

**SUN****MON****TUE****WED****THUR****FRI****SAT**

**Daylight Savings Time Ends**

**7**

2:00 Fuller Quilting Bees (BL)  
2:30 Blue Hill Bridge (BL)  
7:00 Noah Lis - Piano & Vocals (BR)

**8**

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)  
2:00 Handcrafters (BL)  
3:00 Bocce (BR)

**9**

10:00 Cardio Dance (BR)  
11:00 Senior Ballet (BR)  
11:00 Trader Joe's Patriot Place  
12:00 Back to Basics (BL)  
1:00 Group Meditation (BR)  
2:30 Newcomers Club (BR)  
7:00 Bingo! (BL)  
7:00 Men's Poker Club (BR)

**10**

9:30 Birthday Breakfast (BL)  
10:00 Bible Study (BR)  
10:00 Mobility & Stability (BR)  
10:30 Water Aerobics (BR)  
11:00 Cornhole (BL)  
11:00 Floor Yoga w/ Carol (BR)  
11:00 Wakefield Estate Tour & Lunch  
12:00 Chair Yoga w/ Carol (BR)  
12:45 Chorus (BR)  
2:30 "Breaking Boundaries The Science of Our Planet" (BR)  
3:00 Rosary (BL)  
7:00 Knitters and Sewers (BR)

**11**

**Veterans Day**  
10:00 Towel Cardio (BR)  
10:00 Frugal Fannies Floor (BR)  
11:00 Core on the Floor (BR)  
12:00 Chair Yin Yoga (BL)  
1:30 Veteran's Day Program (BR)  
3:30 Writing Group (BL)  
4:00 Restorative Yoga (Zoom)  
7:00 Adam Bergeron (BR)

**12**

9:30 Aqua Zumba (BR)  
11:00 Bocce (BR)  
12:30 Line Dancing with Cris (BR)  
3:00 Board Games (BR)  
4:30 Friday Night Services with Rabbi Benjamin (BR)  
6:45 Cribbage (BR)  
7:00 Jim Porcella - Jazz Vocalist (BL)

**13**

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 11/17** 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 **Wakefield Estates, Frugal Fannies**, or **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

# November 2021

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

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

## Weekend Highlights: Thursday 11/4 - Sunday 11/7

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

### Thursday, November 4<sup>th</sup>

**History with Paolo at 7 pm** (Brush Hill Function Room)

*Topic: The Celestial Empire: China's Imperial Ages*

For thousands of years, through periods of war and peace, turmoil and stability, China was ruled by kings and emperors. The various imperial dynasties shaped Chinese culture, and left an indelible mark on world history. This talk will explore the long, complex story of the ebbs and flows of 1600 years of Chinese imperial history from the Qin Dynasty to the Ming Dynasty.

### Friday, November 5<sup>th</sup>

**Pianist Sean Hurley at 7 pm** (Blue Hill Activity Room)

Milton native Sean Hurley has been playing piano for audiences since he was 14. An energetic and engaging performer, his repertoire includes classical, Broadway, standards and pop music all with a distinctive style. He is also happy to take requests!

### Saturday, November 6<sup>th</sup>

**Movie Night at 7 pm** (BL & BR)

**BRUSH HILL showing: *Finding Your Feet***

*Cast: Imelda Staunton, Timothy Spall, Celia Imrie*

When Sandra finds out her husband of 40 years is having an affair, she moves in with her sister. The two couldn't be more different. When she is finally coerced into taking a dance class, Sandra finally finds her feet.

**BLUE HILL showing: *Mamma Mia***

*Cast: Meryl Streep, Pierce Brosnan, Colin Firth, Amanda Seyfried and Music of Abba*

Bride to be had invited 3 men who were her mother's boyfriends years ago to her wedding so she can figure out which one is her father.

### Sunday, November 7<sup>th</sup>

**Noah Lis on Piano & Vocals at 7 pm** (Brush Hill Function Room)

Noah is a complete one-man-show who loves to entertain! Fans of The Voice may recognize him from Blake Shelton's team in Season 6. Join him for a lively rendition of jazz and pop standards. Not to be missed!

