

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>5</b> 2:30 Blue Hill Bridge (BL) 7:00 Quincy Choral Society (BR)	<b>6</b> Last Day of Hanukkah Hanukkah Sameach! 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)	<b>7</b> 10:00 Cardio Dance (BR) 10:00 Marshalls & HomeGoods 10:00 Seated Zumba Gold (BL) 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 1:00 Group Meditation (BR) 2:00 Rich Travers (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	<b>8</b> 9:45 Cornhole (BL) 10:00 Bible Study (BR) 10:00 Mobility & Stability (BR) 10:30 Water Aerobics 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 12:00 Grab Your Passport (BL) 12:45 Chorus (BR) 2:00 Holiday Treats & Champagne (BR) 3:00 Rosary (BL) 7:00 Brush Hill Bingo 7:00 Knitters and Sewers (BR)	<b>9</b> 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 Holiday Cookies and Champagne (BL) 4:00 Restorative Yoga (Zoom) 7:00 History with Paolo (BR)	<b>10</b> 12:30 Line Dancing with Kris (BR) 3:00 Game On! (BR) 4:30 Friday Night Services with Rabbi Benjamin (BR) 6:45 Cribbage (BR) 7:00 Crooning with Crosby (BL)	<b>11</b> 7:00 Movie Night (BR/BL)

**The Silver Linings Hair Salon** at the Gordon House is open Wed-Fri starting at 9 am.

Please call 617-361-8746 to make an appointment

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

**The Podiatrist** will be in on Wed 12/8 & 12/22 at 1 pm. Please call 617-986-3668 to schedule an appointment

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

**Blood Pressure Clinics** are Wed 12 - 1 pm at Blue Hill and 1 - 2 pm at Brush Hill

**The Bank of Canton** is here every Tue from 9 - 10 am at Brush Hill and 11 am - 12 pm at Blue Hill

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

**Sign Ups**

To sign up for local van runs, the Marshalls/HomeGoods trip, or the Grab Your Passport luncheon, please call 617-361-7778

**Fitness Center & Yoga Studio**

Mon-Fri 9 am - 5 pm  
 Sat & Sun 10 am - 2 pm

**Pool**

Mon-Fri 8 am - 12 pm  
 Mon & Wed 2 - 7 pm  
 Tue & Thu 4 - 7 pm  
 Sat & Sun 8 am - 4 pm

# December 2021

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



— LIVE A FULLER LIFE —





A decorative border of white snowflakes is arranged along the top edge of the white text area. The background of the entire page consists of vertical stripes in red and green.

## A Message from the Fuller Village Staff written by Jen DeLeonardis

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We have learned a lot over the past 20+ months about viruses & vaccines, masks & mandates, boosters & Beta. Our Covid education is not yet over, however, as the pandemic is not yet over.

What we know so far about the new variant, Omicron, that was found to be the source of a recent outbreak in South Africa, is there are still more questions than answers. It will likely take a few weeks until scientists can figure out if Omicron is more (or less) transmissible, and more (or less) virulent than the Delta variant. We do know that it has 32 new mutations on the spike protein vs. the 9 mutations that Delta had. This is not necessarily bad news as sometimes the virus makes a "trade-off" between mutations. For example, the virus may "trade-off" between the mutation that increases severity of disease and the mutation that informs transmissibility.

While we should not take Omicron lightly, we should not abandon hope either. Some of the brightest minds in the world are seeking answers day and night. For those of us who are vaccinated (and hopefully boosted as well), our immune systems are primed to fight using a multi-layered approach. It's a beautiful, complex, incredible, and adaptive system. We also know that masking, ventilating crowded spaces, and testing works!

So, please do your part in this worldwide public health pandemic: Mask up in public spaces. Get tested if you feel ill. Your actions impact everyone...and for many their life depends on you doing the right thing!





