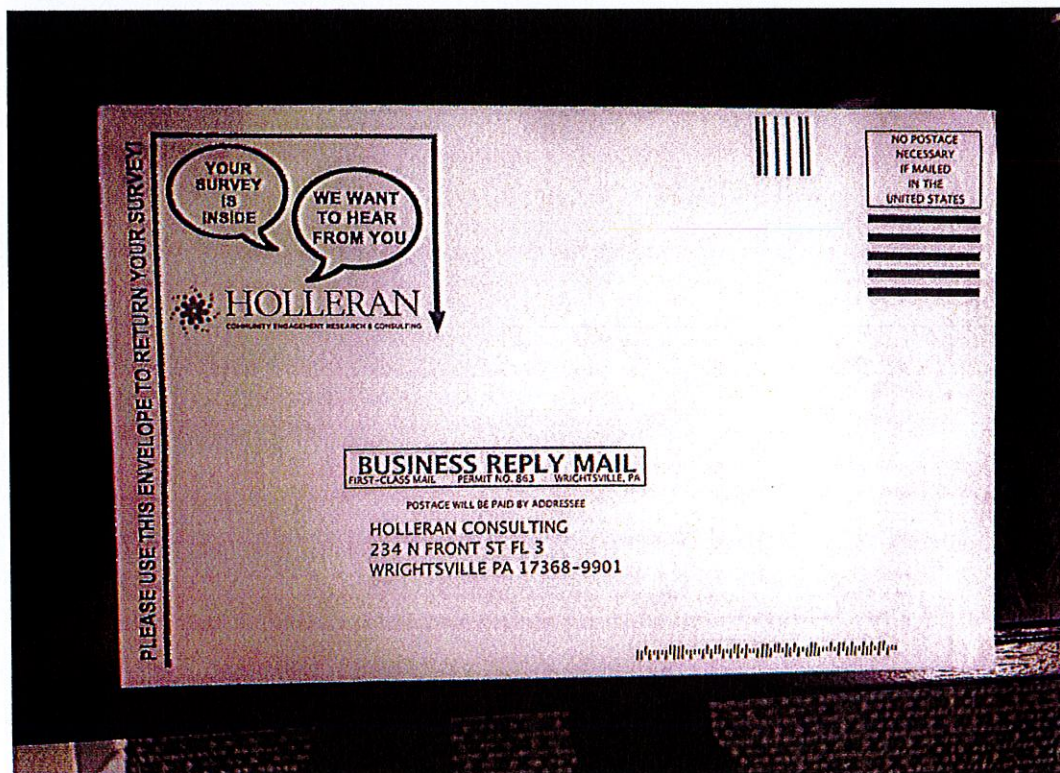


From the Desk of Deborah M. Felton
October 22, 2021

Welcome Suzanne Ross to Depoyan 216 and Patricia Dwan to Brush Hill Building F-105.

A letter went out to all residents this week informing you that Fuller Village is doing a resident survey conducted by Holleran Consulting. You will be receiving a letter and survey from Holleran Consulting firm either in the mail or we will be sending you a link via email to your email address on file. Please read it and fill it out. We want your opinion. Your answers will be compared to other senior communities around the country and will help us to plan for the future.

The envelope on this page is the survey. Please do not throw this out. This is not junk mail. These surveys will be in your mail boxes and delivered to the Villas next week. The self-addressed, stamped envelopes will have Holleran Consulting address printed on them...again please do not throw them away thinking it is junk mail. Once you have completed your survey, please drop it in the mail back to Holleran. You will receive a survey for every resident living in your unit. Thank you for your quick response to this survey! We want your opinion.



Please Turn Over

Surveys- Beth Israel Lahey Health also has a survey, they want your opinion on health care and the Racial Justice and Equity Task Force for the Town of Milton also has a survey they would like filled out by all residents. You can find the surveys online at the following links:

Beth Israel Lahey Health: <https://survey.jsi.com/s3/BILHsurvey2021>

Racial Justice and Equity Task Force for Town of Milton:

<https://forms.gle/r2EedQ2upkE8zCEU8>

Paper copies of the Beth Israel Lahey Health survey will be available at both concierge desks next week.

