



October 15, 2021

A Message from the Executive Committee of Milton Fuller Housing Corporation

Dear Fuller Village Residents,

It is with profound sadness that we mourn the loss of the President of Milton Fuller Housing Corp., Marvin Gordon. Marvin was the President of MFHC for almost thirty years. His vision for a senior community was new and exciting in 1993. Along with his fellow board members, Joe Corcoran, and Tom Flatley, both deceased, he built our Blue Hill Campus. Years later, Tom Flatley donated the land for the Brush Hill property. Marvin, once again through his hard work and expertise, successfully, built the Brush Hill campus.

We will be announcing a full transition with a new President and Treasurer in the very near future. We expect under the leadership of Deborah Felton and her team to make a seamless transition and look forward to communicating with residents soon. Our plan is to keep Fuller Village on the successful path which it enjoys.

Sincerely,

Christopher Heavey, Bill Sullivan, Wendy Lee O'Malley, Phil Mathews-Executive Committee members

John Cronin, chair, nominating committee

SUN	MON	TUE	WED	THUR	FRI	SAT
17 2:00 Fuller Quilting Bees (BL) 2:30 Blue Hill Bridge (BL) 7:00 The Peter Smith Trio (BR)	18 10:30 News Current (BL) 10:30 Water Aerobics (BR) 11:00 Floor Yoga w/ Carol (BR) 11:00 Lower Mills Walking Tour 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 1:00 Zumba Gold (BR) 2:00 Handcrafters (BL) 3:00 Bocce (BR) 3:00 Library Book Club (BR) 3:30 Women's Suffrage, Racism, & Intersectionality (Zoom)	19 9:00 Cape Cod Canal Bike Trip 10:00 Seated Zumba Gold (BL) 4:00 Pickleball with Lori (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	20 9:45 Cornhole (BL) 10:00 Bible Study (BR) 10:00 Mobility & Stability (BR) 10:30 Water Aerobics (BR) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 12:45 Chorus (BR) 1:45 Catholic Mass (BL) 2:00 Racial Justice / DEI Engagement Meeting (BR) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 4:30 Blue Hill Book Club (BL) 7:00 Knitters/Sewers (BR)	21 10:00 Towel Cardio (BR) 11:00 Core on the Floor (BR) 11:30 Tony's Clam Shop 12:00 Chair Yin Yoga (BL) 2:00 History with Paolo DiGregorio (BR) 3:30 Writing Group (BL) 4:00 Restorative Yoga (Zoom) 7:00 Lifelong Learning (BR)	22 9:30 Aqua Zumba (BR) 10:00 Fruit Center Marketplace in Milton 11:00 Bocce (BR) 12:30 Line Dancing with Cris (BR) 6:45 Cribbage (BR) 7:00 Jose Quezada Marquez - Cello (BL)	23 7:00 Movie Night (BR/BL)

New Pool Hours!
 Mon-Fri 8am -12pm
 Mon & Wed 2pm -7pm
 Tues & Thurs 4pm - 7pm
 Sat & Sun 8am - 4pm

The Silver Linings Hair Salon at the Gordon House is open Wed-Fri starting at 9am.
 Please call 617-361-8746 to make an appointment

Massage Therapist, Jen Borges, is available on Tuesday and Thursdays at Blue Hill from 9:30am to 1:00pm. She can be reached at 508-535-5675

The Podiatrist will be returning on 10/20 at 1:00pm. Please call 617-986-3668 to schedule an appointment.

