



From the Desk of Deborah M. Felton  
May 6, 2022

**Happy Mother’s Day to all our mothers and to all the great Aunties, stepmoms, and mother figures out there.** We thank you for looking after our children!

**The Gordon House lounge will be open tonight, May 5<sup>th</sup>** and will be closed on May 26<sup>th</sup> for the rescheduled Derby Night.

**Covid** - We are grateful that the residents who had Covid at Brush Hill have returned to good health. As of right now there are 4 Covid cases at Blue Hill and 1 case at Brush Hill. For up-to-date guidance on how to quarantine if you are exposed to someone with Covid or how to isolate if you test positive yourself, we are guided by CDC protocols. If you do test positive for Covid, you are required to isolate from other people for five days. If you continue to have symptoms, you must continue to isolate. Here is a link to the CDC calculator that advises you as to when to quarantine and isolate: <https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html> Let’s work together to keep everyone safe and healthy. We urge you to seek medical advice from your physician if you test positive for COVID.

**Café Remodeling** - We are renovating our café beginning after lunch on Friday, May 13<sup>th</sup>. **Therefore, we are relocating the café! Coffee and Lunch may be enjoyed in the back half of the function room or the patio(s).** Renovations will take at least 30 days! Thank you for your continued patronage during construction.

**Chorus Concert** - Thursday, May 19<sup>th</sup> our wonderful and talented chorus led by Penny Knight will perform their end of season concert. Please Join us in the Function Room at 7 pm. Everyone must wear a mask and the performers will also be wearing masks! We are thankful for Penny’s leadership and Judy Cobble’s accompaniment on the piano with our chorus!

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Condolences to Lytton Edwards on the death of his sister, Claudia Lucetta Jones.

SUN	MON	TUE	WED	THUR	FRI	SAT
<b>Mother's Day 8</b> 2:00 Sunday Afternoon Matinee (BL) 2:30 Blue Hill Bridge (BL)	<b>10:00 Coffee and Conversation (BL) 9</b> 10:00 Guided Tree Tour (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) 2:00 Shoah Exhibit at Temple Beth Shalom	<b>10:00 Cardio Dance (BR) 10</b> 10:00 Seated Zumba Gold (BL) 10:30 Ashmont Hill Walking Tour 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 1:00 Guided Tree Tour (BR) 2:00 Wowzitude Virtual Trip (BL) 3:30 Archaeology in the Land of the Bible (BL) 4:00 Restorative Yoga (Zoom) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	<b>10:00 Birthday Breakfast (BL) 11</b> 10:00 Mobility & Stability (BR) 10:30 Water Aerobics (BR) 11:00 Floor Yoga w/ Carol (BR) 11:30 Cornhole (BL) 12:00 Chair Yoga w/ Carol (BR) 12:45 Chorus (BL) 2:00 Residents' Association Board Mtg (BR) 3:00 Plant Walk w/Tom Palmer (BR Gazebo) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR) 7:00 Lifelong Learning (BR)	<b>9:00 Guided Tree Tour (BR) 12</b> 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)	<b>10:00 Guided Tree Tour (BR) 13</b> 10:30 Chair Yoga with Carol (BL) 12:30 Line Dancing w/ Cris (BR) 2:00 Game On! (BR) 4:30 Friday Night Services with Rabbi Benjamin (BR) 6:30 Cribbage (BR) 7:00 Dan Mackowiak (BL)	<b>7:00 Movie Night (BR/BL) 14</b>

**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 5/11, 5/18, 5/25 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 any other trips, please call 617-361-7778

**May 2022**

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

*Fuller Village*  
in Milton  
— LIVE A FULLER LIFE —

## Weekend Highlights: Friday 5/6 - Sunday 5/8

See what's happening this weekend!

***Reminder: Masks are required at all in-person formal programs and on any Fuller Village transportation until further notice. Thank you for your cooperation!***

### Friday, May 6<sup>th</sup>

**Rich Travers Music History at 1 pm – CANCELLED**

We will announce a new date and time once able to reschedule.

**The Long Lost String Band at 7 pm** (Blue Hill Activity Room)

Join us in welcoming back this innovative Appalachian roots music duo as they explore old time songs and fiddle tunes. They put on a fun and engaging show every time!

### Saturday, April 30<sup>th</sup>

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

**BRUSH HILL showing: *West Side Story***

*Cast: Ansel Elgort, Rachel Zegler, Ariana BeBose*

An adaptation of the 1957 musical, *West Side Story* explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

**BLUE HILL showing: *Cyrano (the Musical)***

*Cast: Peter Dinklage, Haley Bennett, Kelvin Harrison, Jr.*

Too self-conscious to woo Roxanne himself, wordsmith Cyrano de Bergerac helps young Christian nab her heart through love letters

### Sunday, May 8<sup>th</sup>

**Happy Mother's Day!**

**Sunday Afternoon Matinee at 2:00 pm** (Blue Hill Activity Room)

**Showing: *Tin Men* (1987)**

*Synopsis:* A minor car accident drives two rival aluminum-siding salesmen to the ridiculous extremes of man versus man in 1963 Baltimore. Starring Richard Dreyff, Danny DeVito, and Barbara Hershey.



