

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 27 3:30 Needlepoint Interest Meeting (BL) 7:00 Dwayne Haggins Duo (BR)	10:00 Coffee and Conversation (BL) 28 10:00 Sudoku (BR) 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)	10:00 Cardio Dance (BR) 29 10:00 Seated Zumba Gold (BL) 10:00 Tour of Milton 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 1:00 Group Meditation (BR) 2:00 Wowzitude Virtual Trip: Buenos Aires (BL) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	9:45 Cornhole (BL) 30 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) 3:00 Rosary (BL) 3:00 What Can One Person Do About Climate Change (Zoom) 7:00 History with Paolo (BR) 7:00 Knitters and Sewers (BR)	10:00 Towel Cardio (BR) 31 11:00 Bible Study (BR) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:00 Zumba Gold (BR) 3:00 Jeopardy (Zoom) 4:00 Restorative Yoga (Zoom)	10:30 Chair Yoga with Carol (BL) 1 12:30 Line Dancing with Cris (BR) 1:00 Rich Travers (BL) 2:00 Game On! (BR) 6:30 Cribbage (BR) 7:00 Herbie Rae Duo (BL)	7:00 Movie Night (BR/BL) 2

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 next be here on Wed 4/13 & 4/27 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 for grocery trips, other local trips (CoA, library, hospital), or the Tour of Milton, 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 3/24 - Sunday 3/27

See what's happening this weekend!

Evening of Thursday, March 24th

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 (Brush Hill Function Room & Blue Hill Activity Room)

BRUSH HILL showing: *Belfast*

Cast: Jude Hill, Lewis McAskie, Caitriona Balfe

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

BLUE HILL showing: *American Underdog*

Cast: Zack Levi, Anna Paquin, Dennis Quaid

The story of Kurt Warner who goes from stocking factory shelves to becoming Super Bowl hero, MVP, and Hall of Famer quarterback.

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!

Weekly Highlights: Monday 3/28 - Sunday 4/3

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

Monday, March 28th

Sudoku at 10 am

This is a fun “brain game” that promotes logic, deduction, and problem-solving. Fellow resident Charlie Stamm will lead a class where he will provide new puzzles each week and coach on strategy, starting at the beginner level. Pick up a new skill and put your smarts to the test – anyone can learn! Reach out to Charlie with questions at charlie.stamm@yahoo.com or 717-398-8031.

Tuesday, March 29th

Tour of Milton at 10 am

Are you still new to Milton? Want to know where to go to run your errands or what the process would be to take the van to and from local places like the hospital, Council on Aging, or library? This 90-minute guided tour is the ticket! 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 Buenos Aires, Argentina at 2 pm (Blue Hill Activity Room)

Join us for a virtual tour led by local guide, Fabian. We will explore the most important square in Buenos Aires, The Plaza de Mayo. This square is the heart of the city and is the location of many historic events including the well-known human rights demonstration “Madres de Plaza de Mayo”.

Wednesday, March 30th

What Can One Person Do About Climate Change? at 3 pm (Zoom)

The Massachusetts chapter of Elders Climate Action will present an informative 90-minute session on climate issues and actions we can take. We will begin to explore more options for keeping up with these important issues and what we can do here and now. If you would like to have the Zoom meeting set up for you in the Brush Hill Library or Blue Hill Coffee Room, please contact Julia at 617-361-2116.

History with Paolo at 7 pm (Brush Hill Function Room)

Topic: *"A Splendid Little War:" Politics, the Press, and the Spanish-American War*

At the end of the 19th century, the United States experienced a tremendous transformation in our international standing. Having subdued the continent, the US soon began to emerge as an important player on the international stage. One of the central acts in the drama was a brief war with Spain, a war that would extinguish one empire, while giving birth to another.

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

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

Thursday, March 31st

Zoom Jeopardy at 3 pm (Zoom)

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, April 1st

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: The Life and Music of Liza Minnelli

Actress and singer Liza Minnelli is perhaps best known for her role as Sally Bowles in Bob Fosse's classic musical film *Cabaret* (1972). Minnelli was the daughter of film director Vincente Minelli and iconic entertainer Judy Garland.

