

SUN

MON

TUE

WED

THUR

FRI

SAT

2:00 Fuller Quilting Bees (BL)
2:30 Blue Hill Bridge (BL)
3:00 Carousel Ballroom Dancers (BR)

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)
3:00 Library Book Club (BL)

10:00 Cardio Dance (BR)
10:00 Seated Zumba Gold (BL)
11:00 Senior Ballet (BR)
12:00 Back to Basics (BL)
1:00 Group Meditation (BR)
1:30 Christmas Crafts with Cindy (BR)
3:00 Coping with Grief (BL)
7:00 Bingo! (BL)
7:00 Men's Poker Club (BR)

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)
3:00 Caring Committee (BR) 3:00 Rosary (BL)
4:30 Blue Hill Book Club (BL)
7:00 History with Paolo DiGregorio (BR)
7:00 Knitters and Sewers (BR)

10:00 Towel Cardio (BR)
11:00 Core on the Floor (BR)
12:00 Chair Yin Yoga (BL)
1:00 Zumba Gold (BR)
2:00 Jazz Lovers Club (BR)
4:00 Restorative Yoga (Zoom)
7:00 Brush Hill Bingo (BR)

9:30 Aqua Zumba (BR)
10:00 Rep. Bill Driscoll (BR)
11:00 Bocce (BR)
12:30 Line Dancing with Cris (BR)
1:30 Native American Heritage Month Film & Discussion (BR)
3:00 Board Games (BR)
6:45 Cribbage (BR)
7:00 Michael Goodwin

1:00 Technology Help by Appointment (BR)
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 Crafts with Cindy and grocery trips call 617-361-7778.

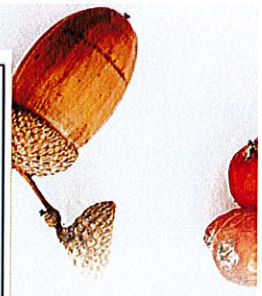
Pool Hours
Mon-Fri 8am -12pm
Mon & Wed 2pm -7pm
Tues & Thurs 4pm - 7pm
Sat & Sun 8am - 4pm

November 2021

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



—LIVE A FULLER LIFE—



End-of-Week Highlights: Thursday 11/11 - Sunday 11/14

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

Thursday, November 11th

Adam Bergeron at 7 pm (Brush Hill)

Fuller Village is excited to welcome back fan-favorite Adam Bergeron! Adam's musical experiences transcend the boundaries of a typical classical pianist. Highly skilled and well-seasoned as a multi-instrumentalist, Adam has performed with dozens of bands and ensembles, recorded and produced fifteen original solo CD's and composed original music for radio commercials and films cores for independent movies.

Friday, November 12th

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!

Jim Porcella – Jazz Vocalist at 7 pm (Blue Hill Activity Room)

Enjoy another amazing new musical act this Friday night! Jim is a Berklee School of Music alum originally from Medford, who has recorded seven critically acclaimed CDs and performed in jazz and cabaret settings across the world. He was the featured vocalist at Boston's Ritz Carlton and Boston's prestigious Bay Tower Room. We are excited to welcome him as he brings those talents to the Fuller Village Community!

Saturday, November 13th

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

BRUSH HILL showing: *Mamma Mia*

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

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

BLUE HILL showing: *I Am David*

Cast: Ben Tibber, Jim Caviezel, Joan Plowright

A twelve-year-old boy escapes from a Bulgarian Communist concentration camp and sets out on a journey to reach Denmark.

Sunday, November 14th

Carousel Ballroom Dancers at 3 pm (Brush Hill Function Room)

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.

Weekly Highlights: Monday 11/15 - Sunday 11/21

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

Monday, November 15th

Library Book Club at 3 pm (Blue Hill Library)

The November book is *The Belles of New England: The Women of the Textile Mills and the Families Whose Wealth They Wove* by William Moran. We will also hand out copies of the December book, *Stony the Road: Reconstruction, White Supremacy, and the Rise of Jim Crow* by Henry Louis Gates, Jr. Contact Julia (617-361-2116) if you are unable to make this week's session but would like a copy of December's book.

Tuesday, November 16th

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

Hop skip and jump into the holiday season! You will adorn your silk wreath with ornaments, berries, bows and trinkets. Glitter and glue and everything new to start off the holiday shiny and bright. All supplies provided, max 8 participants. Call 617-361-7778 to sign up.

Coping with Grief During the Holidays at 3 pm (Blue Hill Activity Room)

The grief process has often been described as a roller coaster, full of ups and downs, highs and lows. Even years after a loss we may experience intense feelings of grief around birthdays, special events and holidays. Please join Jennifer Morris, social worker with Best of Care, for this presentation focusing on the grief process during the holiday season. If you have any questions, you can contact Jennifer at 857-499-2476.