## **Notes from the Program Director**

### **Milton Council on Aging**

We were so happy to host Christine Stanton and Katie O'Brien from the Milton Council on Aging this week for coffee hours at both Blue Hill & Brush Hill this Monday. If you are not already a member of the CoA, you can pick up a registration form from either concierge and return it for us to scan and send on your behalf. We highly encourage residents to take advantage of the many resources and programs they, including their transportation services (separate registration required) and assortment of classes and events, including ukulele classes, monthly chair massage and reflexology, and legal, financial, & health insurance consultations. Please also note that the Fuller Village van will provide rides to and from programs or appointments at the CoA whenever possible. Just call 617-361-7778 to sign up.

### **Residents' Association Fundraiser: Bird Prints**

Hal Pratt continues to generously host a fundraiser for our Residents Association by selling magnificent framed prints of birds created by esteemed artist (and Hal's college friend!) Robert Seaman. Each framed print costs \$19.95, with \$10 of this amount going to our Residents' Association and the remainder to the artist. Please note that the display tables at both Blue Hill and Brush Hill have been relocated – the Blue Hill table is now past the staff offices on the way to the Foster hallway, and the Brush Hill table is now located in the back of the Function Room. If you haven't already, please take a look at these lovely prints and consider purchasing one or more. Order forms and instructions can be found at the display table.

### **Call for Artists**

We are so lucky to have so many talented artists in our midst at Fuller Village and are excited to continue showcasing your art! Thank you to Paul Riley for allowing us to display his paintings for the past several months at Blue Hill. Beginning this week, we are excited to hang five original pieces by Betty Tamer, including two lovely pastel pieces and three innovative paintings. If you are an artist and would be willing to loan us five or more pieces for 1-2 months for display at Blue Hill, please contact Julia MacMahon at (617) 361-7778 or [jmacmahon@fullervillage.org](mailto:jmacmahon@fullervillage.org). For the photographers in our midst, we will be hanging a new set of resident photos in our Brush Hill photo gallery this winter. Resident photographers will be responsible for providing photo prints, and Fuller Village will provide the frames. For more information, please contact Donna Parker at (401) 339-3457 or [dparker1@me.com](mailto:dparker1@me.com).



## Weekend Highlights: Friday 12/3 - Sunday 12/5

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

### Friday, December 3<sup>rd</sup>

**Game On! at 3 pm** (Brush Hill Function Room)

Friday is Game Day! We will be transforming the Function Room into a game room with ping pong, cornhole, board games, Wii Bowling, and more. There will be something for everyone so please come by – if we don't have what you're looking for, let us know and we will look into adding it!

**Steve King at 7 pm** (Blue Hill Activity Room)

Steve is a Fuller Village favorite who has been performing here for years – join for piano, singing, and lots of laughs!

### Saturday, December 4<sup>th</sup>

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

**BRUSH HILL showing: *The Accidental Tourist***

*Cast: William Hurt, Kathleen Turner, Geena Davis*

An emotionally distant writer of travel guides must carry on with his life after his son is killed and his marriage crumbles.

**BLUE HILL showing: *The Switch***

*Cast: Jennifer Aniston, Jason Bateman*

Kassie is tired of being single. She wants to be a mother so decides to look for a sperm donor. She chooses someone from a sperm bank and then is surprised when he is not so anonymous.

### Sunday, December 5<sup>th</sup>

**Quincy Choral Society at 7 pm** (Brush Hill Function Room)

Under the direction of Artistic Director Sarah Labrie, Quincy Choral Society will present "Somewhere in my Memory," celebrating the *familiars* of the holidays, everything we love about the warmth, love, traditions and music of the season.

The performance will include music from Johan Sebastian Bach, George Frideric Handel and Gustav Holst to works by contemporary composers. Quincy Choral Society was founded in 1981 and is celebrating their 41<sup>st</sup> consecutive season of bringing music and joy to the local area and abroad.

## Weekly Highlights: Monday 12/6 - Sunday 12/12

Look out for these special events and offerings next week!

