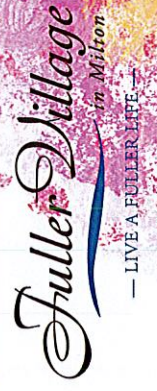


SUN	MON	TUE	WED	THUR	FRI	SAT
30	31	1	2	3	4	5
	10:00 Casual Conversation (BL) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL)	10:00 Cardio Dance (BR) 10:00 Seated Zumba Gold (BL) 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 1:00 Group Meditation (BR) 2:00 Wowzitude Virtual Trip to Chicago (BL) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	9:45 Cornhole (BL) 10:00 Mobility & Stability (BR) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 1:45 Catholic Mass (BR) 3:00 Rosary (BL) 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) 3:00 John Clark American Music Experience (Zoom) 4:00 Restorative Yoga (Zoom)	10:30 Chair Yoga with Carol (BL) 12:30 Line Dancing with Cris (BR) 2:00 Game On! (BR) 6:45 Cribbage (BR) 7:00 Jose Quezada Marquez (Cello) (BL)	7:00 Movie Night (BR/BL)

February 2022

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



Weekly Highlights: Monday 1/31 - Sunday 2/6
Look out for these special events and offerings next week!

Monday, January 31st

Casual Conversation at 10 am (Blue Hill Coffee Room)

Join your neighbors for light conversation. It's a nice way to start off the week together!

Tuesday, February 1st

Wowzitude Virtual Trip to Chicago, IL at 2 pm (Blue Hill Activity Room)

Take a virtual tour of Chicago, IL with an experienced tour guide! These trips are livestreamed for full interaction and a feeling like you're really there. Many of you had the opportunity to sample these trips from the comfort of your own home during our in-person programming pause. We will now begin offering them weekly from a big screen in either the Activity Room or Function Room, which is how they are intended to be experienced. Contact Julia at 617-361-7778 with any questions.

Wednesday, February 2nd

Catholic Mass at 1:45 pm (Brush Hill Function Room)

Thursday, February 3rd

John Clark American Music Experience at 3 pm (Zoom)

Topic: *The Music of the Civil Rights Movement (1940-1970)* Building on last month's presentation on the music of abolition, John Clark will take us through the history of the Civil Rights Movement's critical music. Zoom links will be sent to all on the Zoom email list. If you would like to view this from the Brush Hill Library or Blue Hill Activity Room, please contact Julia at 617-361-7778.

Friday, February 4th

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

We're back on for Game Day Fridays! Come enjoy 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!

Jose Quezada Marquez at 7 pm (Blue Hill Activity Room)

After wowing our audience with his first performance this fall, cellist Jose Quezada Marquez is back! Berklee-trained cellist Jose Quezada Marquez plays classical as well as a little world music fusion combining the cello with traditional Peruvian rhythms, jazz, and rock.

Saturday, February 5th

Movie Night at 7 pm (BR & BL)

Titles to be announced

Sunday, February 6th

Ensemble Aubade at 7 pm (Brush Hill Function Room)

Ensemble Aubade (Peter H. Bloom, flute; Francis Grimes, viola; and Steven Sussman, piano) will perform dazzling chamber music by European and American masters. Hailed for "intensity, imagination, skill, and finesse" (St. Lawrence University), Ensemble Aubade is based in Boston and captivates audiences across the United States. The concert program spans many styles and centuries, with music by French composers Jean-Philippe Rameau and Louise Farrenc, and a captivating suite by Robert Russell Bennett, the famous Broadway arranger who orchestrated hits like *Show Boat*, *Oklahoma*, *The Sound of Music*, and many more.



— LIVE A FULLER LIFE —

Information for Winter Storm beginning on January 28th

Dear Fuller Village Resident,

Happy Winter. I am writing to review our procedures during a snow emergency. In the event we lose power, Fuller Village is a shelter-in-place facility which means we have emergency generators that provide heat and electricity in our common areas at Blue Hill and Brush Hill. In the Blue Hill campus, the elevator in the Depoyan building is also on our generator. All other elevators will automatically come to the lobby floor.

In case of an extended power outage, we will contact residents in the Villas to make sure those residents are comfortable and safe. If there is a loss of power, heat and lights will be on in both the lobby of Blue Hill and Brush Hill. If you are unable to remain in your home until the power comes back on, please call 617-361-7900 and a staff member will pick you up. However, if the outage is extended for a long period of time and you can no longer stay warm in your home, you may come to the first-floor lobbies at either the Blue Hill or Brush Hill Buildings until power is restored. We will be in communication with our live answering service and respond to your calls. If you have a cell phone, please be sure it is charged and leave it in the on position.

