



— LIVE A FULLER LIFE —

Monday, July 5, 2021

8:00: Holiday

The Office, Cafe and Pool & Fitness are closed today for the July 4th Holiday.

10:30: News Current (BL)

News Current meets in the Activity Room at Blue Hill.

1:00: Bridge (BR)

2:00: Handcrafters (BL)

Fuller Village Handcrafters meet in the Library at Blue Hill.

Tuesday, July 6, 2021

8:30: Adventure Club

Members will be sent the hike's location and sign-up instructions.

8:30: Bike Club

Bikers meet at 8:30am at the Back Patio at Brush Hill. If you would like to sign up or have your bike transported to Unquity House, please call Muriel at 617-361-7778.

8:30: Pickleball with Coach Lori (BR)

9:00: Coffee Hour (BR)

Cafe at Brush Hill

9:30: Massage (BL)

Jen B, a Certified Massage Therapist, will be offering massages on Tuesdays and Thursdays in the Mind Body

Studio at Blue Hill from 9:30am-1:00pm. You can contact her at 508-535-5675.

9:45: Fitness with Lori (*Tent*)

1:00: Town of Milton Electricity Aggregation Program (*BL/BR*)
See attached flyer.

3:30: Bocce (*BR*)
Meet at the Bocce Court (located behind the Tennis Courts)

7:00: Bingo! (*BL*)
Join your friends for an evening of Bingo in the Activity Room at Blue Hill. \$5 per person.

7:00: Men's Poker Club (*BR*)
Poker at Brush Hill this evening in the Card Room. They are currently looking for new members.

Wednesday, July 7, 2021

9:00: Coffee Hour (*BR*)
Cafe at Brush Hill

10:00: Mobility & Stability (*BR*)
Mobility & Stability in the Yoga Studio at Brush Hill.

10:15: Cornhole (*BL*)
We ask old and new players to register with either Fred Hopkinson at 781-901-1923 or by email at fhop78@yahoo.com or with Jeanne Bronk at 617-910-9936

10:30: Water Aerobics (*BR*)
Enjoy the water but don't want to get your head wet? Offering a fun, social atmosphere, incorporating aspects of cardiovascular, strength, and balance challenges, this class utilizes various aquatic equipment & modes to improve all aspects of physical conditioning.

11:00: Back to Basics (*BL*)
Back to Basics in the Activity Room.

11:00: Floor Yoga w/ Carol (BR)

12:00: Chair Yoga w/ Carol (BR)

1:00: Podiatrist (BL)

Podiatrist Dr. Joel Chariton D.P.M. will be seeing patients in the Wellness Clinic at Blue Hill starting at 1:00pm this afternoon. To book an appointment, please call his office directly at 781-986-3668.

1:30: Catholic Mass (Tent)

Catholic Mass with Father Andreas in the Tent at Brush Hill this afternoon.

3:00: Rosary (BL)

Rosary is held in the Activity Room at Blue Hill.

7:00: Knitters and Sewers (BR)

Card Room at Brush Hill

Thursday, July 8, 2021

9:00: Coffee Hour (BR)

Cafe at Brush Hill

9:30: Massage (BL)

Jen B, a Certified Massage Therapist, will be offering massages on Tuesdays and Thursdays in the Mind Body Studio at Blue Hill from 9:30am-1:00pm. You can contact her at 508-535-5675.

10:00: Towel Cardio (Tent)

In the Tent at Brush Hill This is a moderately paced class, with exercises that can be done both seated & standing. Focus is on cardiorespirator health.

- 11:00: Bocce (BR)**
Bocce players meet at the Bocce Court (located behind the Tennis Courts) for games.
- 11:00: Nuts & Bolts of Movement (Tent)**
Nuts & Bolts of Movement in the Tent at Brush Hill Focusing on the 7 Fundamental Human Movements (push, pull, squat, lunge, hinge, rotation, gait), this class will challenge your agility and mobility.
- 11:00: Tony's Clam Shop**
Call 617-361-7778 to sign up. See flyer for more details.
- 3:00: Chair Yin Yoga (BL)**
Chair Yin Yoga in the Activity Room at Blue Hill at 3:00pm on Thursdays. There is a 6 person limit. Please call 617-361-7778 to sign up.
- 4:00: Restorative Yoga (Zoom)**
CANCELLED
- 7:00: Brush Hill Bingo (BR)**
Join Brush Hill residents Lorraine Allen, Libby Kaplan and Anne Piacentini this evening in the Function Room at Brush Hill - \$5 to play. Everyone is welcome!