## **Weekly Highlights: Monday 5/9 – Sunday 5/15**

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

***Note:** Please look at the one-page weekly calendar for a full and updated list of events. These highlight pages are meant to show special offerings and are not a complete list of programs.*

### **Monday, May 9<sup>th</sup>**

**Guided Tree Tour at 10 am** (Brush Hill Front Entrance)

Easy walk, led by Mary Owens. Call 617-233-5902 to sign up.

**Trip: Shoah: How Was it Humanly Possible Art Exhibition at 2 pm**

We will take a short trip over to Temple Beth Shalom of the Blue Hills to see this powerful short-term exhibit. Artist Yad Vashem's first traveling exhibition recounts the comprehensive story of the Shoah. This exhibit is designed to promote discussions about the Holocaust, to impart its universal lessons and to foster a connection to its relevance to daily life in the 21<sup>st</sup> century. This exhibition consists of 18 panels with explanatory text, interspersed with the victims' personal stories and quotes plus original photographs beginning with Jewish life in pre-Holocaust Europe and ending with the 1945 liberation of Nazi concentration camps and the survivors' remarkable return to life.

### **Tuesday, May 10<sup>th</sup>**

**Trip: Ashmont Hill Walking Tour at 10:30 am**

Join experienced tour guide and friend of Fuller Village, Jeff Calish, for a walking tour of the historic Ashmont Hill neighborhood of Dorchester. This walk will be hilly and is best suited for those who can walk long distances and uphill without getting winded. Call 617-361-7778 to sign up.

**Guided Tree Tour at 1 pm** (ABCD Courtyard, Brush Hill)

Easy walk, led by Margaret Lind. Call 617-272-3208 to sign up.

**Wowzitude Virtual Tour of Oslo, Norway at 2 pm** (Blue Hill Activity Room)

Join us for a virtual tour led by local guide, Olav. This tour of Norway's beautiful capitol city will take us to Karl Johans gate – the city's central street, where you can find Oslo's most prominent attractions like Parliament, the National Theatre, Old University buildings and more.

**Archaeology in the Land of the Bible at 3:30 pm** (Blue Hill Activity Room)

What is it like to be an archaeologist? How are objects and ruins excavated? Where do we get our information about how people in the past lived? For almost 200 years archaeologists have been digging in the "land of the Bible", producing awe-inspiring discoveries and an immense amount of scholarly literature on biblical events and characters. But how does the archaeological record compare with what the Bible says? What do we do when it's at tension? This information will be synthesized in a vivid, easy-to-follow series of presentations by biblical scholar and archaeologist Nate Ramsayer, who has spent the past eight years excavating at sites in Israel, Russia, and the UK. Nate will explain how material culture informs our modern perspective on ancient events.

## Weekly Highlights: Monday 5/9 – Sunday 5/15

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

### Wednesday, May 11<sup>th</sup>

**Birthday Breakfast at 10 am** (Blue Hill Activity Room)

Come celebrate May birthdays! Fresh fruit and pastries will be served. Co-sponsored by the Bank of Canton.

**Cornhole at 11:30 am** (Blue Hill Activity Room)

Please note the change of time for this week.

**Residents Association Board meeting at 2 pm** (Brush Hill Function Room)

For Board Members only; please note the change of location.

**Plant Walk with Tom Palmer at 3:00 pm** (Brush Hill Gazebo)

*New date due to this week's rain!* Join local conservationist Tom Palmer for a walk around campus. He will share more about native and invasive species in the area and help orient us to the beautiful plants surrounding us!

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

*Screening: Secrets of the Forbidden City:* The Forbidden City is the world's biggest and most extravagant palace complex ever built. For 5 centuries, it was the power center of imperial China and survived wars, revolution, fires, and earthquakes. How did the Ming Emperor's workforce construct its sprawling array of nearly 1,000 buildings and dozens of temples in a little over a decade? How were stupendous 250-ton marble blocks moved across many miles to reach the site? And how did fantastically intricate woodwork, all fastened without nails or glue, enable the palaces to survive hundreds of earthquakes, including recent ones that obliterated nearby modern structures?

### Thursday, May 12<sup>th</sup>

**Guided Tree Tour at 9 am** (Blue Hill Front Entrance)

Moderate walk, led by John Connolly. Call 781-724-7786 to sign up.

