

SUN	MON	TUE	WED	THUR	FRI	SAT
First Day of Spring! 20 2:30 Blue Hill Bridge (BL) 4:00 Piano Duet Recital: Judy & Joel (BR) 7:00 The Castle Tones Show Band (BR)	10:00 Coffee and Conversation (BL) 21 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 (BL)	10:00 Cardio Dance (BR) 22 10:00 Seated Zumba Gold (BL) 11:00 Senior Ballet (BR) 11:30 Women's Lunch Trip 12:00 Back to Basics (BL) 1:00 Group Meditation (BR) 2:00 Wowzitude Virtual Trip - Denver, CO (BL) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Birthday Breakfast (BL) 23 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) 1:30 Cornhole (BL) 3:00 Rosary (BL) 4:30 Blue Hill Book Club (BL) 7:00 Knitters and Sewers (BR)	10:00 Towel Cardio (BR) 24 11:00 Bible Study (BR) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:00 Zumba Gold (BR) 2:00 Jazz Lovers Club (BL) 3:00 Rich Travers (BR) 4:00 Restorative Yoga (Zoom) 7:00 Brush Hill Bingo (BR)	10:30 Chair Yoga with Carol (BL) 25 12:30 Line Dancing with Cris (BR) 2:00 Game On! (BR) 6:45 Cribbage (BR) 7:00 Jack Coleman (BL)	7:00 Movie Night (BR/BL) 26

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

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, grocery trips or other local trips, please call 617-361-7778

March 2022

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —



Weekend Highlights: Thursday 3/17 - Sunday 3/20

See what's happening this weekend!

Evening of Thursday, March 17th

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.

Friday, March 18th

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

Sign-up is full. Contact Julia at 617-361-2116 to get on the waitlist for April.

Line Dancing with Cris at 12:30 pm (Brush Hill Yoga Studio)

Our line dancers are a friendly & fun group and always looking for new friends to join them. \$5/class.

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

Game Day continues at Brush Hill every Friday. Starting in April, we will add a monthly Game Day at Blue Hill to take place on a different day & time. Wii bowling, board games, cornhole, & more! You will also have another chance at learning how to play cribbage (one of your Program Director's favorite games!).

Cribbage at 6:30 pm (Brush Hill Function 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 6:30 if you want to learn. All are welcome!

Four Hundred Souls Discussion Group at 3:30 pm (Blue Hill Activity 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.

Dan Mackowiak at 7 pm (Blue Hill Activity Room)

"Dan the Accordion Man" has been playing the accordion his whole life and it is now his favorite retirement activity. He plays music from the American Songbook and from various European traditions, including Scandinavian, Polish, German, Italian, French, and Celtic.

Saturday, March 19th

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

BRUSH 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.

BLUE HILL showing: *Belfast*

Cast: Jude Hill, Lewis McAskie, Caitriona Balfe

A young boy and his working class Belfast family experience the tumultuous late 1960s.

Weekend Highlights: Thursday 3/17 - Sunday 3/20

See what's happening this weekend! (*Continued*)

Sunday, March 20th

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!

Weekly Highlights: Monday 3/21 - Sunday 3/27

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

Monday, March 21st

Jim Dunphy Plaque Dedication at 9 am (Brush Hill Café)

Join us for a special coffee hour where we will dedicate a plaque in memory of Jim Dunphy which will be hung at the woodworking workshop he helped create. Special thanks to Richard & Carol Riman for donating the plaque.

Needlepoint Interest Meeting at 10 am (Brush Hill Function Room)

Come learn about a new needlepoint class to take place in the spring. No experience necessary! Contact Carol Riman at 617-759-3197 with questions.

Library Book Club at 3 pm (Blue Hill Library)

Join Milton Public Library Director Will Adamczyk to discuss this month's book: *The Gardner Heist: A True Story of the World's Largest Unsolved Art Theft* by Ulrich Boser. Contact Julia at 617-361-2116 for a copy of the book. **Please note the corrected start time is 3 pm.**

Tuesday, March 22nd

Women's Lunch To Chateau in Norwood at 11:30 am – *Trip is full with a waitlist.*

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 Denver, Colorado at 2 pm (Blue Hill Activity Room)

Join us for a virtual tour led by local guide, Kristina. Learn the sites and stories of Denver, from its humble beginnings as a small cow town to the prospering Gold Capital of the West.

**For those who joined this week's tour of Dublin, Wowzitude extends their apologies for the technical difficulties. They have shared a recording of the morning's tour with us, which is now posted to our Touchtown app for your enjoyment.*

Weekly Highlights: Monday 3/21 - Sunday 3/27

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

Wednesday, March 23rd

Birthday Breakfast at 10 am (Blue Hill Activity Room)

We're celebrating March birthdays! All are welcome to join for coffee, pastries, fresh fruit, and a lively round of Happy Birthday. Thanks to our friends at Bank of Canton for sponsoring this monthly event.

Cornhole at 1:30 pm (Blue Hill Activity Room)

Same game, different time. All are welcome!

Blue Hill Book Club at 4:30 pm (Blue Hill Library)

Contact Roz Spigel with any questions. The Blue Hill Book Club is always open to new members.

Thursday, March 24th

Jazz Lovers Club at 2 pm (Blue Hill Activity Room)

Whether you're a longtime jazz fan or just jazz-curious, this club is for you! Come learn about different kinds of jazz and enjoy videos of some of the greats. Contact Judy Cobble for more info.