Wednesday, November 17th

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

Caring Committee at 3 pm (Brush Hill Function Room)

Topic: Cognitive Health

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

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

Topic: Thanksgiving: The History of an American Holiday - We are all familiar with the story of the first Thanksgiving, but how much do we really know about how the modern holiday came to be? The story of the development of the Thanksgiving holiday is tied to the growth and politics of the United States, stretching from the Pilgrims to the Civil War to the Great Depression. This talk will discuss the origins of Thanksgiving and some of the traditions and practices that go along with it.

Thursday, November 18th

Jazz Lovers Club at 2 pm (Brush Hill Function Room)

A variety of musicians interpreting a tune. All are welcome!

Brush Hill Bingo at 7 pm (Brush Hill Function Room)

Weekly Highlights: Monday 11/15 - Sunday 11/21

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

Friday, November 19th

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.

Native American Heritage Month Film & Discussion at 1:30 pm (Brush Hill Function Room)

“We Still Live Here – As Nutayunean” is the story of the revitalization of the Wampanoag language, the first time a language with no native speakers has been revived in this country. The Wampanoags’ ancestors ensured the survival of the Pilgrims in New England, and lived to regret it. Nevertheless, through resilience and courage they kept their identity alive and remained on their ancestral lands. Now a cultural revival is taking place. Join us for a screening of this award-winning documentary, followed by a brief discussion of ways to honor Native American Heritage Month.

Michael Goodwin at 7 pm (Blue Hill Activity Room)

Many of you joined Michael via Zoom in 2020 for his innovative musical theater programs. Well, we are excited to now bring him to Fuller Village in the flesh! Join Michael for a program that combines performance, lecture, video clips, and many opportunities to participate. If you love musical theater, or just any good time, this show is for you!

Saturday, November 20th

One-on-One Technical Assistance with Oma Communications

20 minute appointments, from 1:00-4:00 pm (Brush Hill Function 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, 9 spots available. Call 617-361-2116 to sign up.

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

Sunday, November 21st

The Splinters at 7 pm (Brush Hill Function Room)

This bluegrass and old-time string band delivers a relentless groove to accompany their tight 3-part harmonies. A Splinters set veers from straight ahead bluegrass to traditional fiddle tunes and back, with the occasional detour into a modern song. They released their first album as a quartet, “Grey Owl”, at the Thomas Point Beach Bluegrass Festival. Many of you enjoyed their duo, Long Lost String Band, at Blue Hill this fall – now come see the full group (fiddle, guitar, banjo, mandolin, and bass fiddle)!

Notes from the Program Director

Please note that the Fuller Village van will only be making morning trips to Stop & Shop for the next two weeks. Call 617-361-7778 to sign up. Thank you for your understanding.

Do you have a person you can recommend to hang photos, clean rugs or windows or other “handy” things around the house? The Caring Committee will be updating the 2016 Handy Person booklet. If you have someone you’d recommend, please contact them to ask if we can include them in our booklet. If they give permission, please then call Pat at [857-703-8908](tel:857-703-8908) to give her the contact info to be included in the updated booklet.

A Driving Tip for Seniors

Submitted by Brush Hill Resident Mike Ryan

This driving tip actually concerns drivers who have occasion to pick up and/or drop off passengers. It's based on my personal knowledge of a sad example that occurred decades ago and involved a family member.

Living as we do in an active senior retirement community, it's common for residents who still drive to provide a friend or neighbor transport to a local grocery or drug store or other destination such as a restaurant. This often begins with the driver going to their car and driving to the agreed upon pickup point. And that brings us to the point of this notice.

When stopping to pick up or drop off a passenger, **ALWAYS** be sure to shift your car into **Park** before allowing anyone to enter or exit your car. **NEVER** leave the car in gear, relying solely on the brake pedal to keep the car from moving while one or more passengers enter or exit your vehicle. All it takes to send a friend crashing to the ground while they're entering or exiting the car is a few inches of forward or backward movement caused by you inadvertently letting up on the brake pedal.

The incident I mentioned involving a family member resulted in a broken hip which I believe haunted the elderly driver for the rest of her life. I don't mean to sound melodramatic, but I have to say I believe this is a classic example of Benjamin Franklin's admonition about an ounce of prevention being worth a pound of cure.

Wishing everyone happy – and safe - motoring!

Gordon House

Dining Room Dinner Menu

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

Monday, November 15

Chicken and Rice Soup
or Salad du Jour
Herb Crusted Cod
Cheese Ravioli
Rice Pilaf
Steamed Broccoli
Chocolate Chunk Cookie or Apple Pie

Friday, November 19

New England Clam Chowder
or Salad du Jour
Herbed Roasted Fillet Mignon
Honey Glazed Salmon
Mashed Potato
Crispy Brussel Sprouts
Lemon Ricotta Cookie or Chocolate Cake

Tuesday, November 16

Cream of Broccoli Soup
or Salad du Jour
Chicken Parmesan
Meatloaf
Mashed Potato, Steamed Green Beans
Cranberry White Chocolate Cookie or
Blueberry Pie

Saturday, November 20

Chicken Noodle Soup
or Salad du Jour
Beef Pot Roast
Shrimp Scampi
Linguini Pasta
Sautéed Zucchini with Oregano
M&M Cookie or Bread Pudding