In the event of a snowstorm, the Fuller van will be on limited service. Please wait inside the building or your Villa to be picked up. Do not wait outside.

Our emergency call system will work with police, fire and ambulance. Emergency calls will be dispatched immediately. If any Villa resident needs to get to the common area, the Fuller Van can assist. If you are on oxygen, please make sure you have a portable tank available.

If you have any concerns or questions during a snowstorm, or in the event of a power outage, please call our main number, 617-361-7900 and a staff member will receive the message and return your call. We work closely with the Milton Police Department to make sure everyone is safe and warm. If there are high winds or a major snowstorm, Senior TV may be out of service.

Lastly, we will be using our emergency alert system that allows us to send emergency announcements to you. Please listen to the message in its entirety and "press 1" to hear the message again. **Staff will be on site through the storm. Please check the batteries in your flashlight or lantern to make sure they work.**

I would encourage you to share this information with family members.

Sincerely,

Deborah M. Felton
Executive Director

Special Announcements

No Dining Services on Saturday, 1/29

Please note that dining services will be closed on Saturday night, January 29th, due to the snowstorm. Be sure to plan ahead as there will be no dinner available.

Zoom Program Accessibility

Even as we resume in-person programming, some offerings will continue to be held online via Zoom. We are working hard to make our Zoom programs accessible to as many residents as possible. If you are interested in joining one of our Zoom programs this week or in the future, but are unable to connect from your own device, please contact Julia. Most times, we should be able to set you up in either the Brush Hill Library or Blue Hill Activity Room to view the program from our big screen smart TVs. Julia can be reached at 617-361-7778 or jmacmahon@fullervillage.org

Father Bill's

Thank you to the many residents who very generously have supported the endeavor for the Father Bill/MainSpring lunch program. Your time, effort and contributions are appreciated. Gail Zaslou is organizing the volunteers. There are now enough volunteers for February 16, but keep in mind that you can sign up for the third Wednesday of each month for the next six months. Time is 10-11 in the café. Bob Lash will be doing the shopping. Please contact Bob if you are willing to serve as a back-up volunteer for shopping in case he is unavailable.

All contributions for this project are welcome. Please make donation checks payable to FVRA (Fuller Village Residents' Association) and include this project on the memo line. Checks should be put in Irene Brannelly's mailbox, B-110. All donations will be acknowledged.

Residents' Association Corner

A pitch for **TouchTown**.

This app has been adopted by Fuller Village to assist with communication which is essential to promoting a sense of community among residents. The lessons learned from the past two years are that we must be flexible. I'm writing this as a "untechie" – just ask any family member from whom I constantly seek help. TouchTown is really user friendly and the app is available on any smartphone. It will also work on all computers and tablets. Just email **Daniel** at dmcgarr@fullervillage.org for the login information needed and he'll readily supply any coaching you want. I have found it so easy to access up-to-date information about programs, classes and menus, in addition to checking folks' phone and apartment numbers.

If anyone has not yet ordered their **free Covid19 test kits** delivered to your home, here is the information you need. Ordering is easy: Log on: covidtest.gov and fill in a brief form or use this number: 1-800-232-0233.

Finally, thank you to **Barb Cocci** for leading off a discussion of the book 400 Souls which traces the history of enslavement in our country. Over 20 residents joined the Zoom sessions last week. The book is structured in 10 sections (each covering 40 years of history) but just one section is discussed in each group meeting. Consider joining in at any time for any section.

We are joyful to have more in person opportunities open up. Stay safe and healthy.

Peg Riley, Jan. 25, 2021

Fuller Village

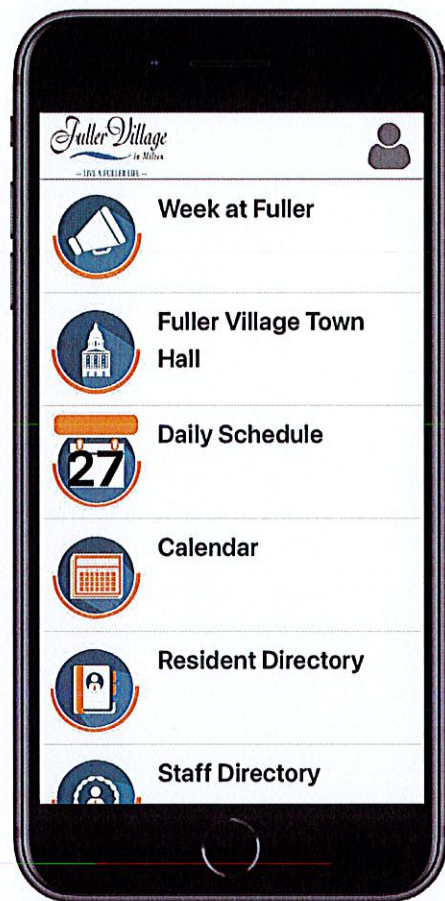
in Milton

— LIVE A FULLER LIFE —

Fuller Village Website & The Touchtown App

The best way for you to see what life is like at Fuller Village is to check out the Fuller Village resident website! Go to www.residentapps.com to see our daily activities, menus, and what our residents have been up to!