Delivery of furniture or other large items. If you are ordering furniture or other large items, please arrange with the store to deliver and set up your furniture. If you have a large item or piece of furniture delivered to the front desk you must arrange for a family member, friend, or handyman to deliver the item to your apartment home. We cannot delivery large pieces of furniture or other heavy items.

Ted Reinstein, former Chronicle host, is back at Fuller Village with a new book, *Before Brooklyn: The Unsung Heroes Who Helped Break Baseball's Color Barrier*. Please welcome Ted on Wednesday, October 27th at 7:00 p.m. in the function room. If you need a ride, please call 617-361-7778.

SUN	MON	TUE	WED	THUR	FRI	SAT
24 2:00 Fuller Quilting Bees (BL) 2:30 Blue Hill Bridge (BL) 7:00 Portrait in Jazz Trio (BR)	25 10:30 News Current (BL) 10:30 Water Aerobics (BR) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 1:00 Zumba Gold (BR) 2:00 Handcrafters (BL) 3:00 Bocce (BR)	26 10:00 Cardio Dance (BR) 10:00 Seated Zumba Gold (BL) 11:00 Eustis Estate 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 2:00 Rich Travers (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	27 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) 3:00 Rosary (BL) 3:00 Pop up Dance Party (tent) 7:00 Author Talk with Ted Reinstein (BR) 7:00 Knitters and Sewers (BR)	28 10:00 Towel Cardio (BR) 10:00 Trader Joe's Patriot Place 11:00 Core on the Floor (BR) 12:00 Chair Yin Yoga (BL) 1:00 AAUW Program (BR) 1:30 Crafts with Cindy (BL) 3:30 Writing Group (BL) 4:00 Restorative Yoga (Zoom) 7:00 Brush Hill Bingo (BR)	29 9:30 Aqua Zumba (BR) 10:00 Fruit Center Marketplace in Milton 10:00 Rep. Driscoll (BR) 11:00 Bocce (BR) 12:30 Line Dancing with Cris (BR) 6:45 Cribbage (BR) 7:00 Dan the Accordion Man (BL)	30 7:00 Movie Night (BR/BL)

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 - 1:00pm. She can be reached at 508-535-5675.

The Podiatrist is in on Wed, 11/3 and 11/17 at 1:00pm. Call 781-986-3668 to schedule an appointment.

The Wellness Clinic is open every Wed from 9:30am - 12:00pm. Please call 617-361-7900 to schedule an appointment.

Blood Pressure Clinics are Wed 12:00pm - 1pm at Blue Hill and 1pm to 2pm at Brush Hill.

Bank of Canton Tuesdays Brush Hill 9:00am - 10am Blue Hill 11am - noon.

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

Sign Ups:
 To sign up for the Eustis Estate trip, Crafts with Cindy, or any grocery trips please call 617-361-7778

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

October 2021

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



Weekend Highlights: Thursday 10/21 - Sunday 10/24

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

Thursday, October 21st

Lifelong Learning at 7 pm (Brush Hill Function Room)

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

Nearly 200 years after their discovery, archaeologists are still astonished by the ruins of Petra. The city evokes wonder in all who behold it – who were the people who carved these structures into solid rock, and how?

Friday, October 22nd

Jose Quezada Marquez 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 (Brush Hill Function Room and Blue Hill Activity Room)

BRUSH 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 wills with the ranch's resident cowboy.

BLUE HILL showing: *Fever Pitch*

Cast: Drew Barrymore, Jimmy Fallon, Jason Spevack

Lindsay is stuck in the middle of her relationship with Ben and his passion for the Boston Red Sox.

Sunday, October 24th

Portrait in Jazz 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!

Weekly Highlights: Monday 10/25 - Sunday 10/31

Look out for these special events and offerings next week! (Pg 1)

Monday, October 25th

Special Tribute to Marvin Gordon at 10 am (Blue Hill Green Room) - A special tribute to Marvin Gordon who came to News Currents often to discuss all things political in Milton, the nation, and the world. Please join us for coffee at 10:00, News Currents meets from 10:30 a.m. to noon.