Brush Hill Bingo! at 7 pm (Brush Hill Function Room)

Once a month, Brush Hill hosts a fun game of Bingo! All are welcome - \$5 gets you two cards and lots of fun!

Friday, March 25th

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

Friday is Game Day! Board games, video games, lawn games (on the carpet) – come to play or just to enjoy the good tunes and company. We are always excited to welcome new friends so please stop by!

Jack Coleman at 7 pm (Blue Hill Activity Room)

Jack is a songwriter, pianist, vocalist, and former music teacher who plays regularly all around the Boston area. He has played at Fuller Village before as part of The Continentals and we are excited to welcome him back as a solo artist for a night of singing and piano.

Saturday, March 26th

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

Sunday, March 27th

Needlepoint Interest Meeting at 3:30 pm (Blue Hill Activity Room)

Come learn about a new needlepoint class to take place in the spring. No experience necessary! Contact Carol Riman at 617-759-3197 with questions.

Dwayne Haggins Duo at 7 pm (Brush Hill Function Room)

Dwayne is back again with his friend on bass. His silky voice, bluesy sound, and unusual repertoire of country, funk, blues, and soul make him a stand-out. Not to be missed!

Notes from the Program Director

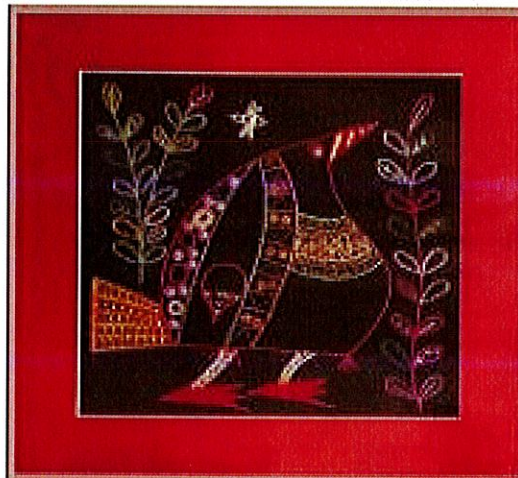
Are you interested in learning to play Sudoku? This is a fun “brain game” that promotes logic, deduction, and problem-solving. Fellow resident Charlie Stamm is hoping to start a class this spring where he will provide new puzzles each week and coach on strategy. Pick up a new skill and put your smarts to the test – anyone can learn! If you are interested, please sign up with Charlie at charlie.stamm@yahoo.com or 717-398-8031. We hope to start the class in April.

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Barbara Fritz-Elliott art on display at the Menino Arts Center through April 3rd.

Resident Barbara Fritz-Elliott has her art on display again at the Menino Arts Center as part of *The Drawing Exhibition, A Visible Mark: Expressive – Realistic – Symbolic*. To see the exhibition in-person, you can attend Gallery Hours on Wednesdays, Thursdays, and Fridays from 10 am – 2 pm or call 617-364-ARTS (2787) to make an appointment. You can also view an online 3D gallery at their website (hpaa-mac.org/exhibits/current-exhibits).

Congratulations to Barbara!



Pretty Boy by Barbara Adele Fritz-Elliott



Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, march 21

Corned Beef Hash with Scrambled Eggs

house corned beef, shredded potatoes served with your choice of toasted bread

tuesday, march 22

Greek Salad with Gyro Meat

Mixed greens, kalamata olives, feta cheese, pepperoncini, tomatoes, cucumber, red onions and sliced gyro

wednesday, march 23

Eggplant Parm Sub

Lightly breaded eggplant, marinara sauce served on a sub with your choice of side

thursday, march 24

Meatloaf Sandwich

meatloaf, caramelized onions, cheddar cheese on a roll

friday, march 25

Coconut Shrimp

coconut crusted shrimp, curry aioli sauce served with french fries

Gordon House

Dining Room Dinner Menu

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

Monday, March 21

Tomato Vegetable Soup
Or Salad du Jour
Ham with Brown Sugar Glaze
Prime Rib Stroganoff with Penne
Baked Sweet Potato,
Roasted Brussel Sprout
Oatmeal Raisin Cookie or Strawberry
Rhubarb Pie

Friday, March 25

Manhattan Clam Chowder
or Salad du Jour
Chicken Marsala
Swordfish with Lemon Dill Butter
Yukon Mashed, Steamed Asparagus
Peanut Butter Cookie or Grapenut Custard

Tuesday, March 22

Cauliflower Bisque
or Salad du Jour
Korean Meatloaf
Orange Miso Salmon
Coconut Rice, Steamed Green Beans
White Chocolate Cherry Cookie or Apple
Pie

Saturday, March 26

Pasta Fagioli Soup
or Salad du Jour
Roast Pork Loin
Potato Crusted Haddock
Roasted Potatoes, Peas
M & M Cookie or Angel Food Cake with
Berries

Wednesday, March 23

Zucchini Basil Bisque
or Salad du Jour
Eggplant Parmesan
Italian Sausage with Peppers
Pasta with Marinara Sauce
Sautéed Spinach
Chocolate Espresso Cookie or Blueberry
Pie

Sunday, March 27

Chicken Noodle Soup
or Salad du Jour
Prime Rib with au Jus
Baked Mac & Cheese
Baked Potato, Swiss Chard
Chocolate Chunk Cookie or Key Lime Pie

Thursday, March 24

Mushroom Barley Soup
or Salad du Jour
Shrimp Fried Rice
Baked Cod with Ritz Crumbs
Country Mashed Potato,
Braised Red Cabbage
Pistachio Cookie or Pineapple Upside down
Cake

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 | **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

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

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.