### Friday, May 13<sup>th</sup>

**Guided Tree Tour at 10 am** (Blue Hill Front Entrance)

Easy walk, led by Ellen Dunn. Call 617-413-4923 to sign up.

**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.

## Weekly Highlights: Monday 5/9 – Sunday 5/15

Look out for these special events and offerings next week! (Page 3)

### Saturday, May 14<sup>th</sup>

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

### Sunday, May 15<sup>th</sup>

Sunday Afternoon Matinee at 2 pm (Blue Hill Activity Room) - *Title to be announced!*

### **Peter Smith Trio at 7 pm** (Brush Hill Function Room)

The Peter Smith Trio, featuring Jeff Williams on piano, John Hagerty on acoustic bass and Peter Smith on vocals, performs the songs of the *Great American Songbook*. The trio's program includes many of the best-known songs from the Golden Age of music.

## Looking Ahead

# **The Fuller Village Chorus Presents A Spring Concert!**



**7:00 pm Thursday,  
May 19<sup>th</sup>  
Function Room – BR**

## Announcements from the Program Director

We will be limiting Stop & Shop trips this week to the following:

- Monday 5/9 at 10 am
- Wednesday 5/11 at 10 am
- Friday 5/13 at 2 pm

Please plan accordingly.

**The Photo Gallery at Brush Hill has new photos on display!** Thank you to the Photo Club members who submit their pictures and to Donna Parker for helping to organize the show. Carol & Richard Riman proved to be an excellent partner in framing these photos at their amazing shop, The Frame Man in Randolph. And a giant thank you to the Residents Association for co-sponsoring the cost of the frames. Please find time to take a look at the frames in the C/D hallway at Brush Hill and leave a comment card for the photographers. Cards will be collected and distributed to the photographers weekly.

**Congratulations to Paul Riley**, whose paintings are on display in the Wotiz Gallery at the Milton Public Library. We will take the Fuller Village van to the exhibit on Tuesday, May 17<sup>th</sup> at 10 am. Please call Muriel at 617-361-7778 to sign up.

### Artist Paul Riley

The Wotiz Gallery will host the works of local artist Paul Riley through the month of May. This exhibit highlights his most recent paintings, including watercolors and acrylics. As an artist, he embraces experimentation with subject, technique and medium. Paul remains open to innovative expression and enjoys the challenge of identifying a wide array of subjects to paint.

Before retiring, Paul enjoyed a career as a mechanical designer and as a teacher of drafting and design.

Please visit our Wotiz Gallery to enjoy Paul Riley's inspirations.



## THE CARING COMMITTEE CORNER

### THE "THREE" CERTAINTIES

In the past we have acknowledged two certainties in our lives: death and taxes!

Today we recognize there are actually three certainties we can be as assured of, and that third one is "change".

Changes are constantly occurring in our lives. Change is a dynamic process. Sometimes it is unpredictable, sometimes it is planned! There is always a "before" and an "after" when change takes place.

Often we can plan ahead if we know certain changes are in the works. Acknowledge that things do change. Be proactive.

Changes often force us to change our attitudes, our ways of dealing with the familiar.

We can address the choices we have made in the past and make changes if needed for this moment in our lives.

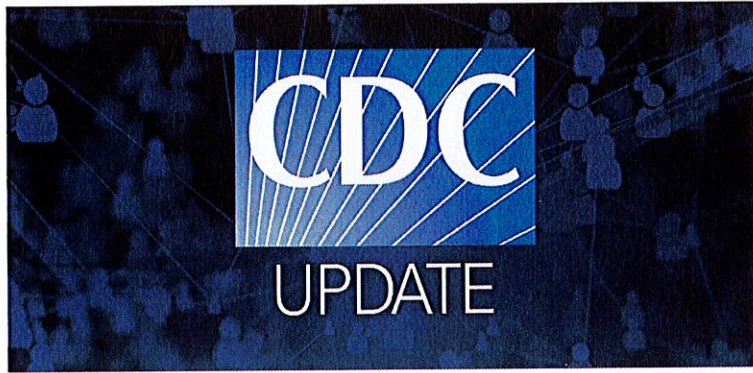
Our lives are often a reflection of the choices we have made in the past and if we want different results, we must make different choices.

Change can open doors to new friendships, to wonderful new experiences and exciting new ideas to think about!

Forget trying to be a perfectionist! Perfect does not exist, so be a bit easier on yourself and enjoy today.