Tuesday, October 26th

Eustis Estate Trip at 11 am

Join for a self-guided tour of the grounds during the last week of their special outdoor sculpture exhibition, *Looking Back with 2020 Vision*. After exploring the grounds, we will gather for a picnic lunch, available for \$7. Call 617-361-7778 to sign up. Reservations must be made by 9 am Monday in order to secure a lunch.

Rich Travers at 2 pm (Brush Hill Function Room)

Topic: Opera Puccini

Wednesday, October 27th

Dance Party Under the Tent at 3 pm (Tent at Brush Hill)

A last dance bash in the tent! No dance experience required; no choreography to learn. Just move and groove while enjoying fresh air and fresh tunes! Be ready to dance for about 30 minutes.

Author Talk with Ted Reinstein at 7 pm (Brush Hill Function Room)

Join journalist and author Ted Reinstein for a presentation and discussion on his newest book, *Before Brooklyn: The Unsung Heroes Who Helped Break Baseball's Color Barrier*. The author's third book tells the little-known story of the role the Boston Red Sox played in fighting segregation in baseball, beginning two years before Jackie Robinson officially broke the color barrier.

Thursday, October 28th

Trader Joe's Patriot's Place at 10 am – *Spaces still available* – please call 617-361-7778 to sign up!

(Continued on next page)

Weekly Highlights: Monday 10/25 - Sunday 10/31

Look out for these special events and offerings next week! (Pg 2)

American Association of University Women (AAUW) Program at 1 pm (Brush Hill Function Room)

Join the AAUW of Canton for a special event with inspirational speaker, Trish Kendall. Trish is proof that we each have the power to achieve true success – enduring success – no matter our age, story, or circumstances. Through her speech and guided discussion is entitled *Choose and Become: Five Critical Choices to Enduring Success*.

Crafts with Cindy at 1:30 pm (Blue Hill Activity Room)

We are excited welcome back Cindy Scheff of Earthly Arts! This month, we will celebrate the arrival of autumn by making a three-dimensional patchwork pumpkin to decorate your wall or door. All supplies provided. Spaces are limited, so please call 617-361-7778 to sign up.

Friday, October 29th

Rep. William Driscoll at 10 am (Brush Hill Function Room)

Please join us for a special visit with State Representative Bill Driscoll. Rep. Driscoll represents the 7th Norfolk District, which encompasses most of Milton and Randolph. We will share about his priorities for the new legislative session and engage in Q&A with residents.

Halloween at Fuller Lounge– 5:30 – 7:00 pm

Come wearing your costume and receive a free appetizer!

Dan Mackowiak at 7 pm (Blue Hill Activity Room)

“Dan the Accordion Man” has been playing the accordion his whole life and it is now his favorite retirement activity. He plays with several ensembles and has an outstanding solo program that he is bringing to Fuller Village, which features music from the American Songbook and from various European traditions, including Scandinavian, Polish, German, Italian, French, and Celtic.

Saturday, October 30th

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

Sunday, October 31st

Happy Halloween!

Enjoy a scary movie, a bit of candy, or whatever brings you spooky joy on this day. 🎃



DANCE PARTY UNDER THE TENT!

This is NOT a class!

There will NOT be any choreography to learn!

**This IS a chance to get outside, enjoy some fresh air, and
move your body to some fun & fresh tunes.**

This IS an opportunity to celebrate your health & wellness!

This IS going to be fun!