### Tuesday, December 7<sup>th</sup>

**Marshalls & HomeGoods trip at 10 am**

Call 617-361-7778 to sign up.

**Rich Travers at 2 pm** (Brush Hill Function Room)

*Topic:* Music and the Military

### Wednesday, December 8<sup>th</sup>

**Grab Your Passport: France at 12 pm** (Blue Hill Activity Room)

Grab your passport and take a trip to France! Our friends at Standish Village are hosting this free event, featuring a three course French cuisine luncheon accompanied by a live accordion player. Spaces are limited. Please call 617-361-7778 to sign up.

**Holiday Treats & Champagne at 2 pm** (Brush Hill Function Room)

Join your neighbors for holiday cheer, treats, and champagne punch. Open to residents only.

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

The more the merrier (and the better the prize money!) for a fun night of Bingo at Brush Hill.

### Thursday, December 9<sup>th</sup>

**Holiday Treats & Champagne at 2 pm** (Blue Hill Dining Room Foyer)

Join your neighbors for holiday cheer, treats, and champagne punch. Open to residents only.

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

*Topic:* The Raj: The Rise and Fall of British India, 1757-1947

### Friday, December 10<sup>th</sup>

**Game On! at 3 pm** (Brush Hill Function Room)

Friday is Game Day! We will be transforming the Function Room into a game room with ping pong, cornhole, board games, Wii Bowling, and more. There will be something for everyone so please come by – if we don't have what you're looking for, let us know and we will look into adding it!

**Friday Night Services at 4:30 pm** (Brush Hill Function Room)

**Crooning with Crosby at 7 pm** (Blue Hill Activity Room)

Crosby Goshgarian, accompanied by Mel Springer, puts on a fun show consisting of songs from the 40s and beyond, show tunes and Broadway favorites, piano interludes, and a fun, familiar singalong!

### Saturday, December 11<sup>th</sup>

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

### Sunday, December 12<sup>th</sup>

**David Won & Tim Steele at 7 pm** (Brush Hill Function Room)

Fuller favorites David Won (tenor) and Tim Steele (piano) will perform a holiday program, entitled *O Holy Night*. These incredibly talented musicians are not to be missed!



**Growth Through Learning**



## **Update on Girls' Education in East Africa!**

First of all, thank you! A very special thank you to the 35 Fuller Village residents who together have supported ten (10) girls in secondary school in 2021! What wonderful generosity!

Although the value of girls' education is well known, few girls in East Africa attend high school and even fewer graduate. Growth Through Learning (GTL) provides full secondary education scholarships for exceptional young women in Kenya, Uganda, and Tanzania who would otherwise be unable to afford education beyond primary school. More than 1600 girls have graduated from secondary school thanks to GTL, and we will support over 340 girls in 2022.

What a year this has been for East Africa and our GTL girls! In spite of Covid, all GTL scholars who had hoped to graduate in 2020 have graduated, save two, one of whom will graduate next year. Our cohort of girls who began in 2017 now boasts a 95 percent graduation rate! This percentage is incredibly important – it means that virtually everyone is succeeding, not only a few stars.

While the younger GTL girls have lost up to one year of schooling, schools opened this summer in Tanzania and Kenya, and Uganda will re-open in January 2022.

All of you who have contributed to GTL in the past have received this year's newsletter, hot off the presses. I've also distributed the newsletters to your mail boxes. If you did not get one, please let me know. Just email me ([mary\\_ann\\_millsap@msn.com](mailto:mary_ann_millsap@msn.com)), leave a note in my villa mailbox (50 Caroline) or call. I have many copies!

