



## **Covid-19 Update-Effective Until Further Notice**

Due to the rapidly spreading Omicron Variant, we have made the following changes:

- All gatherings where you remove your mask are on pause at Fuller Village. (except for swimming)!
- The Bar is on pause until further notice.
- Gordon House Dining room will serve New Year's Eve luncheon to the Depoyan residents only. All reservations for New Year's are being offered delivery. There are no more reservations available.
- The Dining Room will be on pause for all residents until further notice beginning Saturday, January 1, 2022. Dinner will continue to be delivered. Please call 617-361-6958 for delivery.
- Beginning Monday, January 3, 2022, the café is open for take-out only. Either come to the café to place your order or you may call 617-361-3987.
- Beginning Monday, January 3<sup>rd</sup>, you are welcome to come to coffee hours but for conversation only. There will be no coffee or pastries served.

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL)	10:00 Comfortable Conversation (BL)	10:00 Cardio Dance (BR)	9:45 Cornhole (BL)	10:00 Towel Cardio (BR)	10:30 Chair Yoga with Carol (BL)	3:00 Winter Sing-a-long (BR)
11:00 Floor Yoga w/ Carol (BR)	10:00 Seated Zumba Gold (BL)	10:00 Bible Study (BR)	10:00 Bible Study (BR)	11:00 Core on the Floor (BR)	12:30 Line Dancing with Cris (BR)	7:00 Movie Night (BR/BL)
12:00 Chair Yoga w/ Carol (BR)	11:00 Senior Ballet (BR)	10:00 Mobility & Stability (BR)	10:00 Mobility & Stability (BR)	12:00 Chair Yin Yoga (BL)	2:00 Game On! (BR)	
1:00 Bridge (BR)	12:00 Back to Basics (BL)	11:00 Floor Yoga w/ Carol (BR)	11:00 Floor Yoga w/ Carol (BR)	1:00 Zumba Gold (BR)	6:45 Cribbage (BR)	
2:00 Handcrafters (BL)	1:00 Group Meditation (BR)	12:00 Chair Yoga w/ Carol (BR)	12:00 Chair Yoga w/ Carol (BR)	3:30 Memoir Writing Group (BL)	7:00 Jim Porcella - Jazz Vocalist (BL)	
	2:00 Rich Travers (BR)	1:45 Catholic Mass (BR)	1:45 Catholic Mass (BR)	4:00 Restorative Yoga (Zoom)		
	7:00 Bingo! (BL)	3:00 Rosary (BL)	3:00 Rosary (BL)	7:00 History with Paolo (BL)		
	7:00 Men's Poker Club (BR)	7:00 Knitters and Sewers (BR)	7:00 Knitters and Sewers (BR)			

**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 returning on Wed 1/12 & Wed 1/26 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

# January 2022



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

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

**Transportation**  
If you need transportation between campuses or to an approved local stop (Stop & Shop, CoA, library, Milton Hospital), please call 617-361-7778.





## Weekend Highlights: Friday 12/31 - Sunday 1/2

**See what's happening this weekend!**

### Friday, December 31<sup>st</sup>

New Year's Eve Office, café, salon, and pool closed; fitness center open from 11 am – 3 pm

*Please note that the musical performance by Sound Investment has been postponed until March.*

### Saturday, January 1<sup>st</sup>

New Year's Day - Happy New Year! Pool & fitness center closed

#### **Movie Night at 7 pm (Brush Hill & Blue Hill)**

#### **BRUSH HILL showing: *Christmas in Connecticut***

*Cast: Barbara Stanwyck, Dennis Morgan, Sydney Greenstreet*

A food writer who has lied about being the perfect housewife must try to cover her deception when her boss and a returning war hero invite themselves to her home for a traditional family Christmas.

#### **BLUE HILL showing: *Red Dog***

*Cast: John Lucas and Rachel Taylor*

The story of a dog who roams the Outback and endears himself with everyone he comes in contact with. A warm and loving story.

### Notes from the Program Director

As we continue to monitor the situation in regards to COVID-19, we are working hard to keep bringing programming and activities to keep our community engaged and fulfilled. With that in mind, we have a few notes and reminders:

- Our resident historian (Paolo DiGregorio) and music historian (Rich Travers) will be returning to holding one talk a month in the Activity Room at Blue Hill in order to make these popular talks more accessible for all residents. Please note that we will be monitoring room capacity and will not allow more than 30 people to attend when they are speaking at Blue Hill. We ask everyone to please be considerate and give priority to our Blue Hill residents when needed.
- We will not be taking any trips offsite for the month of January, with the exception of Trader Joe's on the 18<sup>th</sup>.
- Please wear your masks fully covering your mouth and nose in all public spaces, including when attending a speaker or musical performance.

## Weekly Highlights: Monday 1/3 - Sunday 1/9

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

### Monday, January 3<sup>rd</sup>

**Comfortable Conversation at 10 am** (Blue Hill Coffee Room)

Join your neighbors for a warm beverage, breakfast pastries, and light conversation.

