

SUN	MON	TUE	WED	THUR	FRI	SAT
13 Daylight Savings Time Begins 2:30 Blue Hill Bridge (BL) 7:00 Black Velvet Band (Function Room at Brush Hill)	9:00 Coffee Hour w/ Erin from ESAC (BR) 10:00 Coffee Hour with Erin from ESAC (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 Wakefield Comes to Fuller (BR)	10:00 Cardio Dance (BR) 10:00 Seated Zumba Gold (BL) 11:00 Senior Ballet (BR) 11:30 Wegman's Back to Basics (BL) 1:00 Group Meditation (BR) 2:00 Wowzitude Virtual Trip - Dublin, Ireland (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) 1:15 Chorus (BR) 1:45 Catholic Mass (BL) 2:30 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 7:00 Knitters & Sewers (BR)	St. Patrick's Day 9:00 St. Pat's Day Coffee (BR) 10:00 St. Patrick's Day Coffee (BL) 10:00 Towel Cardio (BR) 11:00 Bible Study (BR) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:00 Zumba Gold (BR) 1:30 Crafts with Cindy (BL) 3:30 400 Souls Book Group (BR) 4:00 Restorative Yoga (Zoom) 7:00 Sound Investment (BR)	10:00 Oma Comm Tech Help (BR) 10:30 Chair Yoga with Carol (BL) 12:30 Line Dancing with Cris (BR) 2:00 Game On! (BR) 3:30 400 Souls Book Group (BL) 6:45 Cribbage (BR) 7:00 Dan Mackowiak (BL)	19 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 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

# March 2022

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



**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 rides between campus for grocery trips or other local trips, the Wegman's trip, or Crafts with Cindy please call 617-361-7778

## Weekend Highlights: Thursday 3/10 - Sunday 3/13

### See what's happening this weekend!

#### Thursday, March 10<sup>th</sup>

**Lifelong Learning at 7 pm** (Brush Hill Function Room)

**Showing: *The Statue of Liberty***

For more than 100 years, the Statue of Liberty has been a symbol of hope and refuge for generations of immigrants. In this lyrical, compelling and provocative portrait of the statue, Ken Burns explores both the history of America's premier symbol and the meaning of liberty itself. Featuring rare archival documents, the fascinating story of this universally admired monument is told.

#### Friday, March 11<sup>th</sup>

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

Games Games Games – come to play or just to enjoy the good tunes and company! *As a special treat, resident Joan Matulis will be at Brush Hill ready to teach cribbage to anyone who wants to learn.*

**Pianist Larry Matthews at 7 pm** (Blue Hill Activity Room)

Larry Matthews is a longtime friend of Fuller and a favorite Milton entertainer! Join him for toe-tapping songs and amazing piano skills. *Please note that Crooning with Crosby, which was originally scheduled for tonight, has been rescheduled.*

#### Saturday, March 12<sup>th</sup> **Don't forget to set your clocks AHEAD before bed!**

**Special Screening & Director Talk: *Memoirs of a Black Girl* at 2 pm** (BR Function Room)

Join Milton-based award-winning screenwriter and filmmaker, Thato Mvosa, for a special screening of her new film, *Memoirs of a Black Girl*, followed by a Question & Answer session. *Memoirs of a Black Girl* tells the story of Aisha Johnson, a bright and astute student, is one of the finalists for a coveted city-wide scholarship. But one decision Aisha makes turns her life upside down, jeopardizing her chance at the scholarship. Aisha must navigate and survive life in the unforgiving hallways of Dudley High and the streets of Roxbury while keeping her eyes on the prize.

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

**BRUSH HILL showing: *The Courageous Heart of Irena Sendler***

*Cast: Anna Paquin, Marcia Gay Harden*

The story of Irena Sendler, a social worker who was part of the Polish underground during World War II and was arrested by the Nazis for saving the lives of nearly 2500 Jewish children by smuggling them out of the Warsaw ghetto. Received Nobel prize for bravery.

**BLUE HILL showing: *The Secret Life of Pets***

*Cast: Louis C.K., Eric Stonestreet, Kevin Hart (Voices)*

The quiet life of a terrier named Max is upended when his owner takes in Duke, a stray whom Max instantly dislikes.

#### Sunday, March 13<sup>th</sup>

**Black Velvet Band at 7 pm** (Brush Hill Function Room)

Join Tim Quinn and the Black Velvet Band for an evening of upbeat Irish music! They have entertained audiences for over 30 years and are ready to bring their brand of toe-tapping, hands-clapping fun to Fuller Village. Get in the Irish spirit!