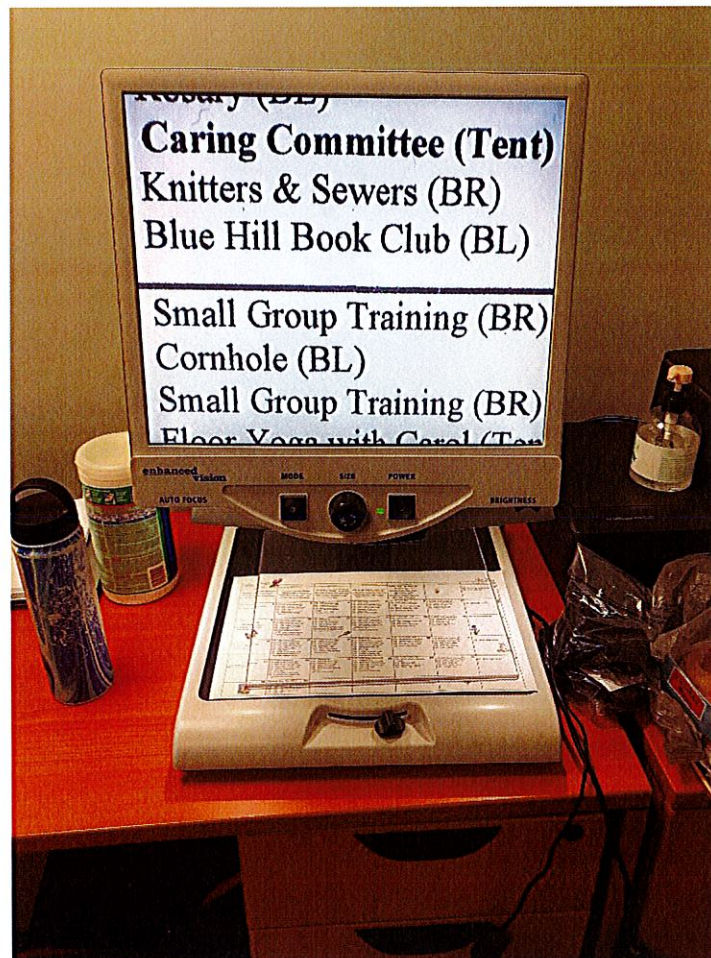
We appreciate whatever you can give, either by mail (GTL, P.O. Box 390975, Cambridge, MA 02139) or on-line at our web-site ([www.growththroughlearning.org](http://www.growththroughlearning.org)). Your donation today will directly support our 344 scholars in 2022.

Thank you,

Mary Ann Millsap

## Attention Residents:

If anyone is interested, we have an Enhanced Vision reading enlarger available for Free. It is fully functionally and can be very helpful for people struggling with low vision. Please call 617-361-8947 or 617-361-3231. We only have one available so the first person to contact us gets it. We are happy to bring it to your unit.





# Gordon House

## Dining Room Dinner Menu

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

### Monday, December 6

Tuscan White Bean Soup  
or Salad du Jour  
Turkey Meatloaf  
Grilled Sweet Italian Sausage  
Creamy Macaroni, Sweet Peas & Onions  
Oatmeal Raisin Cookie or Red Velvet Cake

### Friday, December 10

New England Clam Chowder  
or Salad du Jour  
Salisbury Steak  
Pan Flashed Honey Garlic Shrimp  
Fresh Herbed Buttered Pasta  
Roasted Butternut Squash  
White Macadamia Nut Cookie or Pecan  
Fudge Brownie

### Tuesday, December 7

Home-Style Chicken Noodle Soup  
or Salad du Jour  
Sesame Beef & Broccoli Stir Fry  
Sweet & Sour Chicken  
Asian Vegetable Fried Rice  
Sugar Cookie or Chocolate Cream Pie

### Saturday, December 11

Cuban Black Bean Soup  
or Salad du Jour  
Tangy BBQ Tenderloin of Pork  
Chicken Piccata  
Mashed Sweet Potato, Creamed Spinach  
Oatmeal Raisin Cookie or Lemon Cream  
Cake

