

# Fuller Village

in Milton

From the Desk of Deborah M. Felton  
July 8, 2022

**Welcome** Pat and Warren Kelley to 45 Caroline Drive.  
**Welcome** Connie O'Grady to Depoyan 216.

**Happy Summer** - Please stay safe while enjoying this beautiful weather. The Covid variant that is present now is highly transmissible. **Masking in groups of people is important.**

**Gazebo Concert with The Continentals** – Thursday, July 14<sup>th</sup>, join us for hot dogs at 5:30 p.m., followed by the concert featuring the full 4-piece band at 6 pm. This Summer Concert is sponsored by the Best of Care.

**Metropolitan Opera** - Fuller Village will now have digital access to hundreds of opera performances through the MetOpera OnDemand program. If you are an opera fan, please let Julia know your interest and preference for screening times in the Blue Hill Activity Room.

**Garden Stroll** - Thursday, July 14<sup>th</sup> from 10-11 am. Join the resident garden stroll, sponsored by The Fuller Village Residents Association. Weather permitting (rain date - July 15<sup>th</sup>). The attached flyer provides further information.



*Condolences to Hal Pratt and family on the death of his wife, Patsy.*

*Condolences to Barbara Colfer and family on the death of her husband, Jack.*

*Condolences to Nancy Kearns and family on the death of her husband, Jack.*

SUN	MON	TUE	WED	THUR	FRI	SAT
2:00 Sunday Afternoon Matinee (BL) 2:30 Blue Hill Bridge (BL) 7:00 Area 9 Trio (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 Wakefield Estate Visit 3:00 Bocce (BR)	10:00 Cardio Dance (BR) 10:00 Seated Zumba Gold (BL) 11:00 Charles Riverboat Cruise 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Group Meditation (BL) 2:00 Wowzitude Virtual Trip (BL) 2:30 Newcomers Club (BL) 4:00 Restorative Yoga (Zoom) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	9:45 Cornhole 10:00 Birthday Breakfast (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) 2:00 Residents' Association Board Meeting (BL) 3:00 Rosary (BL) 7:00 History with Paolo (BL) 7:00 Knitters and Sewers (BR)	10:00 Towel Cardio (BR) 10:00 Garden Stroll 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:00 Milton Farmer's Market 1:00 Zumba Gold (BR) 1:30 Needlepoint Group (BR) 2:00 Rich Travers (BR) 3:30 Racial Justice Action Hour (BR) 5:30 Gazebo Concert with The Continentals (BR)	10:30 Chair Yoga with Carol (BL) 12:30 Line Dancing with Cris (BR) 1:00 Oma Communications Tech Help (BL) 3:00 Bocce (BR) Music Streaming Class (BL) 6:30 Cribbage (BR) 7:00 Herbie Rae Duo (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 6/22 at 1 pm. Please call 781-986-3668 to schedule an appointment.

**The Wellness Clinic** is canceled for this week and will resume the following week.

**Blood Pressure Clinics** are Wed 12 - 1 pm at Blue Hill and 1 - 2 pm at Brush Hill.

**Stop & Shop Trips** are on Mondays at 10 am, Wednesdays at 2 pm, and Fridays at 10 am. Please call 617-361-7778 to sign up.

**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 trips, please call 617-361-7778

July 2022

Fuller Village  
in Milton

— LIVE A FULLER LIFE —

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



## Weekend Highlights: Friday 7/8 - Sunday 7/10

### See what's happening this weekend!

#### Friday, July 8<sup>th</sup>

**Rich Travers at 1 pm** (Blue Hill Activity Room)

*Topic: The Life and Music of Cole Porter*

A talented composer and songwriter, Cole Porter handled both music and lyrics with ease, and conquered Broadway and Hollywood with his witty songs. His work includes "Night and Day" "I've Got You Under My Skin" and the music for Broadway shows such as 'Anything Goes' and 'Kiss Me, Kate.'

**Pianist Mark West at 7 pm** (Blue Hill Activity Room)

Come hear Mark play a lively mix of classical, ragtime, and jazz piano. He plays it all, from Bach to Duke, and is sure to put on a fun show!