## **Weekly Highlights: Monday 3/14 - Sunday 3/20**

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

### **Monday, March 14<sup>th</sup>**

**Special Coffee Hour with Erin from ESAC (9 am at BR Café; 10 am at BL Coffee Room)**

Erin Bradley will join at both Coffee Hours to do a brief presentation about ESAC, an organization that provides free assistance to apply for benefits including Medicare programs. She will answer questions and help connect you to their services!

**Wakefield Comes to Fuller at 2 pm (Brush Hill Function Room)**

*\*Rescheduled from February\** Join Erica Max, Landscape Supervisor and Educational Coordinator at Wakefield Arboretum, as she introduces some of their resident animals (a big friendly bunny and a small chicken are rumored to be her guests) and engages in a Q&A with residents. While it's a bit too chilly to visit Wakefield as often as we'd like this winter, we're excited to have Wakefield come to us!

### **Tuesday, March 15<sup>th</sup>**

**Wegman's Trip at 11:30 am - Call 617-361-7778 to sign up.**

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

Andy Kelley, "The Boston Buddha" will lead a guided group meditation. All are welcome, no matter your level of meditation experience!

**Wowzitude Virtual Tour of Dublin, Ireland at 2 pm (Blue Hill Activity Room)**

Join us for a virtual tour led by local guide, Dave. We will visit some of Dublin's greatest landmarks, exploring the winding roads and learning all about the city's rich history.

### **Wednesday, March 16<sup>th</sup>**

**Catholic Mass at 1:45 (Blue Hill Activity Room)**

**Treats & Tea at 2:30 pm (Blue Hill Coffee Room)**

Gather with your neighbors and enjoy light refreshments. Swing by for a bit or stay awhile!

**Caring Committee at 3 pm (Brush Hill Function Room)**

Join the Caring Committee to celebrate and learn about the importance of resilience as individuals and a community.

### **Thursday, March 17<sup>th</sup> \*☺**

**St. Patrick's Day Coffee Hour hosted by Deborah Felton (9 am BR Café; 10 am BL Coffee Room)**

Come enjoy some fresh Irish soda bread during this special holiday coffee hour at both campuses.

**Crafts with Cindy at 2 pm (Blue Hill Activity Room)**

Go Green with the Luck of the Irish! Participants will assemble a leprechaun gnome candy jar. Filled with sweet treats for you or a fun gift for a special friend. Limited to 8 participants. Call 617-361-7778 to sign up.

## Weekly Highlights: Monday 3/14 - Sunday 3/20

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

### Thursday, March 17<sup>th</sup> (Continued)

**Four Hundred Souls Discussion Group at 3:30 pm pm** (Brush Hill Function Room)

We will be discussing Part Three of the book, *Four Hundred Souls: A Community History of African America, 1619-2019*, edited by Ibram X Kendi and Keisha N. Blain, with particular attention on the following essays: *The Virginia Slave Codes* by Kai Wright, *Maroons and Marronage* by Sylviane A. Diouf, *African Identities* by Walter C. Rucker. If you'd like to borrow a copy of the book, please contact Barbara Cocci or Mary Owens.

**Sound Investment at 7 pm** (Brush Hill Function Room)

Sound Investment is a throw-back to the days of college octets and glee clubs, performing timeless favorites and appealing to a variety of musical tastes and generations. They will mark the holiday with a rendition of An Irish Blessing, and will perform a mix of American classics.

### Friday, March 18<sup>th</sup>

**Oma Communications from 10 am – 1 pm** (Brush Hill Function Room)

Bring any of your technology questions and receive 1-on-1 targeted support with your smartphone, iPad or tablet, computer, Alexa device, social media, or specific app or computer program. Appointments are 20 minutes long and sign-up is required. Call 617-361-2116 to sign up.

**Dan Mackowiak at 7 pm** (Blue Hill Activity Room)

Our cribbage players are always looking for more to join! Come by Game On! at Brush Hill earlier in the day or just show up in the Card Room at 6:45 if you want to learn. All are welcome!

### Saturday, March 19<sup>th</sup>

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

### Sunday, March 20<sup>th</sup>

**Piano Duet Recital at 4 pm** (Brush Hill Function Room)

Join Fuller Village's own Judy Cobble and her friend Joel Davidson as they perform a piano duet concert. These accomplished musicians are sure to shine and entertain!

