

SUN

2:00 Sharon Community Chorus (BR)
Blue Hill Bridge (BL)

MON

10:00 Coffee, Cocoa and Conversation (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 Library Book Club (BR)

TUE

10:00 Cardio Dance (BR)
10:00 Seated Zumba Gold (BL)
11:00 Senior Ballet (BR)
11:00 Women's Lunch to One Bistro
12:00 Back to Basics (BL)
1:00 Group Meditation (BR)
3:00 "Breaking Boundaries" Documentary (BL)
7:00 Bingo! (BL)
7:00 Men's Poker Club (BR)

WED

9:45 Cornhole (BL)
10:00 Mobility & Stability (BR)
10:30 Water Aerobics (BR)
11:00 Floor Yoga w/ Carol (BR)
12:00 Chair Yoga w/ Carol (BR)
1:00 Technology Help by Appointment (BL)
3:00 Rosary (BL)
7:00 Knitters and Sewers (BR)

THUR

1:00 Zumba Gold (BR)
2:00 Jazz Lovers Club (BR)
4:00 Restorative Yoga (Zoom)

FRI

Christmas Eve
Office, cafe, salon, and pool closed
Fitness Center open
11 am - 3 pm

SAT

Christmas Day
Merry Christmas!

Pool & Fitness Center closed

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

The Podiatrist will be returning on 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

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

Bank of Canton
Tuesdays
Brush Hill 9 - 10 am
Blue Hill 11 am - 12 pm

Sign Ups
To sign up for grocery trips or the Women's Lunch, please call 617-361-7778. To sign up for Technology help, please call 617-361-2116.

December 2021

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



— LIVE A FULLER LIFE —

Weekend Highlights: Thursday 12/16 - Sunday 12/19

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

Thursday, December 16th

Fuller Village Holiday Chorus Concert at 7 pm (Brush Hill Function Room)

Come enjoy our very own in-house talent as they sing us into the holidays! Open to Fuller Village residents only; the concert will also be filmed and displayed on Milton Access TV and livestreamed on Facebook.

Friday, December 17th

Birthday Breakfast at 9:30 am (Blue Hill Activity Room)

All are welcome to come celebrate our friends and neighbors with December birthdays! Coffee, fresh fruit, and pastries will be provided. Please note that the breakfast will be held on a Friday this month, rather than the normal Wednesday. The more the merrier!

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

Join us for the last game day of 2021. We will pick back up in January with continued fun and variety!

Ron Cote at 7 pm (Blue Hill Activity Room)

You enjoyed his talents when he played with his band, The Castle Tones, at our Homecoming Party. Now come kick back and enjoy his solo act playing a variety of oldies and feel-good tunes!

Saturday, December 18th

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

BRUSH HILL showing: *Unfinished Song*

Cast: Terence Stamp, Gemma Arterton, Christopher Eccleston

Grumpy pensioner Arthur honors his recently deceased wife's passion for performing by joining the unconventional local choir to which she used to belong, a process that helps him build bridges with his estranged son, James.

BLUE HILL showing: *The 12 Dogs of Christmas*

Cast: Jordan-Claire Green, Tom Kemp, Susan Wood

A girl who uses dogs to teach people about the true meaning of Christmas during the Depression.

Sunday, December 19th

Sharon Community Chorus at 2 pm (Brush Hill Function Room)

The Sharon Community Chorus joins us again for their special holiday concert. Performing since 1967, SCC's motto is "where singing is fun!". Fuller Village is excited to welcome them back to our stage!

Weekly Highlights: Monday 12/20 - Sunday 12/26
Look out for these special events and offerings next week!

Monday, December 20th

Coffee, Cocoa, & Conversation at 10 am (Blue Hill Coffee Room)

Join your neighbors for a warm beverage, breakfast pastries, and light conversation, every Monday at 10 am.

Library Book Club at 3 pm (Brush Hill)

The group will be discussing *Stony the Road: Reconstruction, White Supremacy, and the Rise of Jim Crow* by Henry Louis Gates, Jr.

Tuesday, December 21st

Women's Lunch Trip to One Bistro at 11 am

Note the change in date. Waiting list only. Call 617-361-7778 to sign up.

Documentary Screening: *Breaking Boundaries: The Science of Our Planet* at 3 pm (Blue Hill Activity Room)

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.

Wednesday, December 22nd

Oma Communications 1-on-1 Technology Help from 1-4 pm (Blue Hill Activity Room)

Liz Flaig of Oma Communications will join us again this month, offering 20-minute individual appointments. Liz provides individualized help with your technology needs, whether for your iPhone, Android, tablet, or laptop. To sign up for an appointment, please call Julia MacMahon at 617-361-2116.

Thursday, December 23rd

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

Come enjoy our very own in-house talent as they sing us into the holidays! Open to Fuller Village residents only; the concert will also be filmed and displayed on Milton Access TV and livestreamed on Facebook.

Friday, December 24th

Christmas Eve

Office, café, salon, and pool closed; fitness center open from 11 am – 3 pm

Saturday, December 25th

Christmas Day

Pool & fitness center closed

Sunday, December 26th

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

Join us for a special Sunday night movie to wind down after the holiday!

THE CARING COMMITTEE CORNER
Betsy Buchbinder, Chair

“FOOD FOR THOUGHT”

Happy and healthy holiday wishes from the Caring Committee to all our friends and neighbors here at Fuller Village.