#### Saturday, July 9<sup>th</sup>

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

**BRUSH HILL showing: *Dog***

*Cast: Channing Tatum, Kevin Nash, Jane Adam*

Veteran Briggs, an Army ranger, and Lulu, his Belgian Malinois, buckle up for a drive down the Pacific Coast hoping to make the funeral of a veteran friend on time.

**BLUE HILL showing: *Beaches***

*Cast: Barbara Hershey, Bette Midler, John Heard*

A privileged rich debutante and a cynical struggling entertainer share a turbulent, but strong childhood friendship over the years.

#### Sunday, July 10<sup>th</sup>

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

**Showing: *All the Presidents Men* (1976)**

*Synopsis* The Washington Post reporters Bob Woodward and Carl Bernstein uncover the details of the Watergate scandal that leads to President Richard Nixon's resignation: Starring Robert Redford, Dustin Hoffman, and Jack Warden.

**Area 9 Trio at 7 pm** (Brush Hill Function Room)

Join us for some exciting *new* entertainment! Area 9 Trio is a Boston-based ensemble dedicated to exploring the rich, diverse and ever growing chamber music repertoire for saxophone. Recent performances have included works by Bach, Debussy, Glazunov and Vaughan Williams, as well as compositions by Sidney Bechet, Paul McCartney, Freddie Mercury and Herbie Hancock. Area 9 is also proud to have commissioned and debuted new works by contemporary composers, including Jun Feng's "Somehow, Tango", performed at the Longy School of Music in Cambridge, MA in 2015, and Michael Kosch's "Castle in the Air", which Area 9 premiered at the Metropolitan Playhouse in NYC in December of 2016. Please come out to see what this amazing group has to offer!

*(Continued on next page)*

## **Weekly Highlights: Monday 7/11 – Sunday 7/17**

**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 Weekly Highlights are meant to show special offerings and are not a complete list of programs.***

### **Monday, July 11<sup>th</sup>**

#### **Wakefield Estate Visit at 2 pm**

Join Erica Max for a private tour of the Wakefield Estate and Arboretum. The lilies are in full bloom and are a must-see! Whether you're a regular visitor or haven't made your way across the street yet, this is a great opportunity to see this beautiful gem up-close and to learn a ton along the way! Suggested \$5 donation. Call 617-361-7778 to sign up.

### **Tuesday, July 12<sup>th</sup>**

#### **Charles Riverboat Cruise and Lunch at Cheesecake Factory at 11 am**

Set sail for a private riverboat cruise on the historic Charles River accompanied by lunch at The Cheesecake Factory. The Charles Riverboat Company has been doing this since 1990 and is the only company offering cruises on the historic Charles River with views of both Boston and Cambridge. Lunch at the Cheesecake Factory will include an entrée, cheesecake dessert, and non-alcoholic beverage. Cost is \$43 per person (practically a steal!), which will be charged to your account. Call 617-361-7778 to sign up.

#### **Wowzitude Virtual Tour of Ljubljana, Slovenia at 2 pm (Blue Hill Coffee Room)**

Let's meet in the city of love: Ljubljana. Located between Venice and Vienna, Slovenia's small capital will remind you of the beauty of Italian and Austrian cities. Join this live virtual walking tour to discover why they say love is at home in Ljubljana. *Please note the location change for this week – we will be meeting in the Blue Hill Coffee Room rather than the Activity Room.*

#### **Newcomers Club at 2:30 pm (Blue Hill Activity Room)**

For those who've moved to Fuller in the last couple of years, come and enjoy some treats, games, and good company! Contact Marty Allen with any questions: 617-312-8058.

### **Wednesday, July 13<sup>th</sup>**

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

Celebrate our July birthdays! Coffee, pastries, and fresh fruit will be provided. Generously sponsored by our friends at the Bank of Canton. All are welcome!

#### **Resident Association Meeting at 2 pm (Blue Hill Activity Room)**

This meeting is open to all residents.

