



Storm Update for Friday, February 25, 2022

Due to the storm forecasted for tomorrow, Friday, February 25th, we encourage everyone to stay inside and stay safe. Accordingly, the following programs and amenities will be adjusted:

- The Brush Hill Café will be closed.
- The Fuller Village van and car will not be providing rides around campus or off campus, including the grocery store.
- The Gordon House Dining Room will be open only to Depoyan residents and dinner will be served at 4 pm.
- The Rivers Between show scheduled for the evening will be postponed.
- The pool will be closed. The Fitness Center will be open from 8 am - 4 pm.
- Line Dancing with Cris is cancelled.
- Game On! will still take place at 2 pm. In addition to the regular set-up in the Brush Hill Function Room, we will have board games and ping pong in the Blue Hill Activity Room.

We encourage you all to please stay inside and off the roads (driving or walking). This not only keeps you safe and warm, but also allows our snow removal team to efficiently clear the snow and ice.

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 7:00 Noah Lis (BR)	10:00 Coffee 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) 2:00 Library Book Club (BR)	10:00 Cardio Dance (BR) 10:00 Seated Zumba Gold (BL) 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 2:00 Wowzitude Virtual Trip - Salzburg, Austria (BL) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	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 Chorus (BR) 1:45 Ash Wednesday Service (BR) 3:00 Rosary (BL) 3:30 Courageous Conversations (Zoom) 7:00 Knitters and Sewers (BR)	10:00 Towel Cardio (BR) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:00 Zumba Gold (BR) 2:00 Campus Tour (BL) 3:00 Coloring and Tea (BL) 4:00 Restorative Yoga (Zoom) 7:00 Adam Bergeron (BR)	10:30 Chair Yoga with Carol (BL) 12:30 Line Dancing with Cris (BR) 1:00 Rich Travers (BL) 2:00 Game On! (BR) 6:45 Cribbage (BR) 7:00 Michael Goodwin (BL)	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 here on Wed 3/9 & 3/23 at 1 pm. Please call 617-986-3668 to schedule an appointment

The Wellness Clinic is open every Wed 8:30 - 11 am. 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

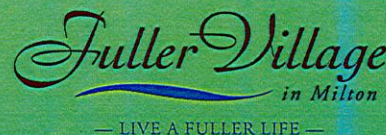
Gordon House Dining:
To schedule a dinner reservation or to-go order please call 617-361-6958

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

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

March 2022

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



Weekend Highlights: Thursday 2/24 - Sunday 2/27

See what's happening this weekend!

Thursday, February 24th

Lifelong Learning at 7 pm (Brush Hill Function Room)

Showing *The Ringling Bros: Kings of the Circus*

Their story is as amazing as the circus itself. This is the tale of how five poor boys from Baraboo, Wisconsin became kings of the circus, when the circus was king. This documentary captures exciting scenes from today's Ringling Bros. and Barnum & Bailey circus – The Greatest Show on Earth – and takes viewers on a nostalgic trip through the creation of what was, in its time, the greatest entertainment empire the world has ever seen.

Friday, February 25th

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

In addition to the regular Game On! in the Function Room (which includes Wii Bowling, lawn games, ping pong, and board games), we will set up board games and the ping pong table in the Activity Room at Blue Hill. No need to travel to enjoy some friendly competition!

Friday Night Entertainment at Blue Hill postponed due to the storm – keep an eye out for a new date for the Rivers Between Duo!

Saturday, February 26th

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

BRUSH HILL showing: *Les Miserables*

Cast: Hugh Jackman, Russell Crowe, Anne Hathaway

Victor Hugo's classic tale of sacrifice and love in a musical for all ages. In 19th century France, Jean Valjean, who for decades has been hunted by the ruthless policeman Javert after breaking parole, agrees to care for a factory worker's daughter. The decision changes their lives forever.

BLUE HILL showing: *King Richard*

Cast: Will Smith, Aunjanue Ellis, Jon Bernthal

A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard Williams.