**Weekly Highlights: Monday 11/8 - Sunday 11/14**  
**Look out for these special events and offerings next week!**

**Tuesday, November 9<sup>th</sup>**

**Trader Joe's Patriot's Place at 11 am** - Call 617-361-7778 to sign up.

**Newcomers' Club at 2:30 pm** (Brush Hill)

**Wednesday, November 10<sup>th</sup>**

**Birthday Breakfast at 9:30 am** (Blue Hill)

Come celebrate our November birthdays with pastries, fruit, and coffee. All are welcome!

**Wakefield Estate & Arboretum Tour & Lunch at 11:00 am**

Join us for a special private tour of this amazing resource right across the street from Fuller Village. A packed lunch will be available for \$7 and the van will provide transportation.

**Wednesday, November 10<sup>th</sup>**

**Cornhole at 11:00 am** (Blue Hill) – Please note time change for this week.

**Fuller Village Chorus Rehearsal from 12:45-2:15** (Brush Hill) – Please note that this week's rehearsal, as well as next week's, will be extended by 30 minutes.

**Documentary Screening: *Breaking Boundaries: The Science of Our Planet* at 2:30 pm**  
(Brush Hill)

If you are concerned about the climate crisis, this new documentary by David Attenborough and scientist Johan Rockstrom is a must-see! This 75-minute film examines Earth's biodiversity collapse and how this crisis can still be averted.

**Thursday, November 11<sup>th</sup>**

**Happy Veteran's Day – Thank you to those who have served!**

**Frugal Fannie's at 10 am** (Note time change)

**Flag Raising Ceremony at 1:30 pm** (Brush Hill Flag Pole)

Join your friends and neighbors for a wonderful program of songs and words honoring the men and women that have served in the United States Armed Forces. The Fuller Village Chorus will perform.

**Adam Bergeron at 7 pm** (Brush Hill)

Back by popular demand, Adam Bergeron will give a special performance of classical and contemporary pieces.

*(Please flip page)*

## Weekly Highlights: Monday 11/8 - Sunday 11/14

**Look out for these special events and offerings next week! (*Continued*)**

### Friday, November 12<sup>th</sup>

#### **Board Games in the Card Room at 3 pm** (Brush Hill Card Room)

Join your neighbors for some friendly competition every Friday! Rummikub will be available or bring your own favorite game. Will meet weekly, starting this Friday!

### Saturday, November 13<sup>th</sup>

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

### Sunday, November 14<sup>th</sup>

#### **Carousel Ballroom Dancers at 3 pm** (Brush Hill)

The Carousel Dancers represent MASSABDA (Massachusetts Amateur Ballroom Dancers Association) and are distinguished by a dedicated group of dancers that donate their time and talent to entertain Senior Communities throughout eastern Mass. They perform a wide variety of dances and dance styles that may include Waltz, Foxtrot, Swing, Cha Cha and Rumba.

### Note from the Program Director

**State Representative Bill Driscoll** has rescheduled his visit to Fuller Village for *Friday, November 19<sup>th</sup> at 10 am* in the Brush Hill Function Room. Apologies for the inconvenience of the late notice for last month's rescheduling. Rep. Driscoll is looking forward to sharing more about his legislative priorities and hearing your questions when he visits in 2 weeks.

# The Caring Committee Corner

Betsy Buchbinder, Chair

## **Our Wonderful Aging Brain**

This wonderful aging brain of ours, which weighs about 3 pounds, controls many significant aspects of our thinking: remembering, planning, organizing, decision making and more.

As we age, perhaps we find we are slower to retrieve words and recall names. Multitasking may have become more challenging and paying attention requires more effort on our part.

Inflammation, which occurs when the body responds to an injury or disease, tends to increase and more effort on our part becomes necessary when trying to learn more complex mental activities.

But aging also brings many positive cognitive changes! Many studies have shown that older adults have more extensive vocabularies. We have a greater reservoir of memories, a lifetime of varied experiences from which we can draw. Research shows that older adults certainly can learn new skills and form new memories!

There is growing evidence that the human brain maintains the ability to change and adapt so that we can manage new challenges and tasks as we age! Evidence also suggests that exercise improves mental health, cognitive function and memory and optimizes our learning and thinking abilities.