**The Castle Tones Show Band at 7 pm** (Brush Hill Function Room)

You enjoyed their awesome oldies at the Homecoming Concert and now they're back again to bring you back with their fun mix of songs from the 60s and 70s. This is sure to be a fun show and we are excited to have the band back in town!

## THE CARING COMMITTEE CORNER

### RESILIENCE

**RESILIENCE** has been defined as the ability to successfully adapt to stressors.

Psychologists suggest it is the process of adapting well in the face of adversity and significant stress. It is the ability to “bounce back” and continue on with living.

Think of the resilience shown by Presidents Abraham Lincoln and now Volodymyr Zelenskyy.

Resilient people are aware of the precise situations facing them at the moment:

- They maintain a sense of calm and self-control before responding.
- They stay in the moment and choose their responses thoughtfully.
- They have a realistic perspective of the issues facing them.
- They process the problem carefully before acting.

We may never appear on the world stage, but staying calm, responding thoughtfully, and being realistic will keep us “bouncing back” and happier in our daily lives.

Fuller Village residents have shown a tremendous resilience over the past two years as the threats of Covid created a “new norm” which challenged us daily.

Our resilience has brought us to what appears to be better, more normal times.

Stay well and stay safe.

Betsy Buchbinder  
Chair

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### Note from the Program Director

If you would like a copy of this month’s book for the Library Book Club, please call or email me. The book for March is *The Gardner Heist: The True Story of the World’s Largest Unsolved Art Theft*. The Book Club will next meet on **Monday, March 21<sup>st</sup> at 3 pm** at the Blue Hill Library.

Many residents have expressed devastation at the horrific events in Ukraine and a desire to help. Nancy Kearns and the Fuller Village knitters have recently donated scarves and hat to the Ukrainian Committee at Christ the King Ukrainian Church (146 Forest Hills Street, Jamaica Plain). They are continuing to accept donations of fleece blankets and knitted items as well as monetary donations. If you have questions or would like to send a monetary donation, please reach out to Nancy Kearns. You can also go to [www.supportukrainenow.org](http://www.supportukrainenow.org) to find other ways to help.



# MEMOIRS OF A BLACK GIRL

SPECIAL FILM SCREENING  
& DIRECTOR TALK  
SATURDAY, MARCH 12<sup>TH</sup>  
2 pm  
Brush Hill Function Room

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Join us for a special  
screening followed  
by a discussion with  
Writer & Director,  
Thato Mwosa

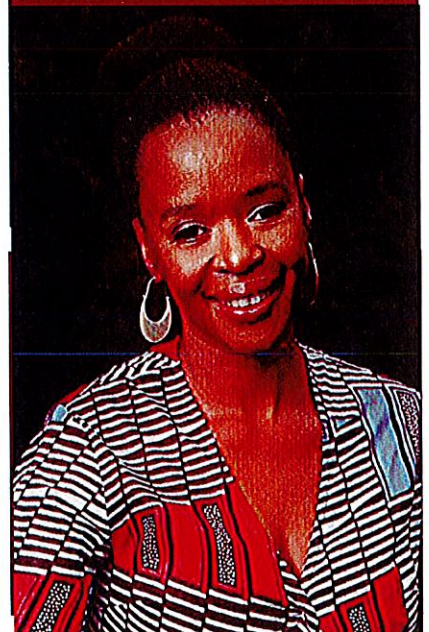
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Winner of:  
**Best Feature Film**  
2021 Hamilton Black  
Film Festival

**Best Feature Film**  
2021 Roxbury  
International Film  
Festival

**Best Feature Director**  
2021 Hamilton Black  
Film Festival

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## Residents' Association Corner

Spring ahead! Saturday is the day we turn our clocks ahead and claim another hour of daylight. With spring weather returning we will be looking for the "harbingers of spring". Early flowers, tree buds and backyard birds returning are some early signs.

Beautiful bird prints, Bob's Birds, done by Bob Seaman and provided by Hal Pratt were a fundraiser for the Residents' Association in December. Several residents have asked about purchasing these prints for spring gift giving occasions. **The Association will take orders for these stunning art prints for the next 6 weeks (now thru April 22).** There are envelopes at each concierge desk with order forms provided in them. Just fill out the form and return with payment made out to FVRA to either Barbara Murphy (Blue Hill, Foster F-208) or Irene Brannelly (Brush Hill, B-110). Your order will be filled within a week and delivered to you. Once again proceeds will be shared between the artist and the Residents' Association. *We will not be displaying samples of the framed prints this time.* If you have questions, please call Peg Riley, 617 875 3985.