The Wellness Clinic is open every Wed 9:30am - Noon. Please call 617-361-7900 to schedule an appointment

Blood Pressure Clinics are Wed Noon to 1pm at Blue Hill and 1pm till 2pm at Brush Hill

Gordon House Dining:
 To schedule a dinner reservation or to-go order please call 617-361-6958

Bank of Canton
 Tuesdays
 Brush Hill 9:00am till 10am
 Blue Hill 11am till Noon

Sign Ups
 To sign up for grocery trips, Lower Mills walking tour (wait list only), and Tony's Clam Shop please call 617-361-7778

October 2021

If you need transportation between campuses please call 617-361-7778

Fuller Village
 in Milton
 — LIVE A FULLER LIFE —

End-of-Week Highlights: Thursday 10/14 - Sunday 10/17

See what's happening through the rest of this week & weekend!

Thursday, October 14th

Baritone James Michael at 7 pm (Brush Hill Function Room)

James Michael is a phenomenal baritone with an engaging performance style that mesmerizes audiences with his resonant signing, personal stories, and wonderful spirit. This performance promises to capture Broadway's great music in a single show. Don't miss this Fuller favorite!

Friday, October 15th

Homecoming Party from 2-4 pm (Tent at Brush Hill)

Come celebrate a new season as a Fuller Village community! Enjoy live music, delicious food, and some Fuller Village spirit. See insert for more information.

Friday Night Services with Rabbi Benjamin at 4:30 pm (Brush Hill Function Room)

Saturday, October 16th

Smartphone 101 Class at 1 pm (Blue Hill Activity Room)

Liz Flaig, Pres. of Oma Communications, specializes in helping older adults communicate with today's technology. Join her for an introduction to using your Smartphone – iPhone or Android! Class is limited to 5 people. Sign up at 617-361-2116.

One-on-One Technical Assistance with Oma Communications

15 minute appointments, from 2:15-4:15 (Blue Hill Activity Room)

Bring any of your technology questions and receive 1-on-1 targeted support with your smartphone, iPad or tablet, computer, Alexa device, social media, or specific app or computer program. Sign-up is required, 8 spots available. Call 617-361-2116 to sign up.

Movie Night at 7 pm (Brush Hill Function Room and Blue Hill Activity Room)

BRUSH HILL showing: *Summerland*

Cast: Gemma Atherton, Penelope Tipton, Tom Courtney

Alice is a recluse writer living alone on the shores of England during World War II when she is told she has to adopt Frank, a boy from London. It doesn't take long for her to realize they have more in common from her past.

BLUE HILL showing: *The Lost Husband*

Cast: Leslie Bibb, Josh Duhamel, Nora Dunn

A woman's husband passes away and she and her 2 children move in with her elderly aunt on her goat farm in Texas where she matches wits with the ranch's resident cowboy.

Sunday, October 17th

The Peter Smith Trio at 7 pm (Brush Hill Function Room)

The Peter Smith Trio, featuring Jeff Williams on piano, John Hagerty on acoustic bass and Peter Smith on vocals, performs the songs of the *Great American Songbook*. The trio's program includes many of the best-known songs from the Golden Age of music.

Weekly Highlights: Monday 10/18 - Sunday 10/24
Look out for these special events and offerings next week!

Monday, October 18th

Lower Mills Walking Tour at 11 am – *2 spots just became available!* - to sign up, please call 617-361-7778. Van departs at 10:30 for an 11 am walking tour. The tour is mostly flat, reasonably paced, and takes 60-90 minutes. Led by local historian Jeff Calish.

Library Book Club at 3 pm (Brush Hill Function Room)

The October book is *In the Hurricane's Eye: The Genius of George Washington at Yorktown* by Nathaniel Philbrick. See Julia MacMahon to pick up a copy.

Women's Suffrage, Racism, and Intersectionality: Fall Course with Prof. Gary Bailey at 3:30 (Zoom)
Join Session 1 of this 6-part course exploring the intersections of racism and sexism and how we can work collectively to build a more just and equitable world. *Spaces still available* – call 617-361-7778 to sign up!

Tuesday, October 19th

Cape Cod Canal Bike Trip at 9 am

Please note that this trip is full and that the Fuller Village van will be offsite until 3:30 pm, weather dependent.

