich

homemade egg salad with bacon , lettuce and tomato made on a toasted croissant

wednesday, may 5

California Chicken Wrap

crispy chicken tenders, cheddar cheese, with avocado, lettuce and tomato

thursday, may 6

Pulled Pork Sandwich

BBQ pulled pork sandwich served on a hero roll

friday, may 7

Fishermans Platter

fried shrimp, clam strips, fish served with onion rings and plated with fries and tartar sauce







# **~POOL & FITNESS CENTER UPDATE~**

## **Starting Saturday, May 1<sup>st</sup>, the Pool & Fitness Center will be open on weekends!**

**The pool will continue to be open for Residents only.**

**Monday – Friday: 8am-12pm and 3:30pm-6:30pm**

**Saturday & Sunday: 10am-2pm**

**There is a ten (10) person occupancy limit inside the pool area.**

**If you are in the pool and people are waiting, please limit your time in the water to no longer than 45 minutes.**

**Masks must be worn to & from the pool and while waiting on the pool deck.**

**Please be respectful of other residents' personal space both in and out of the water.**

**The Fitness Center will continue to be open for Residents only.**

**Monday – Friday: 8am-4pm**

**Saturday & Sunday: 10am-2pm**

**There is a ten (10) person occupancy limit inside the Fitness Center. If people are waiting for equipment, please limit your time to 30 minutes.**

**Masks must be worn while exercising.**

**Please note that the Fitness Center is not always staffed. If you need assistance, please call Jen to make an appointment.**

**617.361.7196**



# Channel 222 Fitness Programming

~please save this flyer~

## Chair Yoga

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Monday, Wednesday, Friday at 10am and  
2pm. Saturday at 9am

## Chair Aerobics

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Tuesday & Thursday at 10am and 2pm

## Standing Stretching & Strength

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Tuesday at 9am and Sunday at 4pm

## Dance Party

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Tuesday at 4pm

## Total Body Blast

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Wednesday and Friday at 11am

## Towel Cardio

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Thursday at 11am

## Senior Ballet

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Saturday at 11am

## Seated Strength

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Sunday at 11am

## Stretching for Stress Relief

~

Sunday at 4pm

**FULLER VILLAGE RESIDENTS' ASSOACOATION**  
**2021 NOMINATING COMMITTEE**

**Brush Hill:** A/B: Helen Benson

C/D: Bob Gorfinkle

E/F: Celina Schreiber

G/H: Janet Arthur

**Blue Hill:** Foster: Barbara Murphy

Depoyan: Elizabeth Higgins

Villas: Cheryl Manoli, Chair

The positions on the Board that are up for election this year are all Representatives.

The six positions are: at Brush Hill A/B, At-Large ABCD, and At-Large EFGH  
and at Blue Hill one position from each area of Foster, Depoyan, and the Villas.



# Movie Nights Are Back!

Thursday, April 29th,

Friday, April 30th

Saturday, May 1st

## 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.

### *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.

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## 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.

### *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.



## Attention! Very Important!

Starting on May 4<sup>th</sup> we will be swapping out your keys for our new fob system. You will bring your building keys (not your apartment keys) to your buildings lobby to have them traded for the fobs. Your cooperation is imperative as your keys will no longer work when we finish assigning the FOBS. You will be able to pick up your new fob on the following schedule:

May 4<sup>th</sup>

Blue Hill

9:30am – 12 noon – Foster Lobby

1:30pm – 4pm – Depoyan Lobby

May 5<sup>th</sup>

Brush Hill

9:30am – 10:30 a.m. AB Building Lobby –

10:30 – noon CD Lobby

1:30pm – 2:30 p.m. EF building Lobby at top of the stairs

2:30 to 4pm – GH building entrance.

If none of these times are convenient, please let your buildings front desk know immediately and we will arrange another time for you to receive your fob. The project will be complete by June 1 and you will no longer be able to access the buildings with a key at that time.



# Door Fob Frequently Asked Questions

## What is a door fob?

A) A door fob is a plastic chip with an electric sensor that when connected to a fob reader will allow entry through a doorway. Rather than putting your key in a lock you will put your fob next to the reader.

## Why is Fuller Village instituting fobs?

A) The fobs will allow us to increase building security.

## Who is getting fobs?

A) Every resident (villa residents included) will receive 1 fob per person.

## What about my family members, caregivers, etc.?

A) Fobs will be available for local family members. There will be a form for you to submit it when you receive your fob.

## What if I do not need my fob can I give it to a family member, aide, etc.?

A) Your fob is made specifically for you. If you would like someone else to use it, you must submit a fob transfer form. We will remotely change the owner's name over. (also available at the desk).

## Where can I use my fob?

A) Your fob will give you access to all building entrances and the garages. The fob will work for both buildings.

## What if I lose my fob?

A) If you lose your fob or a family member loses their assigned fob, please report it immediately. We will make you a new one. We will void your lost fob and there will be a \$25.00 charge per fob.



# Dining Services

## New Dining Information

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### Gordon House Dining Room

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#### 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 seating is from  
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**

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### Brush Hill Café

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Café Hours are 11:30am to 2:00pm

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.