Stay safe and stay well.  
Betsy Buchbinder, Chair





**When to Quarantine- if you have been exposed to COVID and are fully vaccinated you must follow the guidelines below from the CDC**

- Wear a mask when you're in public and at home to keep others safe for 10 days from the time you were around the person who had COVID-19.
- If you can't wear a mask around other people, stay home and away from other people for 10 days after your last close contact.
- Do not go to places where you are unable to wear a mask.
- Do not Travel.
- Avoid being around people who are at high risk.
- Test 5 days after your exposure

## Guided Tree Tours - May 2022

The long winter is over, and spring in all its beauty is here. Enjoy the season with a short nature walk. Whether you are a new resident who wants to get a lay of the land, or an established resident who wants to learn more about our beautifully landscaped home, join us for a tree tour. There are six different tours that are easy or moderate physically that will be offered May 9 through May 26. Each tour participant will receive an informative and colorful Trees of Fuller pamphlet. Details on days, times, locations, and registration information will be posted in the weekly bulletin. Details are also provided below.

Margaret Lind, ABCD courtyard, easy, 5/10, 5/15, and 5/24 at 1 pm

Sara Moyer, EFGH courtyard, easy, 5/17, and 5/23 at 10 am  
Brush Hill perimeter, moderate, 5/16, and 5/24 at 10 am

Mary Owens, Brush Hill entrance circle, easy, 5/9 at 10 am, 5/20 at 2 pm,  
and 5/26 at 10 am

John Connolly, Blue Hill perimeter, moderate, 5/12 at 9 am, 5/18 at 10 am,  
and 5/23 at 12 pm

Ellen Dunn, Blue Hill entrance circle, easy, 5/13 at 10 am, 5/19 at 1 pm, and  
5/25 at 11 am



# Brush Hill Café Specials

– daily specials –

all served with one side... 9.95

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Monday, May 9

Korean BBQ Meatloaf Sandwich  
American cheese and choice of bread

Tuesday, May 10

Corned Beef Rachel  
Swiss cheese, coleslaw, marble rye bread

Wednesday, May 11

Lemon Blueberry Pancakes  
Vermont maple syrup

Thursday, May 12

Egg Salad Sandwich  
Choice of bread

Friday, May 13

Fish and Chips

# Gordon House

## Dining Room Dinner Menu

For Take Out: call 617-361-6958 11am-1pm

### Monday, May 9

Sweet Potato Bisque or Salad du Jour  
Haddock with Herb Butter  
Salisbury Steak with Bacon Mushroom Gravy  
White Rice and Roasted Carrots  
Carrot Cake or  
GF M&M Cookie

### Friday, May 13

New England Clam Chowder  
or Salad du Jour  
Seafood Casserole with Newburg Sauce  
Beef Tenderloin with Red Wine Reduction  
Mashed Potatoes and Yellow String Beans  
Oreo Cream Pie or GF Carnival Cookie

### Tuesday, May 10

Spring Pea Soup or Salad du Jour  
Herb Roasted Chicken  
Baked Stuffed Shrimp  
Couscous and Green Beans  
Apple Pie or GF Chocolate Chip Cookie

### Saturday, May 14

Tomato Basil Bisque or Salad du Jour  
Baked Macaroni and Cheese  
Lemon Caper Cod  
Baked Sweet Potato and Roasted Zucchini  
Cherry Pie or GF Espresso Chip Cookie

### Wednesday, May 11

Chicken and Rice Soup  
or Salad du Jour  
Lasagna Bolognaise  
Citrus Salmon  
Baked Potato and Sautéed Kale  
Chocolate Espresso Rice Pudding  
or Oatmeal Craisin Cookie

### Sunday, May 15

Minestrone Soup  
or Salad du Jour  
Prime Rib  
Cheese Ravioli with Vodka Sauce  
Country Style Mashed Potatoes and Corn  
Baklava or GF Citrus Sugar Cookie

### Thursday, May 12

Vegetable Lentil Soup or Salad du Jour  
Red Curry Shrimp  
Korean BBQ Meatloaf  
Coconut Rice and Sugar Snap Peas  
Key Lime Pie or GF Sugar Cookie

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*  **UNIDINE**  
— LIVE A FULLER LIFE —



# 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 bread crumbs. Served  
with the evening side dishes

**Fuller Village Burger...9.95**  
chargrilled with or without cheese,  
lettuce, tomato, french fries & pickle.

**Pastrami Rueben...9.95**  
deli pastrami, sauerkraut, thousand island  
dressing, melted Swiss, marble rye

**Lighter Fare...9.95**  
add tuna or chicken salad ...2.00  
add grilled chicken ...3.00  
add grilled salmon ...4.00

**Salad of the Month ...9.95**  
add grilled chicken ...3.00  
add grilled salmon ...4.00  
burrata cheese, local greens, strawberry,  
avocado, blood orange vinaigrette  
(burrata – fresh mozzarella with ricotta filling)

large garden salad with choice  
of adding: chicken salad with  
cran-raisins & 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  
Sugar Free Jell-O

No Sugar Added Ice Cream

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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.