Wednesday, October 20th

Catholic Mass at 1:45 (Blue Hill Activity Room)

Racial Justice/Diversity Equity & Inclusion Engagement Meeting at 2 pm (Brush Hill Function Room)
Join to learn more about how residents and programs at Fuller Village have addressed racial injustice in the past, and contribute your ideas to how we can continue this work moving forward.

Caring Committee at 3 pm (Brush Hill Function Room)

Topic: Lifelong Learning & TED Talks

Blue Hill Book Club at 4:30 pm (Blue Hill Library) - Contact Roz Spigel at 617-690-3611 to RSVP.

Thursday, October 21st

Tony's Clam Shop at 11:30 am – *Spaces still available* – please call 617-361-7778 to sign up!

Lifelong Learning at 7 pm (Brush Hill Function Room)

Showing: The Hidden City of Petra (A&E documentary)

Friday, October 22nd

Fruit Center Marketplace Trip at 10 am Please call 617-361-7778 to sign up.

Jose Quezada Marquez on Cello at 7 pm (Blue Hill Activity Room)

Berklee-trained cellist Jose Quezada Marquez plays world music fusion combining the cello with traditional Peruvian rhythms, jazz, and rock. It's a take on cello you've never heard before!

Saturday, October 23rd

Movie Night at 7 pm (BL & BR) – *Titles to be announced*

Sunday, October 24th

Portrait in Jazz Trio at 7 pm (Brush Hill Function Room)

Fuller favorites Portrait in Jazz are joining us again to perform creative originals and time-honored jazz Standards ranging from the traditional period of the 1920's New Orleans all the way to present-day jazz, a good mix of blues and Latin mixed in!



Updated Pool Hours

Monday – Friday
8am-12pm

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Monday & Wednesday
2pm-7pm

Tuesday & Thursday
4pm-7pm

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Saturday & Sunday
8am-4pm

As a reminder, there is no lap swim during Water Aerobics or Aqua Zumba

We do our best to maintain proper lifeguard staffing levels, but as with anything in life, nothing is guaranteed, and sometimes we must close the pool unexpectedly.

If we know in advance that the pool will be closed, we will publicize it via TouchTown and VoiceFriend as well as signage at the desks.

HOMECOMING PARTY

We are excited to see many of you at the Homecoming Party to celebrate the fall season together! Please see below for details and be sure to keep in mind the following notes:

- 1) In preparation for the party, the Brush Hill café will be closing at 1:30 pm.
- 2) While food will be provided, we ask you to be respectful of your neighbors and not take extra portions or to-go plates. We had a big response for our RSVPs and our dining staff is working hard to ensure there will be delicious options for all, including gluten-free and vegetarian options.
- 3) The spirit competition will take place during the band's intermission, at approximately 3 pm. See Julia MacMahon to sign up.

Friday, October 15th 2-4 pm

Brush Hill Tent

Musical entertainment by the Castle Tones Show Band playing a collection of classics and oldies

Classic tailgate appetizers, sliders, apple cider donuts, and hot mulled cider served throughout

Wear your school sweaters or favorite festive gear and bring your Fuller Spirit!

THE CARING COMMITTEE CORNER

Betsy Buchbinder, Chair

Lifelong Learning

Lifelong learning is actually an ongoing process in our lives and can be considered as a “formal” or an “informal” process.

Some learning is not a “formal” process as evidenced by the fact that we have learned to adjust to the many changes that have impacted our lives over the years. We have also learned to embrace living in a community where “strangers” become our neighbors and our friends.

Lifelong learning, of a more formal kind, involves undertaking new ideas and embracing new skills. Formal learning exposes us to different views of the familiar! Sometimes it can be as simple as mastering the use of an iPad. If you consider your brain a muscle, then you know it needs to exercise on new ideas and concepts.