Friday, July 9, 2021

- 9:00: Coffee Hour (BR)**
- 10:00: Core on the Floor (BR)**
- 11:00: Mobility & Stability (BL)**
- 12:30: Line Dancing with Cris (BR)**
The class is \$5 per person, payable at class.
- 3:00: Jazz Lovers Club (BL)**
Activity Room at Blue Hill

6:30: Pianist Sean Hurley

See attached flyer.

7:00: Cribbage (BR)

Cribbage Players meet in the Card Room at Brush Hill for organized games this evening.

Saturday, July 10, 2021

7:00: Movie Night (BR)

Sunday, July 11, 2021

2:00: Fuller Quilting Bees (BL)

We will be making a quilt to raffle at the Fair.

7:00: Memphis Rockabilly (BR)

See attached flyer.

Resident Association Corner

This is a plug for the Keurig coffee maker in the Blue Hill Coffee Room. It's always plugged in and ready to make a delicious cup of coffee or tea for you. It's a perfect place to meet with a friend for a morning or afternoon visit. If you are able, please leave a donation for the replacement of coffee pods which Roz Spigel keeps stocked up.

At Brush Hill, Betty Tamer is still seeking more volunteers to lighten the load on the team she is building. Already on board are Dot McDermott, Anne Piacentini, Libby Kaplan, Lorraine Allen, Joan Matulis, Arlene Broderick, Dotty Fahey and Marty Allen. Betty is appreciative of those who have volunteered. Please contact her if you can be of help; on a regular basis or as a substitute when needed.

Movie Nights

Saturday, July 3rd

BRUSH HILL at 7:00 pm

Selma

Cast: David Oyelowo, Tom Wilkenson, Carmen Ejogo

A chronicle of Dr. Martin Luther King, Jr.'s campaign to secure equal voting rights via an epic march from Selma to Montgomery, Alabama in 1965.



BLUE HILL at 7:00 pm

Black or White

Cast: Kevin Costner, Octavia Spencer

Still reeling from his wife's death, Elliot Anderson struggles to keep custody of his biracial granddaughter when her grandmother begins pushing to send her back to her crackhead father.

Gordon House

Dining Room Dinner Menu

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

Monday, July 5

Beef Vegetable Soup
or Salad du Jour
Liver and Onions
Chicken Kiev (Parsley, Garlic, Butter)
Mashed Sweet Potatoes,
Asparagus
Chocolate Cream Pie or
Sugar Cookie

Tuesday, July 6

Cream of Broccoli Soup
or Salad du Jour
Salmon topped with Sweet Chili Sauce
Pork Medallions with Brown Gravy
Mashed Potatoes,
Summer Squash
Fruit Tart or Double Chocolate Cookie

Wednesday, July 7

Chicken and Rice Soup
or Salad du Jour
Veal Marsala
Grilled Teriyaki Shrimp
Rice Pilaf, Snap Peas
Lemon Bar or
M&M Cookie

Thursday, July 8

Butternut Squash Bisque
or Salad du Jour
Chicken Pot Pie
Chimichurri Tenderloin
Twice Baked Potato, Spinach
Chocolate Cake or Peanut Butter Cookie

Friday, July 9

New England Clam Chowder
or Salad du Jour
Baked Cod
Roasted Turkey Dinner
Stuffing, Roasted Potatoes,
Green Beans
Boston Cream Pie or Maple Walnut Ice
Cream

Saturday, July 10

Chicken Noodle Soup
or Salad du Jour
Mustard Crusted Pork Loin
Chicken Picatta
Scalloped Potato, Zucchini and Summer
Squash
Grape Nut Custard or Oatmeal Raisin
Cookie

Sunday, July 11

Hearty Vegetable Soup
or Salad du Jour
Prime Rib with au Jus
Vegetable Lasagna
Baked Potato, Carrots
Apple Pie or Chocolate Chunk 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 Unidine

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 
— LIVE 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
craisins & toasted almonds,
tuna salad, marinated grilled
chicken breast, grilled salmon.
Served with roll and butter.