### Tuesday, January 4<sup>th</sup>

**Group Meditation at 1 pm** (Brush Hill Yoga Studio)

30 minutes of guided meditation, led by Andy Kelly aka The Boston Buddha.

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

The rich voice, uncomplicated style and impeccable timing made Rosemary Clooney a leading pop and jazz singer. Completing 6 decades as one of America's most beloved entertainers, she garnered numerous awards and may best be recognized for her starring role with Bing Crosby in *White Christmas*.

### Thursday, January 6<sup>th</sup>

**History with Paolo at 7 pm** (Blue Hill Activity Room)

Topic: *Vietnam: Enduring Struggle, 1945-1975*. Please note that we will cap attendance at 30 people and ensure proper air circulation with open windows and during this talk.

### Friday, January 7<sup>th</sup>

**Game On! at 2 pm** (Brush Hill Function Room)

We're back on for Game Day Fridays – now with a new start time so we can play even more games! Ping pong, Wii bowling, Rummikub, Giant Jenga & Connect 4, Scrabble, Cornhole, and more – you don't have to know how to play, just how to have a good time. See you there!

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**Jim Porcella at 7 pm** (Blue Hill Activity Room)

Jim has recorded 7 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. He has charisma and stage presence for days and knows how to put on a show!

### Saturday, January 8<sup>th</sup>

**Winter Sing-a-long with Judy Cobble and Rosemary Zander at 3 pm** (Brush Hill Function Room)

Join Judy and Rosemary for an interactive afternoon of song!

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

Titles to be announced



# Fuller Village

*in Milton*

— LIVE A FULLER LIFE —



## **Important Holiday Hours New Year's!**

### **New Year's Eve Day, Friday, December 31, 2021\***

- Friday, December 31<sup>st</sup> is the Official Federal Holiday. The office, café and pool are closed.
- Office closed for the New Year Holiday at 5:00 pm on Thursday, December 30<sup>th</sup>, reopening Monday, January 3<sup>rd</sup> at 8:30 a.m.
- Saturday, January 1<sup>st</sup> the pool and fitness center are closed.

**\*If you have a maintenance issue that needs to be taken care of immediately, please call (617) 361-7900 and the on-call maintenance technician will assist you. There will be security personnel at both desks between the hours of 10:00 a.m. and 10:30 p.m.**

**US mail delivered on Friday, December 31<sup>st</sup>, but not on Saturday, January 1<sup>st</sup>.**

# The Life and Music of Rosemary Clooney

Tuesday, January 4<sup>th</sup> at 2pm at Brush Hill

The rich voice, uncomplicated style and impeccable timing made Rosemary Clooney a leading pop and jazz singer.

Completing 6 decades as one of America's most beloved entertainers, she garnered numerous awards and may best be recognized for her starring role with Bing Crosby in *White Christmas*.





# Gordon House

## Dining Room Dinner Menu

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

### Monday, January 3

Broccoli & Cheese Soup  
or Salad du Jour  
Smothered Pork Tenderloin  
Honey Mustard Salmon  
Rice Pilaf, Asparagus  
Sugar Cookie or Chocolate Cake

### Friday, January 7

New England Clam Chowder  
or Salad du Jour  
Sweet Italian Sausage with peppers and  
onions  
Chicken Picatta  
Roasted Red Potato, Sauteed Zucchini  
White Chocolate Cranberry Cookie or  
Oreo Cream Pie

### Tuesday, January 4

Sweet Potato and Caramelized Onion  
Soup  
or Salad du Jour  
Chicken Marsala  
Eggplant Parmesan  
Buttered Bowtie Pasta,  
Sauteed Spinach  
Carnival Cookie or Lemon Cake

### Saturday, January 8

Chicken Noodle Soup  
or Salad du Jour  
Meatballs  
Shrimp Scampi  
Linguini Pasta,  
Broccoli with Garlic and Oil  
M&M Cookie or Brownie

### Wednesday, January 5

Corn Chowder with Bacon  
or Salad du Jour  
Shepard's' Pie  
Chicken Cordon Blue  
Herbed Brown Rice, Sauteed Peas  
Oatmeal Raisin or  
Blueberry Cheesecake Bar

### Sunday, January 9

Tomato Rice Soup  
or Salad du Jour  
Prime Rib with au Jus  
Rosemary Roasted Chicken Thigh  
Mashed Potato, Roasted Brussels Sprouts  
Double Chocolate Cookie or  
Strawberry Rhubarb Pie

### Thursday, January 6

Butternut Squash Bisque  
or Salad du Jour  
Meatloaf with Gravy  
Mashed Potato, Green Beans  
Personal Pizzas (cheese, veggie, pepperoni)  
Lemon Ricotta Cookie or Blueberry Pie

### WE BAKE authentic food FROM SCRATCH

We use fresh, responsibly sourced, seasonal ingredients & culinary creativity. We are guided by environmental, food, plant, and animal health, chemical and preservative-free.

experience the difference  
Authentic

All entrees are 17.95 plus tax, which includes an appetizer, beverage & dessert. Before ordering, please make your server aware of any food allergies.