It is also available as a mobile app in your Apple/Google Play store under “Resident Apps” or “Touchtown”. Please enjoy looking around, there is a lot to see! Please call Daniel at 617-361-8947 or email at dmcgarr@fullervillage.org to get your username and password!!



Thank you

The MILTON RESIDENTS' FUND
would like to thank the Trustees of the Governor
Stoughton Trust, Copeland Family Foundation,
First Parish Milton Unitarian, First Congregational
Church of Milton, the Fuller Village community,
the Fran Karoff Yoga community, the Milton Police
Department, The Plate restaurant, the Village
School Community and the Adams Street Early
Learning Center along with the elementary PTO's
and so many Milton neighbors and friends for
supporting the Milton Residents' Fund
and our neighbors in need during
these uncertain and stressful times.

Throughout 2021, the Milton Residents Fund has been able to help more than 100 low- income Milton Families to stabilize housing, prevent utility shutoff, provide winter heating oil, support basic needs, and with gifts for the holidays. We continue to welcome the support of the generous Milton Community. If you are currently experiencing a financial crisis, please reach out to the Milton Residents Fund at **MiltonResidentsFund@gmail.com** or **(617) 696-1214**.



Brush Hill Café Specials

– daily specials –
all served with one side...8.99

monday, Jan 31 Cubano Sandwich

Roasted pork, sliced ham, Dijon mustard, melted swiss cheese, and pickles on toasted ciabatta bread

tuesday, Feb 1 Roast beef Au Jus

Sliced roast beef, toasted ciabatta bread, beef jus

wednesday, Feb 2 Shrimp Po- Boy

Fried Shrimp, Cajun remoulade, lettuce, tomato, on hoagie roll

thursday, Feb 3 Grilled Chicken Sandwich

Grilled chicken, pesto mayo, bacon, tomato, lettuce, on toasted brioche roll

friday, Feb 4

BBQ Bacon Cheeseburger

Homemade burger with cheddar cheese, bacon, BBQ sauce, onion rings, lettuce, and tomato on a toasted Brioche roll

Gordon House

Dining Room Dinner Menu

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

Monday, January 31

Sweet Potato Bisque
or Salad du Jour
Chicken ala King
Herb Crusted Cod
Sautéed Spinach, Rice Pilaf
Chocolate Chip Cookie or Confetti Cake

Friday, February 4

New England Clam Chowder
or Salad du Jour
Pork Medallians in sherry cream Sauce
Sautéed Shrimp
Baked Sweet Potato, Sautéed Zucchini
White Chocolate Cranberry Cookie or
Blueberry Buckle

Tuesday, February 1

Vegetable Soup
or Salad du Jour
Baked Ham
Roasted Turkey
Mashed Potato
Sautéed Broccoli
Carnival Cookie or Poke Cake

Saturday, February 5

Tomato and Rice Soup
or Salad du Jour
Hot Dogs
Fried Chicken
Baked Beans, Green Beans
M&M Cookie or Lemon Bar

Wednesday, February 2

Turkey and Rice Soup
or Salad du Jour
Beef Meatloaf
Grilled Salmon
Sweet Potato Mash, Buttered Peas
Oatmeal Raisin or
Warm Cinnamon Apples with Vanilla Ice
Cream

Sunday, February 6

Mushroom Barley Soup
or Salad du Jour
Prime Rib with au Jus
Eggplant Parmesan
Baked Potato, Roasted Brussel Sprouts
Double Chocolate Cookie or
Banana Bread

Thursday, February 3

Cream of Mushroom Soup
or Salad du Jour
Beef Burgundy
Italian Sausage with peppers and onions
Roasted Red Potato's, Cauliflower Gratin
Chocolate Chip Cookie or Strawberry
Rhubarb 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 Unidine

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 in Millis | **UNIDINE**
— 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.

Cubano Sandwich ...9.95

Sliced ham, roasted pork, melted Swiss cheese, Dijon Mustard, on toasted ciabatta bread

Special Salad of the Week...9.95

add grilled chicken ...3.00
add grilled salmon ...4.00

Mixed greens with almonds, poached pears, craisin, 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 craisins & 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.