**START EXERCISING.  
CHALLENGE YOURSELF.  
KEEP LEARNING.**

*(Please flip page)*

# Gordon House

## Dining Room Dinner Menu

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

### Monday, November 8

Corn & Roasted Red Pepper Chowder  
or Salad du Jour  
Pan Seared Starlet Chicken Breast  
Pecan Crusted Salmon  
Creamy Four Cheese Polenta  
Brussels Sprouts  
Chocolate Chunk Cookie or Apple Pie

### Friday, November 12

New England Clam Chowder  
or Salad du Jour  
Lamb Chops with Chimichurri  
Pan Seared Scallops  
Hoppin' John, Grilled Asparagus  
Oatmeal Raisin Cookie, Chocolate Mousse

### Tuesday, November 9

Carrot & Ginger Soup  
or Salad du Jour  
Meatloaf with Ketchup and Brown Sugar  
Glaze  
Baked Cod  
Mashed Potato, Green Beans  
Sugar Cookie, Brownie

### Saturday, November 13

Potato and Leek Soup  
or Salad du Jour  
Poached Chicken Florentine  
Seafood Newburgh  
Herb Buttered Pasta  
French Style Peas  
M&M Cookie or Bread Pudding

### Wednesday, November 10

Beef Chili  
or Salad du Jour  
Eggplant Parmesan  
Chicken Marsala  
Penne Pasta,  
Sautéed Spinach  
Carnival Cookie or Peach Cobbler

### Sunday, November 14

Wild Mushroom Barley Soup  
or Salad du Jour  
Prime Rib with au Jus  
Chicken Cacciatore  
Rice Pilaf, Zucchini and Yellow Squash  
White Chocolate Cranberry Cookie or  
Blueberry Pie

### Thursday, November 11

Chicken and Corn Chowder  
or Salad du Jour  
Beef Stir-Fry with Red Onions and Peanuts  
Tequila and Lime Grilled Chicken  
Braised Lentil, Roasted Mushroom and Onions  
Lemon Ricotta Cookie, Chocolate 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 entrées 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 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.

Sandwich of the Week...9.95  
Grilled chicken with basil pesto, tomato,  
melted mozzarella, lettuce served on a  
ciabatta roll

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.

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

Mixed greens, apple craisins, tomato,  
cucumber, spiced pecans with balsamic  
vinaigrette

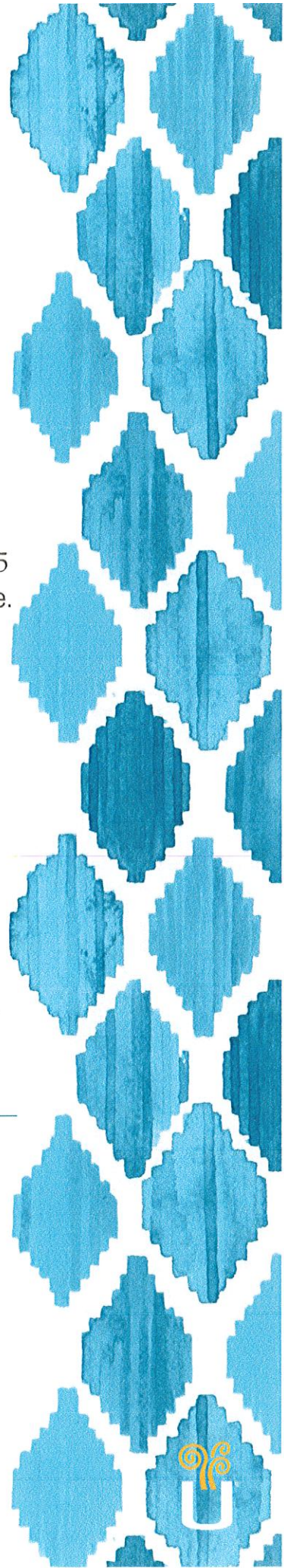
## DESSERTS

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

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monday, november 8

Philly Cheese Steak

*Shaved beef, peppers, onions, cheese served on ciabatta roll*

Tuesday, november 9

Monte Cristo

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

wednesday, november 10

Pizza Day

homemade pizza – choice of cheese, pepperoni, or veggie

thursday, november 11

Mushroom Onion Swiss Burger

*handmade beef burger with sauteed mushrooms, melted swiss cheese on toasted brioche bun*

friday, november 12

BBQ Bacon Cheddar Chicken Wrap

*grilled chicken breast, bbq sauce, romaine lettuce, tomato, cheddar cheese, bacon in a wrap*



*Fuller Village*  
*in Milton*

— LIVE A FULLER LIFE —

With the holidays coming we ask that you please pick up your packages promptly when called by the Concierge Desk.

We do not have the storage space to hold packages.

Thank you!