Sunday, February 27th

Noah Lis at 7 pm (Brush Hill Function Room)

We are excited to finally welcome Noah Lis to Fuller Village after having to reschedule his November show! Noah is a complete one-man show who loves to entertain! Fans of The Voice on NBC may recognize him from Blake Shelton's team in Season 6. Join him for a lively rendition of jazz and pop standards. Not to be missed!

Weekly Highlights: Monday 2/28 - Sunday 3/5

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

Monday, February 28th

Library Book Club at 2 pm (Blue Hill Library)

Join Will Adamcyk from the Milton Public Library for a discussion of *American Moonshot: John F. Kennedy and the Great Space Race* by Douglas Brinkley.

Tuesday, March 1st

Wowzitude Virtual Tour of Salzburg, Austria at 2 pm (Blue Hill Activity Room)

Take a virtual, interactive tour of Salzburg, Austria with an expert Austrian guide.

Wednesday, March 2nd

Chorus at 1 pm (Brush Hill Function Room)

Chorus will return to full rehearsals. For this week, please plan to arrive right at 1 pm for a short rehearsal as Ash Wednesday service will be beginning promptly at 1:45.

Ash Wednesday Service at 1:45 pm (Brush Hill Function Room)

Father Bennett will celebrate a full Ash Wednesday service at Brush Hill. If there are Blue Hill residents who are unable to make it down and would like to receive ashes, please contact Julia at 617-361-2116 so she can arrange for Father Bennett to make a quick stop by Blue Hill after the service. If you need a ride to Brush Hill for the full service, please call Muriel at 617-361-7778.

Courageous Conversations: Building Courageous Space Together at 3:30 (Zoom)

Skilled facilitators, Karen Groce-Horan and Jayne Ogata, from our friends at Courageous Conversations, will host the first of two sessions that will help participants answer the question: *How do we bring ourselves and our complex identities into a space of allyship and advocacy?* In this week's session, we will work together to deepen our understanding of how identity relates to one's power and privilege. The second session will be held next week (Wednesday, 3/9 at 3:30) and will focus on how we show up as allies in our current context. Links will be shared out with the resident Zoom list.

If you would like to join the program but are unable to access Zoom on your own, please contact Julia (617-361-2116) and she can set you up to join from the Smart TV in either the Brush Hill Library or the Blue Hill Activity Room.

Thursday, March 3rd

Campus Tour at 2 pm (Blue Hill Activity Room)

Do you want a refresher of where you can find offices, the medical clinic, hair salon, pool, or fitness center at Fuller Village? Deborah will give a personal tour for a small group starting at Blue Hill and making your way to Brush Hill. Call 617-361-7778 to sign up.

Coloring & Tea at 3 pm (Blue Hill Activity Room)

Join your neighbors for a fun and soothing activity. All supplies, tea, hot cocoa, and cookies will be provided. Stop by for a bit or stay the whole time. Hope to see you there!

Weekly Highlights: Monday 2/28 - Sunday 3/5

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

Thursday, March 3rd (Continued)

Adam Bergeron at 7 pm (Brush Hill Function Room)

Pianist Adam Bergeron is a Fuller Favorite! Join him for a special performance of classical and contemporary pieces.

Friday, March 4th

Rich Travers at 1 pm (Blue Hill Activity Room)

We are excited to welcome Rich Travers back to the Blue Hill campus this month. Topic to be announced!

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

Board games, video games, lawn games (on the carpet) – come to play or just to enjoy the good tunes and company!

Michael Goodwin at 7 pm (Blue Hill Activity Room)

Michael will be back with another session of his innovative and interactive musical theater program! Michael expertly combines performance, lecture, video clips, and audience participation, bringing the spirit of the theater directly to you!

Saturday, March 5th

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

Sunday, March 6th

Will McMillan and Joe Reid at 7 pm (Brush Hill Function Room)

Join Will (vocals) & Joe (piano) for a special performance of *Easy to Love: The Songs of Cole Porter*. They will bring Porter's beloved standards to life – including "Night and Day", "I've Got You Under My Skin", "Ev'ry Time We Say Goodbye", "I Get a Kick Out of You", and of course, "Easy to Love". These accomplished musicians bring skill and charm and are sure to put on a fun and engaging show!