Italian Combo ...9.95
pepperoni, salami and ham,
provolone cheese with Italian
dressing

DESSERTS

a la carte...2.95

Chef's Featured
Cookie of the Day

Fresh Fruit Cup...2.95

Sugar Free Jell-O...2.95

No Sugar Added Ice Cream...2.95

BEVERAGES

Coke

Diet Coke

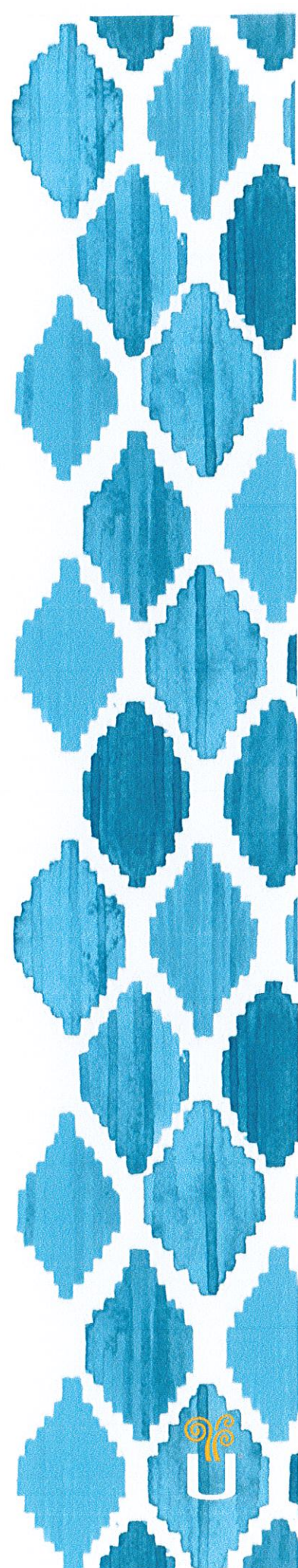
Ginger Ale

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, july 5

Closed

tuesday, july 6

Italian Combo

pepperoni, salami and ham, provolone cheese with
Italian dressing

wednesday, july 7

Grill Day

grilled eggplant, roasted red pepper, and fresh
mozzarella cheese or sweet chili shrimp served with
pasta salad or fruit salad
always available- hamburgers, hot dogs, grilled chicken

thursday, july 8

Bacon and Onion Quiche

served with a small side salad

friday, july 9

California Chicken Wrap

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



**HAPPY
JULY 4th!**

**Come Join Us
for a Cookout on
Sunday, July 4th
at 12:00pm Noon
in the dining room**

Please call the Dining Room to make a Reservation by Friday, July 2nd
617-361-6958

Burgers, Hot dogs or Italian Sausage and Peppers
served with Pasta Salad, or Potato Salad
a Slice of Watermelon
and Strawberry Short Cake
\$10.99

Fuller Village | **unidine**
in Milton
— LIVE A FULLER LIFE —





Fitness & Pool Schedule for July 4th & 5th

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Pool Closed both days

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Fitness Center open on July 4th 10am-2pm.

Fitness Center closed on July 5th

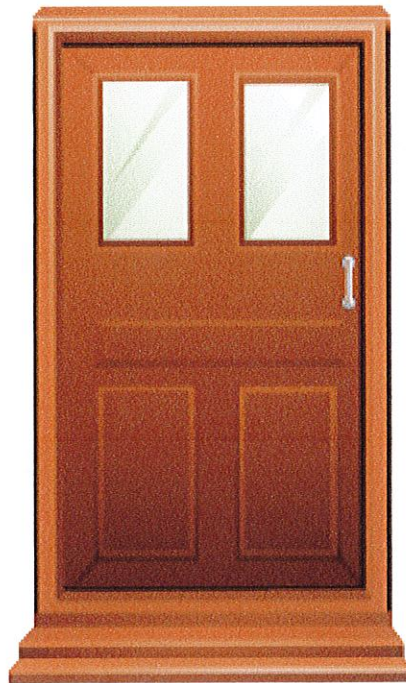


Fuller Village

in Milton

— LIVE A FULLER LIFE —

The door to your apartment must be closed at all times. Leaving it open puts extra stress on the hallway air conditioners as well as the A/C in your unit. Thank you for your cooperation. Let's stay cool this summer!