Wednesday, November 17

Corn Chowder with Bacon
or Salad du Jour
Apple Sage Chicken
Grilled Miso Salmon
Rosemary Roasted Potato
Sautéed Spinach
Sugar Cookie or Brownie

Sunday, November 21

Vegetable Soup
or Salad du Jour
Prime Rib with au Jus
Lemon & Thyme Baked Haddock
Baked Potato
Grilled Asparagus
Chocolate Chunk Cookie or Strawberry
Rhubarb Pie

Thursday, November 18

Beef Vegetable Soup
or Salad du Jour
Ginger Roasted Pork
Fried Shrimp
Baked Potato
Steamed Peas
Carnival Cookie Peach Cobbler

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 J & D

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
in Milton
— 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.

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

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

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

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
raisins & 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

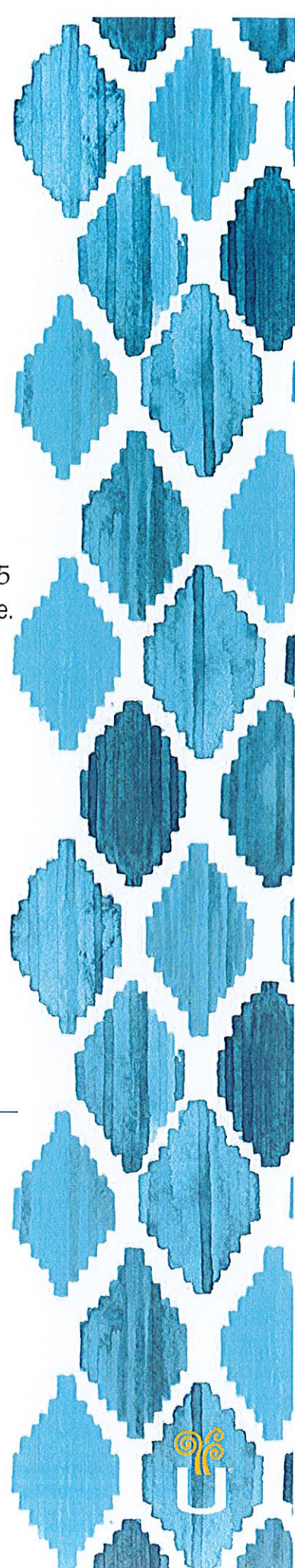
Ginger Ale

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.





Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, november 15

Prime Rib of Beef “French Dip”

perfectly sliced prime rib in a fresh made au jus sauce

tuesday, november 16

Buffalo Chicken Wrap

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

wednesday, november 17

Pizza Day

*homemade pizza – choice of cheese, pepperoni, or
veggie*

thursday, november 18

Chicken and Pesto Panini

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

friday, november 19

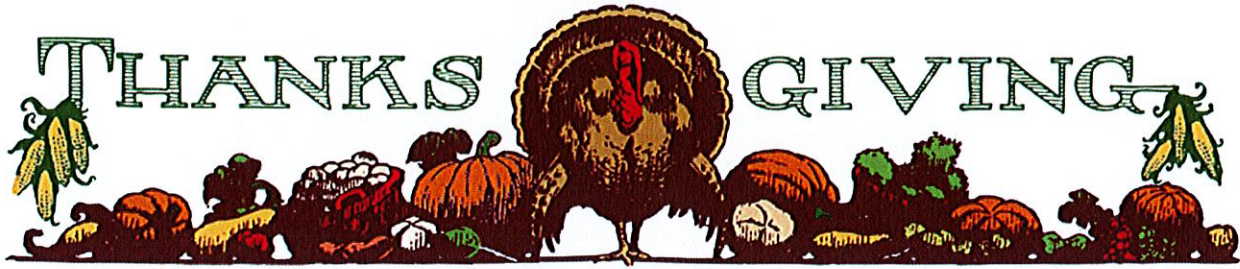
BBQ Bacon Cheeseburger

bbq sauce, bacon, and cheddar served with onion rings

Fuller Village

in Milton

— LIVE A FULLER LIFE —



Thursday, November 25, 2021

Oven Roasted Turkey with Giblet Gravy

Sausage and Apple Corn Bread Stuffing

Whipped Potatoes

Peas and Pearl Onions

Sweet Potato Casserole with Marshmallows

Fresh Baked Dinner Roll

Pumpkin, Pecan, Apple Pie OR Fruit Cup

\$24.95/per person

There will be two seatings – 12:00 noon and 2:00 pm.

RESERVATIONS WILL START AT 9:00 AM

ON THURSDAY, NOVEMBER 4TH.

Please call the front desk at 617-361-7900 to make your dinner reservation. We can only accommodate groups of 6 or less and everyone must be vaccinated.

RESERVATIONS ARE LIMITED AND ARE ON A FIRST COME, FIRST SERVE BASIS.

Please let us know if you are gluten-free or have any other allergies.

There will be no take outs for Thanksgiving dinner.

Wishing you and your families all the best!

*Any cancellations will be charged to your account.