T.E.D. (Technology, Entertainment, and Design) Talks

TED TALKS on your iPad or computer are videos of experts in their particular field of study who share their ideas and expertise. These free videos showcase important research and ideas from a wide variety of fields and disciplines.

TED TALKS is a non-profit organization and offers hundreds of ideas from science and business, from philosophy and art, from music to religion and global issues all in more than 100 languages. You can watch and listen to whatever you want on your “YouTube” and then more easily engage in conversation with others about what you have just learned!

This is no small benefit to lifelong learning! Lifelong learning is a big part of a healthy, happy retirement.

Calendar note: In addition to the monthly Caring Committee meeting on **Wednesday, 10/20 at 3 pm**, our Lifelong Learning group will start back this month on **Thursday, 10/21 at 7 pm**. Join your neighbors for a screening of the A&E documentary *The Hidden City of Petra* and reap the benefits of lifelong learning!



Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, october 18

Prime Rib of Beef “French Dip”

perfectly sliced prime rib in a fresh made au jus sauce

tuesday, october 19

Buffalo Chicken Wrap

*grilled chicken tossed in buffalo sauce, romaine, lettuce
tomato, and blue cheese crumbles in a wrap*

wednesday, october 20

Pizza Day

homemade pizza – choice of cheese, pepperoni, or
veggie

thursday, october 21

Chicken and Pesto Panini

*chicken breast, pesto sauce served on a panini or your
choice of bread*

friday, october 22

BBQ Bacon Cheeseburger

bbq sauce, bacon, and cheddar served with onion rings



Gordon House

Dining Room Dinner Menu

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

Monday, October 18

Potato Chowder with Bacon
or Salad du Jour
Sweet & Sour Chicken
Honey Glazed Salmon
Rice Pilaf, Sautéed Broccoli
Chocolate Chunk Cookie
or Cheesecake

Friday, October 22

New England Clam Chowder
or Salad du Jour
Herbed Roasted Fillet Mignon
Flake Haddock Herb Crusted
French Fried Potatoes
Broccoli & Carrots
Oatmeal Cookie or Deluxe Chocolate Cake

Tuesday, October 19

Mushroom Barley Soup
or Salad du Jour
Salisbury Steak with Gravy
Eggplant Parmesan
Mashed Potatoes,
Steamed Fresh Green Beans
Carnival Cookie
or Strawberry Rhubarb Pie

Saturday, October 23

Homemade Garden Vegetable Soup
or Salad du Jour
BBQ Pulled Pork
Maple Roast Turkey
Roasted Sweet Potatoes,
Seasoned Green Peas
Pecan Pie or Chocolate Chunk Cookie

Wednesday, October 20

Cauliflower Cheese Soup
or Salad du Jour
Veal Saltimbocca
Garlic Angel Hair Pasta Bolognese Sauce
Grilled Zucchini
White Chocolate Chip Macadamia Cookie
or Lemon Bar

Sunday, October 24

Lentil Soup
or Salad du Jour
Prime Rib with au Jus
Shrimp Scampi
Baked Potato,
Roasted Herb Baby Carrots
Carnival Cookie or Baked Custard

Thursday, October 21

Split Pea Soup
or Salad du Jour
Roasted Pork Tenderloin
Chicken Fried Chicken
Macaroni & Cheese,
Steamed Corn
Peanut Butter Cookie or Cherry Pie

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  **Unidine**
— 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 breadcrumbs. Served with
the evening side dishes.

Cubano Sandwich ...9.95
Roasted pork, sliced ham, swiss cheese,
pickles, Dijon mustard on focaccia roll

Special Salad of the Week...9.95
add grilled chicken ...3.00
add grilled salmon ...4.00

Mixed greens with roasted butternut
squash, toasted pumpkin seeds, red
onions, cucumber, tomato served with
balsamic reduction

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

Lighter Fare...9.95
add tuna or chicken salad ...2.00
add grilled chicken breast ...3.00
add grilled salmon ...4.00
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.

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.