Faller Village  UNIDINE  
— CHEERFUL & HONEST —



# 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 breadcrumbs. Served with  
the evening side dishes.

Classic Ruben Sandwich ...9.95  
Sliced Pastrami, melted Swiss cheese, 1000  
island, sourcrot, on toasted marble rye

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

Mixed greens with almonds, poached pears,  
crasins, topped with blue cheese crumbles,  
tossed with homemade blueberry basil  
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  
crasins & 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

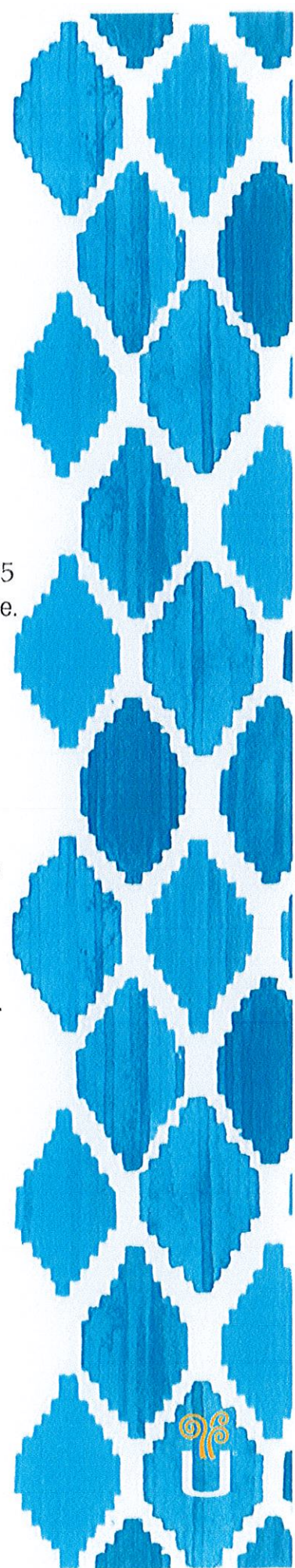
Ginger Ale

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

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– daily specials –

all served with one side...8.99

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monday, Jan 3

Meatball Sub

homemade meatballs covered in  
marinara sauce and Mozzarella on a roll

tuesday, Jan 4

Mushroom and Swiss Burger

Caramelized onions, mushrooms  
and swiss cheese

wednesday, Jan 5

Pizza Day

Personal pizzas topped with cheese and your choice of  
Veggies or pepporoni

thursday, Jan 6

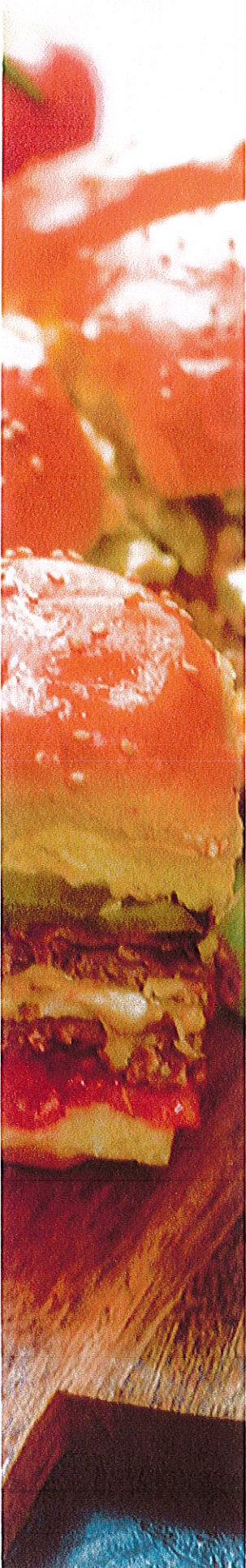
Bacon and Onion Quiche

Served with a garden salad

friday, Jan 7

Fried Shrimp Po Boy

fried shrimp, with mayonnaise, lettuce,  
tomato and pickles served on a roll







## A NEW YEAR: ANOTHER CHANCE

It's a New Year and the date has changed, according to the calendar. But some things, seemingly, have not changed: Covid appears to be spiking, masks are mandatory, caution is urged. For the moment this is our reality and our challenge.

But as we turn the page to a New Year we have the opportunity, and another chance, for personal change. In the words of Maya Angelou, "If you don't like something, change it. If you can't change it, change your attitude."

A frequent topic of discussion in the Caring Committee meetings is "attitude", which, is a way of feeling or reacting toward another person, a thing or a situation. The beginning of a new year may be the perfect time to examine those attitudes that diminishes our joy.

It's often difficult to stick to our new year resolutions because changes are inherently challenging. The slate is clean now and ready for the changes and the challenges we choose to make in a new year. So, let's focus on the opportunities and challenges that may come, developing a positive attitude, practicing gratitude for another chance to have a joy filled year.

The members of the Caring Committee want to wish all of our friends and neighbors a Happy and a Healthy New Year. Stay safe and stay well.

Betsy Buchbinder