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Town of Milton Electricity Aggregation Program

John P. O'Rourke, | Director of Marketing and Municipal Affairs
Good Energy. Will be at Fuller Village on Tuesday, July 6 at 1:00p.m. at Blue Hill Activity Room and 2:15 p.m. at Brush Hill in the Function Room. He will give an overview of the Milton CEA program and there will be time for questions and answers.



Pianist Sean Hurley

Friday, July 9th

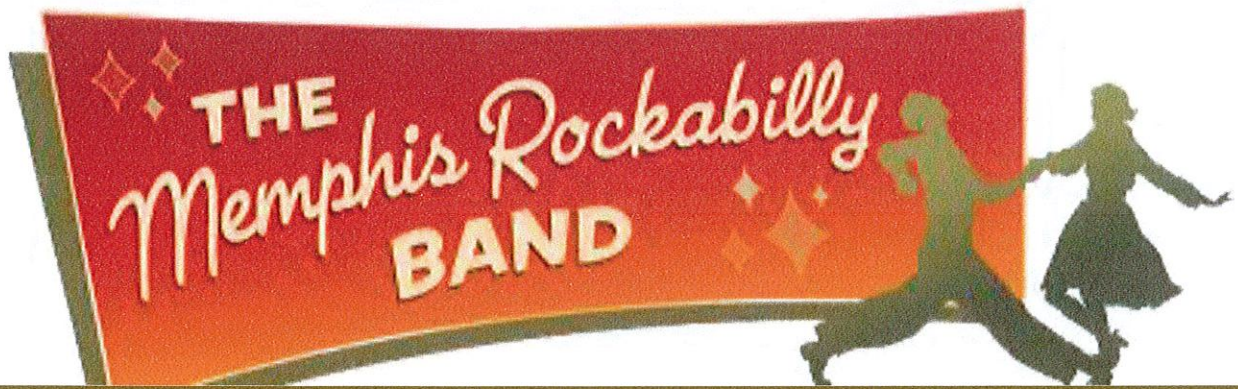
at 6:30 pm

in the Activity Room at Blue Hill

Milton native, Sean Hurley made his first piano playing debut in the dining room of the Wollaston Golf Club at the age of 14. While at Milton High School, Sean studied piano performance at The New England Conservatory of Music and during college played the piano circuit at Faneuil Hall Marketplace at Lilly's Piano Bar and several other establishments in Boston and New England. He later had the great fortune to be a cocktail pianist aboard a few luxury cruise ships, including the Cunard Sea Goddess, The Jean Mermoz, and The Ocean Princess. His repertoire includes classical, Broadway, standards and pop music all with a distinctive style. Sean also teaches piano and voice and is the Organist at St. Anne's Church in Readville. Sean is happy to take song requests.

Please call Muriel at 617-361-7778 to arrange transportation.





Concert in the Function Room

With the Memphis Rockabilly Band

Sunday, July 11th

Concerts begins at 7:00pm

In the function room at Brush Hill

Celebrate summer with a live concert sponsored by generous donations from The Bank of Canton and Partners Healthcare at Home. The season opens up with Memphis Rockabilly Band, a four piece band that plays songs that range from rockabilly, surf instrumentals, rock & roll, hillbilly to rhythm and blues.

Formed in 1978, Memphis Rockabilly Band has been privileged to play with artists such as Carl Perkins, Roy Orbison, Jerry Lee Lewis, Roomful of Blues, Duke Robillard, The Fabulous Thunderbirds, Link Wray, Jack Scott, The Persuasions, Etta James, Chuck Berry, Chubby Checkers and others. They were the backing band for Link Wray and Chuck Berry frequently. Carl

Perkins called them "the best rockabilly band I have ever seen."

In case of rain, the concerts will be held in the Function Room at Brush Hill.

If you would like to attend and need a ride, call 617-361-7778
to arrange transportation.

Fuller Village

in Milton

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CHARLES RIVERBOAT CRUISE AND LUNCH!

\$41.00 per person (no checks – payments will be automatically withdrawn (ACH))

Set sail for a riverboat cruise on the historic Charles River accompanied with lunch at The Cheesecake Factory (menu on back of flyer)!