Thank you to Chris Heavey, President, and Wendy O'Mally, Board Clerk, for representing the Board of Trustees and joining a zoom call this week to speak with residents. Both Peggy Payton, Controller, and Deborah participated in this call. Future meetings will be arranged by Deborah.

Peg Riley, March 9, 2022



— LIVE A FULLER LIFE —

## Who do I contact?

### TRANSPORTATION:

Fuller Village Car/Van Rides/Golfcart Rides	617-361-7778
Milton Council on Aging	617-898-4893
The Ride – MBTA	617-222-5123
Parkway Cab (24 hours)	617-593-3762

### WORK ORDERS:

Blue Hill Concierge	617-361-7900
	Email: <a href="mailto:bluehilldesk@fullervillage.org">bluehilldesk@fullervillage.org</a>
Brush Hill Concierge	617-361-7778
	Brush Hill desk
	Email: <a href="mailto:brushhilldesk@fullervillage.org">brushhilldesk@fullervillage.org</a>
	Touchtown APP -work order requests

### DINING:

Brush Hill Café	617-361-3987
Blue Hill Dining Room Reservations	617-361-6958

### PROGRAMS & ACTIVITIES:

Julia	617-361-2116
	<a href="mailto:jmacmahon@fullervillage.org">jmacmahon@fullervillage.org</a>

### FITNESS:

Fitness Center – (Jen)	617-361-7196
	<a href="mailto:jdeleonardis@fullervillage.org">jdeleonardis@fullervillage.org</a>

### AMENITIES:

Podiatrist – (Dr. Joel Chariton)	781-986-3668
Silver Linings Hair Salon – (Sue Prata)	617-361-8746
Manicurist – (Janis)	857-344-8239
Massage Therapist – (Jen)	508-535-5675
South Shore Internal Medicine - (Donna Cullinan)	617-361-7900
The Bank of Canton – (Paula Burke)	781-830-6570
Best of Care	617-773-5800, extension 2
Guest Suite Reservations	617-361-7900



**RESIDENT-RUN GROUPS/CLUBS:**

Bible Study – Pat Kelleher	617-306-0665
Blue Hill Bingo – Pat & Frank Adamczyk	617-333-0754
Blue Hill Book Club – Roz Spigel	617-690-3611
Blue Hill Bridge – Rosemary Zander	617-361-4201
Blue Hill Coffee Hour – Roz Spigel	617-690-3611
Brush Hill Bridge – Fran Bolos	617-364-1997
Brush Hill Coffee Hour – Betty Tamer	617-512-0802
Bocce - Jeanne Bronk	617-910-9936
Caring Committee – Betsy Buchbinder	617-333-0223
Cornhole – Fred Hopkinson	781-901-1923
Cribbage – Joan Matulis	617-361-2738
Father Bill's Volunteer Group – Gail Zaslow	301-520-2462
Handcrafters – Tara Lynch	617-361-8962
Jazz Lovers Club – Judy Cobble	781-413-1326
Knitters & Sewers – Nancy Kearns	857-222-9920
Mah Jong – Multiple groups (Julia MacMahon)	617-361-2116
Men's Poker – Bob Gorfinkle	617-429-4299
Newcomers Club – Marty Allen	617-312-8058
Photo Club – Donna Parker	617-910-9122
Pickleball – Peg Riley	617-875-3985
Rosary – Frank Desmond	508-776-0647

For information on any other programs listed on the calendar, please contact Julia MacMahon, Program Director, at 617-361-2116.

# Gordon House

## Dining Room Dinner Menu

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

### Monday, March 14

Broccoli Cheddar Soup  
Or Salad du Jour  
Roast Pork Loin with Apple Butter  
Honey Mustard Salmon  
Rice, Roasted Asparagus  
Oatmeal Raisin Cookie or Peach Pie

### Friday, March 18

New England Clam Chowder  
or Salad du Jour  
Chicken Picatta  
Pesto Penne Pasta with Shrimp  
Mashed Potato, Green Beans  
Peanut Butter Cookie or Cheesecake

### Tuesday, March 15

Beef Barley Soup  
or Salad du Jour  
BBQ Meatloaf  
Baked Cod  
Mashed Butternut Squash  
Sauteed Spinach  
Snickerdoodle Cookie or Blueberry Pie

### Saturday, March 19

Corn Chowder with Bacon  
or Salad du Jour  
Shepperd's Pie  
Chicken Cacciatore with Rice  
Buttered Peas  
Brownie or Apple Pie