Often the holiday spirit causes us to forget the healthy eating habits we have practiced all year long. “Moderation” at the holiday table, surrounded by those we love, can be forgotten as we eat a hearty meal.

We are well aware that food nourishes the body and gives us the energy to function each and every day, but come the holiday meal, it is so very easy to overeat more calories than we need to consume.

Research suggests that “it takes about 20 minutes for your brain to send a signal to the stomach to let you know that you’re full. Overeating occurs when you continue to eat beyond this point of fullness”, says Erma Levy, a research dietician at MD Anderson.

One day of overeating a bit may not impact your overall health as long as you return to your fitness routine.

Enjoy the holidays.

Stay well and stay safe.

NOTES FROM THE PROGRAM DIRECTOR

Writing Our Way Home: A Memoir Writing Group led by Betsy Abrams, LCSW

This fall, we offered a 6-session memoir writing group. In that group participants were able to use writing as a tool for reflection, to share stories, and write essays and poems about their life experiences. They developed a sense of community and appreciation for each person’s journey. Beginning in January, this group will continue and invite new people to join. Together, group members will use writing prompts and poetry to inspire us and to further explore and write about our lives. Respect and confidentiality will be at the heart of this writing group.

The group has room for new members, so please contact Julia MacMahon at jmacmahon@fullervillage.org or 617-361-2116 if you would like to sign up or have questions about the group or the facilitator’s style. The group will meet every other Thursday in the Blue Hill Activity Room from 3:30-5 pm over a 12-week period, beginning January 6th and ending on March 17th.

Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, december 20

Hot Turkey Sandwich

*hot turkey sandwich served over toast with gravy and
mashed potato*

tuesday, december 21

Sausage and Peppers

Italian sausage and peppers served on a sub roll

wednesday, december 22

Pizza Day

homemade pizza – choice of cheese, pepperoni, or
veggie

thursday, december 23

Tomato and Leek Quiche

served with a small side salad

friday, december 24

Merry Christmas

The café will be closed in observance of the holiday.

Gordon House

Dining Room Dinner Menu

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

Monday, December 20

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

Friday, December 24

Christmas Eve

Lobster Bisque or Mixed Green Salad
Braised Short Ribs with Red Wine
Bordelaise
Jumbo Crab Cake with Cajun Remoulade
Potato au Gratin, Grilled Asparagus
White Chocolate & Peppermint Panna
Cotta or Coconut Lime Cookie

Tuesday, December 21

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

Saturday, December 25

Merry Christmas

In observance of the holiday, the Gordon
House will be close.

Wednesday, December 22

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

Sunday, November 26

Vegetable Soup
or Salad du Jour
Prime Rib with au Jus
Lemon & Thyme Baked Haddock
Rice Pilaf, Sauteed Spinach
Grilled Asparagus
Chocolate Chunk Cookie or Apple Crisp

Thursday, December 23

Beef Vegetable Soup
or Salad du Jour
Ginger Roasted Pork
Meatloaf
Roasted Sweet Potato
Steamed Peas
Carnival Cookie or 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 Unidine

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 breadcrumbs. Served with
the evening side dishes.

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

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.

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

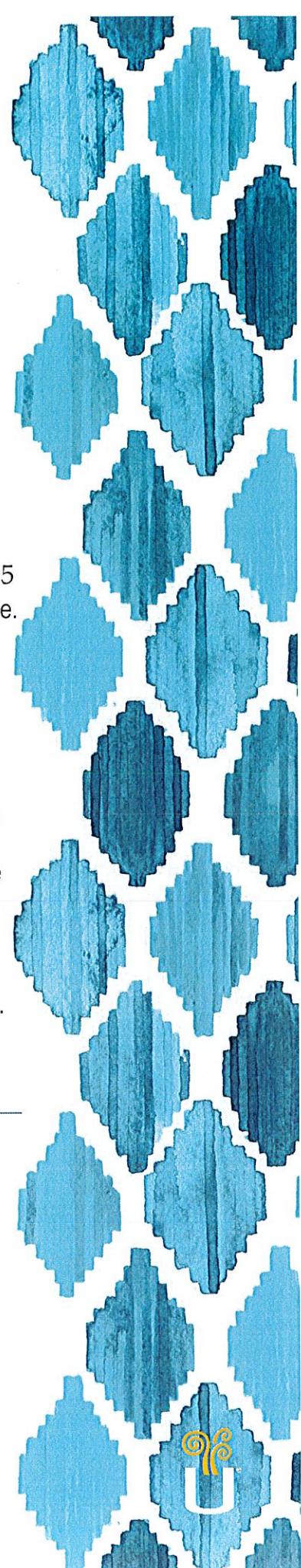
Ginger Ale

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.





New Year's Eve 2021!

Friday, December 31st – 1:00 PM Seating

Starters

French Onion Soup

Mixed Greens Salad

poached pear, crumbled blue cheese, toasted almonds with champagne vinaigrette

Entrees

Lamb two ways: braised leg of lamb and lamb chops

Pecan crusted Salmon with lemon beurre blanc

Sides

Whipped Mashed Potato with Roasted Acorn Squash

Dessert

Chocolate Mousse with Fresh Raspberries

Lemon Ricotta Cookie

Reservations are limited

please call (617) 361-7900 before **Friday December 24th, 2021**

\$26.95 per person