### Wednesday, December 8

Cream of Asparagus Soup  
or Salad du Jour  
Lemon Herbed Grilled Chicken Thighs  
Grilled Salmon  
Oven Roasted Bliss Potatoes,  
Steamed Green Beans  
Chocolate Chunk Cookie or Turtle  
Cheesecake

### Sunday, December 12

Lentil Soup  
or Salad du Jour  
Prime Rib with au Jus  
Eggplant Parmesan  
Baked Potato, Honey Glazed Carrots  
Chocolate Chunk Cookie or Coconut Layer  
Cake

### Thursday, December 9

Hearty Beef & Barley Soup  
or Salad du Jour  
Roasted Pork Loin  
Garlic & Rosemary Marinated Steak Tips  
Creamy Mashed Potatoes, Buttered Corn  
Peanut Butter Cookie or Blueberry 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 J & H

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<sup>®</sup>  
— LIVE A FULLER LIFE —





# Always Available Menu

Call 617-361-6958 between 11am & 1pm for take out orders

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## APPETIZERS ... 2.95

Soup du Jour  
Fresh Garden Salad  
Fresh Fruit Salad

\* ask about our selection of house made dressings \*

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## 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.

Pastrami Rueben...9.95  
grilled pastrami sauerkraut, house made  
Russian dressing, and melted swiss, on  
marble rye bread

Special Salad of the Week...9.95  
add grilled chicken ...3.00  
add grilled salmon ...4.00  
Mixed greens with raisins, blue cheese  
crumble, candied walnuts, apples, cherry  
tomatoes and cucumber tossed with  
homemade blueberry 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.

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## DESSERTS

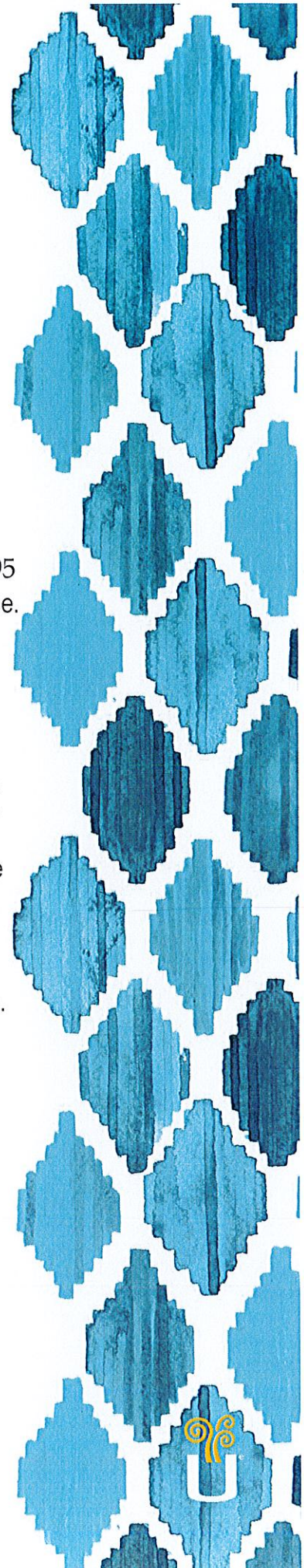
a la carte...2.95  
Chef's Featured  
Cookie of the Day  
Fresh Fruit Cup...2.95  
Sugar Free Jell-O...2.95  
No Sugar Added Ice Cream...2.95

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## 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, december 6

Prime Rib of Beef "French Dip"

*perfectly sliced prime rib in a fresh made au jus sauce*

tuesday, december 7

Mushroom Onion Swiss Burger

*Sautéed mushroom, swiss cheese served on a brioche bun*

wednesday, december 8

Pizza Day

homemade pizza – choice of cheese, pepperoni, or veggie

thursday, december 9

Veggie Quiche

*baked custard, spinach, onions, swiss cheese*

friday, december 10

Fried Shrimp & Chips

*battered fried shrimp served with French fries and remoulade sauce*