**A LAST DANCE BASH
IN THE TENT!!**

**COME MOVE &
GROOVE TO
CURRENT HITS!**

**30 MINUTES BURNS
ABOUT 220
CALORIES!**

**NO DANCE
EXPERIENCE
REQUIRED!**

**FIND YOUR
RHYTHM!**

**WEDNESDAY,
OCTOBER 27TH**

3PM

**BE READY TO DANCE
FOR 30 MINUTES!**

Brush Hill Tent

Gordon House

Dining Room Dinner Menu

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

Monday, October 25

Beef Noodle Soup
or Salad du Jour
Pot Roast
Grilled Salmon
Mashed Potato, Seasoned Green Beans
Confetti Cooke or Blueberry Pie

Friday, October 29

New England Clam Chowder
or Salad du Jour
Beef Stew
Shrimp Scampi
Scallion Mashed Potato, Roasted Broccoli
Double Chocolate Cookie or Strawberry
Shortcake

Tuesday, October 26

Lentil and Ham Soup
or Salad du Jour
Chicken Frances
Herb Roasted Pork
Rice Pilaf,
Honey Roasted Carrots
Oatmeal Raisin Cookie
or Apple Turnover

Saturday, October 30

Navy Bean Soup
or Salad du Jour
Turkey Tetrazzini
Lemon Basil Flounder
Roasted Red Potatoes,
Seasoned Green Peas
Lemon Ricotta Cookie or Bread Pudding

Wednesday, October 27

Chicken Noodle Soup
or Salad du Jour
Roasted Turkey with Gravy
Maple Glazed Ham
Sage Bread Stuffing,
Sauteed Spinach
Oatmeal Raisin Cooke or Confetti Cake

Sunday, October 31

Vegetable Chowder
or Salad du Jour
Prime Rib with au Jus
Chicken Pot Pie
Baked Potato,
Sauteed Zucchini
Chocolate Chip Cookie or Rice Pudding

Thursday, October 28

Turkey Rice Soup
or Salad du Jour
Shepard's Pie
Chicken Parmesan
Grilled Asparagus
Peanut Butter Cookie or Poke Cake

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 here

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 breadcrumbs. Served
with the evening side dishes.

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

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

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

Special Salad of the Week ...9.95
add grilled chicken ...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.

Mixed greens, with roasted butternut
squash, toasted pumpkin seeds, red
onion, tomato served with a balsamic
reduction.

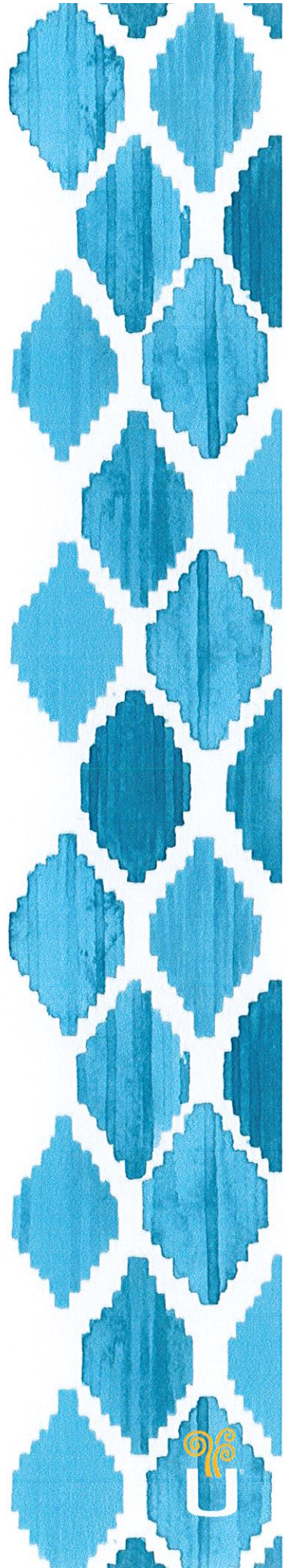
DESSERTS

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, october 25

Egg Salad Sandwich

*homemade egg salad with bacon, lettuce, and tomato
with choice of bread*

tuesday, october 26

Philly Cheese Steak

*shaved beef, peppers, onions, cheese served on a
ciabotta roll*

wednesday, october 27

Pizza Day

homemade pizza – choice of cheese, pepperoni, or
veggie

thursday, october 28

Chicken Caesar Wrap

*chicken strips, romaine lettuce, parmesan cheese,
caesar dressing served in a wrap*

friday, october 29

Fried Fish Platter

battered fried fish served with French fries