Residents Association Corner

Mary Ann Mendes, the Program Coordinator for Father Bill's and Mainspring, thanks Fuller Village for the great lunches for the homeless. We will be doing this on the third Wednesday of every month. Please call Gail Zaslow at 301-520-2462 or email her at gzasl506@gmail.com. It is at 10 in the café. Bob Lash has an exact list of what is needed once a month for these lunches. Could someone consider doing the shopping at BJ's if Bob is not available? It only takes 30 minutes. Special thanks to the many residents that donated money for this endeavor.

Growth Through Learning



Update on Girls' Education in East Africa!

First of all, thank you! A very special thank you to the 33 Fuller Village residents who together are supporting eleven (11) girls in secondary school in 2022! This is the third year that Fuller Village residents are funding girls' education. What wonderful continuing 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 1,600 girls have graduated from secondary school thanks to GTL, and we are supporting over 340 girls this year, including over 100 new students!

What a year this has been for East Africa and our GTL girls! In spite of Covid, all secondary schools in Kenya, Tanzania and Uganda are now back open. Kenya and Tanzania reopened in June, while Uganda finally opened its schools in January 2022. GTL scholars who had hoped to graduate in 2021 have graduated, with a 95 percent graduation rate! This percentage is incredibly important – it means that virtually everyone is succeeding, not only a few stars.

2022 is the 25th Anniversary of Growth Through Learning – and we want to celebrate it with you! We'll be hosting a thank-you celebration this coming fall in the Brush Hill Function Room. All are invited. Stay tuned for details early in the fall. Again, thank you so much for helping enable these bright young women to realize their dreams.

If you have questions or want more information, please contact me at (mary_ann_millsap@msn.com), leave a note in my villa mailbox (50 Caroline) or call.

Thank you,

Mary Ann Millsap
President, GTL Board of Directors

Gordon House

Dining Room Dinner Menu

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

Monday, February 28

Cream of Mushroom soup
Or Salad du Jour
Chicken ala King
Beef Meatloaf
Scalloped Potatoes, Sauteed Broccoli
Chocolate Chunk Cookie or Carrot Cake

Friday, March 4

New England Clam Chowder
or Salad du Jour
Beer Battered Cod
Filet of Beef
Parmesan truffle fries, Sauteed Spinach
White Chocolate Cranberry Cookie or
Lemon Bar

Tuesday, March 1

Curry Chicken soup
or Salad du Jour
Baked Mac and Cheese
Grilled Salmon
Roasted Red potatoes
Sauteed Spinach
Carnival Cookie or Poke Cake

Saturday, March 5

Split Pea Soup
or Salad du Jour
Turkey Tetrazzini
Chicken Parmesan
Egg noodles, Buttered Peas
M&M Cookie or Frosted Yellow Cake

Wednesday, March 2

Chicken and Rice soup
or Salad du Jour
Blackened Shrimp
Statler Chicken Breast
Mashed Potatoes, Green Beans
Oatmeal Raisin or
Hot cross buns

Sunday, March 6

Garden Vegetable Soup
or Salad du Jour
Prime Rib with au Jus
Liver with bacon and onions
Mashed potatoes, Roasted Cauliflower
Double Chocolate Cookie or Chocolate
Mousse

Thursday, March 3

Sweet Potato bisque
or Salad du Jour
Beef Stroganoff
Glazed Ham
Rice Pilaf, Roasted Brussel Sprouts
Chocolate Chip Cookie or Tiramisu

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 us

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 Melrose
— 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.





Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, Feb 28

Bacon and Cheese omelet

Fluffy eggs stuffed with bacon and cheese

tuesday, March 1

Philly Cheese Steak

Shaved Steak with sauteed peppers and onions and melty cheese on a ciabatta roll

wednesday, March 2

Fish and chips

Battered and fried Cod served with crispy fries and remoulade sauce

thursday, March 3

Beef Gyros

Sliced gyro meat inside a fluffy pita with lettuce tomato and onion with tzatziki sauce

friday, March 4

Shrimp Salad in a croissant

Delicious shrimp salad in a buttery croissant with lettuce and tomato