Depart Fuller Village at 10:00 am

Return home approximately 4:00 pm

MONDAY, JULY 12TH

SIGN UPS START AT 9:00 AM THURSDAY, July 1st.

PLEASE CALL MURIEL AT 617-361-7778 TO BOOK YOUR TRIP!

This is an unescorted trip. You must be able to walk on your own.

“Well, I love that dirty water...Oh, Boston, you’re my home”

LUNCH PLATES

Roadside Sliders

Bite-sized burgers on mini-buns served with grilled onion, pickles, and ketchup.

Chicken Pot Stickers

Oriental dumplings pan-fried in the classic tradition, served with soy dipping sauce.

Hot Spinach & Cheese Dip

Spinach, artichoke hearts, shallots, garlic and a mixture of cheeses served bubbly hot with tortilla chips and salsa.

Avocado Egg Rolls

Chunks of fresh avocado, sun-dried tomato, red onion and cilantro deep fried in a crisp Chinese wrapper, served with a tamarind cashew dipping sauce.

Tex Mex Egg Rolls

Filled with spicy chicken, corn, black beans,

peppers, onions and melted cheese, served with avocado cream and salsa.

Cheeseburger Rolls

Ground certified Angus beef, lots of melted cheese and grilled onions. Rolled in a crispy wrapper

Tamale Cake

Topped with sour cream, salsa, avocado, and salsa verde.

Buffalo Chicken Wings or Strips

Fried wings or chicken strips covered with hot sauce and served with bleu cheese dressing and celery sticks.

Buffalo Blasts

Chicken breast, cheese, and our spicy buffalo sauce all stuffed in a spiced wrapper and fried until crisp. Served with celery sticks and bleu cheese dressing.

Dynamic Shrimp

Deep fried shrimp in a spicy batter, served with sauces for dipping.

Factory Meatloaf

Served with mash potatoes, gravy, grilled onions and vegetables.

Quesadilla with Chicken

Grilled flour tortilla filled with melted cheese, green onions, chili's, and chicken.

Garnished with guacamole, salsa, and sour cream.

Shepherd's Pie

Ground beef, vegetable in a delicious sauce covered in mash potatoes.

Crusted Chicken Romano

Chicken Breast coated with Romano cheese crust, served with pasta and light tomato sauce.

Chicken Piccata

Sautéed chicken breast in lemon sauce. With mushroom, capers

and angel hair pasta.

SALADS

Traditional Tossed Green Salad

Choice of Dressing

Caesar Salad

The, almost, traditional recipe. With crouton, parmesan cheese, and our special Caesar dressing.

Chopped Salad

A delicious blend of chopped romaine, grilled chicken, tomato, avocado, corn, bacon, bleu cheese, apple and our house vinaigrette.

PIZZAS

Cheese Flatbread

Pepperoni Flatbread

Margarita Flatbread

Old Fashion Hamburger

Charbroiled on a toasted brioche bun with lettuce, tomato, onion, pickles, mayo.

Veggie Burger

A Delicious "Burger" Made with brown rice, couscous, mushrooms, black beans, and onion. Served on a toasted bun with melted fontina, avocado cucumber, lettuce, tomato, pickles, and mayo.

Smokehouse BBQ Burger

Smoked Bacon and melted cheddar with crispy onion rings and BBQ sauce.

Spicy Crispy Chicken Sandwich

Breaded Chicken breast covered with melted cheese and either spicy buffalo sauce or Chipotle pepper mayo. Served on a brioche bun.

Grilled Cheese

Choice of American, Cheddar, Swiss on brioche bread

Chicken Salad

with roasted almonds, lettuce, tomato, and mayonnaise on grilled brioche bread.

Renee's Special

One half of a freshly roasted turkey or chicken salad sandwich. A cup of soup and a small green salad.

Skinnylicious Turkey and Avocado Sandwich

Freshly Roasted Turkey Breast, Smoked Bacon, Avocado, Tomato and Mayonnaise on a Toasted Bun. Served with a Green Salad

BEVERAGES

Choice of one:
Coke, Diet Coke, Dr. Pepper,

Sprite, Root beer, Freshly brewed Paradise Tropical Iced Tea, Hot Tea, or Coffee.

Choice of Dessert

Dulce De Leche
Chocolate Mousse
Original