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!

Herbie Rae Duo at 7 pm (Blue Hill Activity Room)

Herbie has been performing for over 20 years as a band leader, vocalist, and master of ceremonies. Join him and his pianist Steve Heck for a non-stop, upbeat hour of music from the Great American Songbook!

Saturday, April 2nd

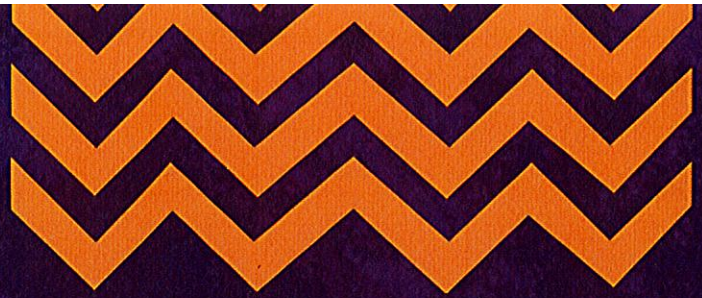
Movie Night at 7 pm (BL & BR) – *Titles to be announced*

Sunday, April 3rd

Olga Vinokur at 7 pm (Brush Hill Function Room)

After two years, we are excited to welcome back accomplished classical pianist Olga Vinokur. The New York Times has described her playing as “exquisite” and BBC Magazine called her “superlative”. She’s played at Carnegie Hall and in concert halls worldwide. It is an exciting honor to host her again here at Fuller Village!

Get Outside!

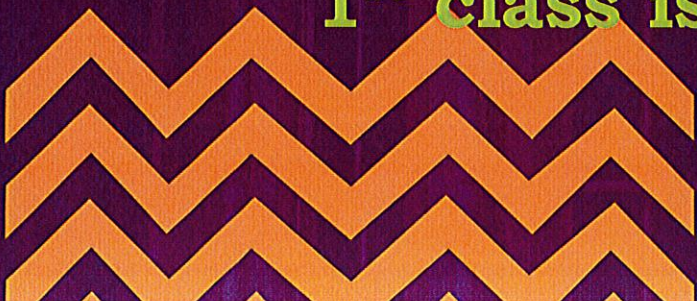


Spring Training

Spring Sport Warm-Up

Are you a golfer, a walker, a swimmer, a tennis player, a pickleballer, or a biker? Do you wish you could improve your game or activity? If so, consider this 4 session Spring Training series!

Mondays in the Yoga Studio
1st class is April 4th @ 9:30am



THE CARING COMMITTEE CORNER

YES? or NO?

Both words carry tremendous impact, yet they are two of the smallest words in the dictionary!

Both words are powerful responses with their own consequences.

“NO.”

This response can actually liberate you from doing that which you do not really want to do. But it can also serve to alienate you from a group of cohorts. Your choice should be meaningful enough to you to make that choice. With a NO you have given yourself permission to declutter your time to use for your own priorities.

Dr. Vanessa Bohns, Professor at the University of Waterloo in Canada notes, “One of our fundamental needs is for social connection and feeling that we belong. Saying ‘NO’ feels threatening to our relationships”.

“YES.”

This word, in contrast, commits you to doing or participating with a group. The paradox is that you might have wanted to say no, but with a yes you become part of a group, socializing with your family, friends, peers.

With a yes you might be enjoying new things, enlarging your circle of friends.

Both YES and NO are choices we make continuously throughout the day!
Each have consequences. With each choice we are deciding what is or is not of importance to us.

Learning to prioritize our time means making a decision. Sometimes it becomes challenging to do so.

There is a familiar expression that comes to mind: paralysis by analysis.

Eventually you do have to decide!

With either word, you have made a choice!

Stay safe and stay well.