### Wednesday, March 16

Black Bean Soup  
or Salad du Jour  
Baked Manicotti with Marinara Sauce  
Baked Stuffed Sole with Lemon Sauce  
Baked Potato  
Roasted Zucchini  
Chocolate Cream or Pistachio Cookie

### Sunday, March 20

Tomato Bisque  
or Salad du Jour  
Prime Rib with au Jus  
Pasta with White Clam Sauce  
Baked Potato, Roasted Brussel Sprouts  
M & M Cookie or Carrot Cake

### Thursday, March 17

Happy St Patrick's Day  
Please see flyer for menu  
Reservations start at  
11 AM on Friday, March 11<sup>th</sup>  
Call Joey at (617) 361-3231

WE USE  
**authentic food**  
FROM SCRATCH

We use fresh, responsibly sourced, seasonal ingredients & locally produced. We are guided by environmental, ethical practices, seasonality, the needs and preservation.

**experience the difference**

at the table

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**  
— LIVE AND DELICIOUS —

# 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.

### Fuller Village Burger...9.95

chargrilled with or without the cheese. Served with lettuce, tomato, french fries & pickle.

### Cubano Sandwich ...9.95

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

### Lighter Fare...9.95

add tuna or chicken salad ...2.00  
add grilled chicken breast ...3.00  
add grilled salmon ...4.00

### Special Salad of the Week...9.95

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

Wedge lettuce with blue cheese dressing, tomato, onions, and bacon

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.

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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

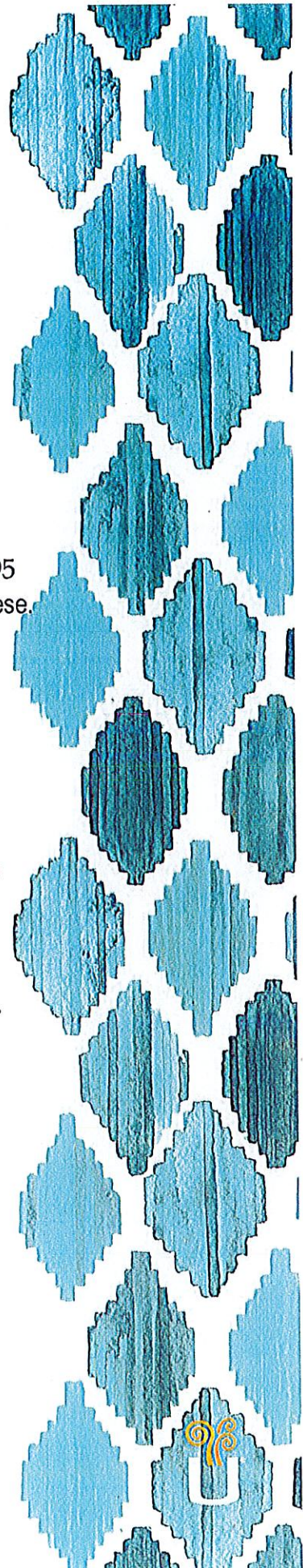
Ginger Ale

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.



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# Brush Hill Café Specials

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– daily specials –

all served with one side...8.99

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monday, march 14

Fish and Chips

*battered fried haddock served with French fries and tartar sauce, fresh from our local sauce Captain Marden*

tuesday, march 15

California Chicken Wrap

*crispy chicken tenders, cheddar cheese with avocado, lettuce and tomato*

wednesday, march 16

Veggie Quiche

*onions, peppers, tomato in an egg custard served with your choice of side*

thursday, march 17

Corned Beef Reuben Sandwich

*Sliced corned beef deli, sauerkraut, thousand island dressing on marble rye*

friday, march 18

Fried Shrimp

*battered shrimp fried to perfection served with your choice of side*



# Fuller Village

*in Milton*

— LIVE A FULLER LIFE —

## **St. Patrick's Day Dinner**

**Thursday, March 17<sup>th</sup>**



Choice of a Garden Salad or  
Guinness Beer Cheese Soup

Irish Soda Bread

Corned Beef (red) with Cabbage, Potatoes, Onions and Turnips

or

Baked Haddock

Homemade Bread Pudding

**\$19.95**

**Reservations begin on**

**Friday, March 11<sup>th</sup> at 11:00 am.**

**Please call JOEY AT 617-361-3231**

**Limited Seating/Residents Only**

**6:00 pm Dinner in the Lounge (20)**

**Deliveries (30)**