- Betsy Buchbinder, Chair

Gordon House

Dining Room Dinner Menu

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

Monday, March 28

Vegetable Lentil Soup
Or Salad du Jour
Beef Stew
Arroz con Pollo (Chicken with Rice)
Yellow String Beans,
Lemon Ricotta Cookie or Cherry Pie

Friday, April 1

New England Clam Chowder
or Salad du Jour
Bacon Wrapped Filet in Red Wine Demi
Sauce
Fish and Chips
Baked Sweet Potato, Peas
M & M Cookie, Boston Cream Pie

Tuesday, March 29

Butternut Squash Bisque
or Salad du Jour
Penne with Tomato Sauce and Mini
Meatballs
Shrimp with Cheesy Grits
Sautéed Spinach
Carnival Cookie or Peach Pie

Saturday, April 2

Chicken Tortellini Soup
or Salad du Jour
Salisbury Steak with Bacon Mushroom
Gravy
Baked Scallops
Rice Pilaf, Roasted Parsnip
Brownie or Pecan Pie

Wednesday, March 30

Cabbage and White Bean Soup
or Salad du Jour
Pesto Salmon
Heirloom Tomato Baked Mac & Cheese
Italian Roasted Potatoes, Corn
Double Chocolate Cookie or Warm
Cinnamon Sugar Rice Pudding

Sunday, April 3

Cream of Celery Root Soup
or Salad du Jour
Prime Rib with au Jus
Baked Spaghetti with Ricotta Cheese
Truffle Mashed Potato, Roasted Parsnips
Sugar Cookie or Red Velvet Cake

Thursday, March 31

Wild Mushroom Soup
or Salad du Jour
Braised Short Ribs
Baked Cod with Lemon Caper Sauce
Herb Couscous, Baby Carrots
Oatmeal Craisin Cookie or Baklava

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 J-dine

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 
— 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 raisins & 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

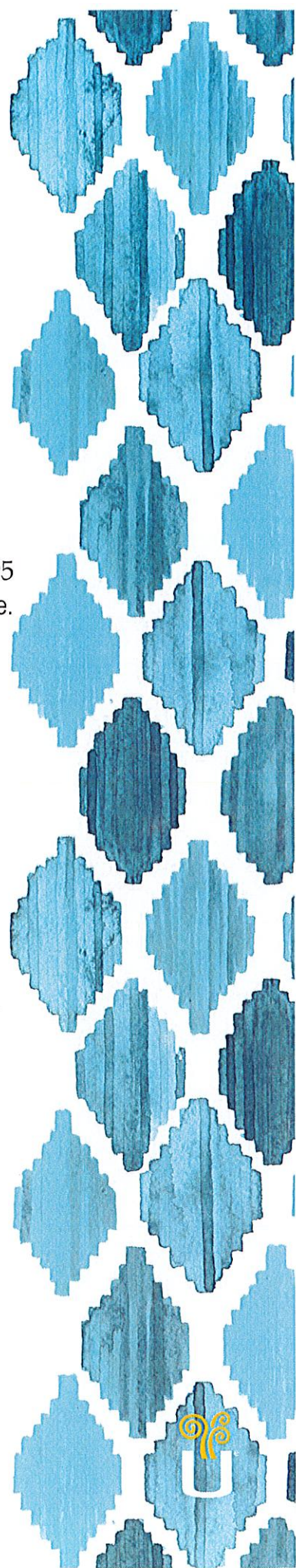
Diet Ginger Ale

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, march 28

Corned Beef Hash with Scrambled Eggs

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

tuesday, march 29

Pastrami Rueben on Marble Rye

*sliced pastrami, sauerkraut, thousand island dressing,
swiss cheese served on marble rye bread with your
choice of side*

wednesday, march 30

Meatball Sub

*ground beef, provolone cheese, marinara sauce served
on a sub with your choice of side*

thursday, march 31

Roasted Pork Sandwich

*roasted pork loin, lettuce, tomato, served on a focaccia
roll*

friday, April 1

Philly Cheesesteak Nachos

*tortilla chips, shaved ribeye steak, peppers, cheese
sauce, tomato salsa*