*(Continued on next page)*

## **Weekly Highlights: Monday 7/11 – Sunday 7/17**

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

### **Wednesday, July 13<sup>th</sup> (Continued)**

**History with Paolo at 7 pm** (Blue Hill Activity Room)

*Topic: Populists and Progressives: Social Reform and Political Change in the US, 1880s-1920s*

The rapid industrial development of the US in the late 19th century caused tremendous upheaval. Increasing wealth inequality, political corruption, and urbanization transformed the daily structures of life, and led to calls for social and political reform. This talk will explore the efforts to transform American politics and society at the turn of the 20th century.

### **Thursday, July 14<sup>th</sup>**

**Garden Stroll at 10 am** (Brush Hill & Blue Hill Community Gardens, Villas)

See attached flyer for more information! Rain date is Friday, July 15<sup>th</sup>. Sponsored by the Fuller Village Residents' Association.

**Milton Farmer's Market Trip at 1 pm**

The Milton Farmer's Market is back, with a host of new vendors! Get some fresh fish from Burke's Seafood, scrumptious bread from Hearth Artisan Bread, or fresh produce from multiple area farms! *Please note that sections of the Farmer's Market are held on uneven ground and can be difficult to navigate for those with walkers or other mobility limitations.*

**Gazebo Concert with The Continentals – Food at 5:30, Music at 6 pm** (Brush Hill Gazebo)

Join us for hot dogs, ice cream, great music and good company! This event is open to the public, except in the case of bad weather when we would need to move inside to the Function Room. Many of you have enjoyed The Continentals in their various Sunday night Duo formats – come enjoy the full band playing all the hits from the 40's, 50's, 60's, and on! They are one of New England's longest-running bands and have been playing together for over 30 years – this band is not to be missed!

### **Friday, July 15<sup>th</sup>**

**Oma Communications One-on-One Tech Help from 1-3 pm** (Blue Hill Activity Room)

20-minute appointments for help with your smartphone, tablet, or laptop. Spots are still available! Call 617-361-2116 to sign up.

**Class: Music Listening Options on Smartphones & Tablets at 3 pm** (BL Activity Room)

Are you sometimes perplexed by the multiple apps and options for streaming and downloading music on your device? This class will demystify some of the top apps and music sources and the difference between the free and subscription options. The class will be limited to 5 participants and will be tailored to your needs and interests. Call Julia at 617-361-7778 to sign up.

*(Continued on next page)*

## Weekly Highlights: Monday 7/11 – Sunday 7/17

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

### Friday, July 15<sup>th</sup> (Continued)

**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, July 16<sup>th</sup>

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

### Sunday, July 17<sup>th</sup>

**Pancake Breakfast Fundraiser from 8-11 am** (Blue Hill Activity Room)

Come enjoy a pancake breakfast served fresh all morning. \$5 will get you pancakes, coffee, and juice, with all proceeds going to Father Bill's Place. Contact Bob Lash with questions or to volunteer.

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

**Broadway: The American Musical Series at 7 pm** (Brush Hill Function Room)

This documentary showcases the razzle-dazzle story of this uniquely American art form. Featuring on-camera interviews with many of the principals involved in the development of the medium, the series draws on a wealth of rare performance footage and newly-restored film clips. Hosted by Julie Andrews, the six-part series offers the best seat in the house to the greatest Broadway shows of all time.

*This weekend we will show **Episode Two: Syncopated City (1919-1933):***

*Prohibition and Jazz, along with newly-won freedoms for women, proved to be fertile ground for musical comedy. **Marilyn Miller, the Marx Brothers, and Al Jolson** rocketed to stardom, as songwriting teams like **George and Ira Gershwin, Eubie Blake and Noble Sissie, and Richard Rodgers and Lorenz Hart** wrote the music that seduced the nation with New York City's syncopated rhythm. But Broadway's Jazz Age suffered a one-two punch with the "talking picture" and the stock market crash.*

## THE CARING COMMITTEE CORNER

### PROBLEM SOLVING

Problem solving is the process of identifying a challenging issue, developing possible solution paths and then taking the appropriate course of action towards a resolution.

Problems are an unescapable part of life. Some are more urgent than others and demand our immediate attention ; some we can postpone “to another day”. But eventually that day comes into focus too.

Different people solve problems in ways that often differ from traditional ways. They do so by ”thinking outside the box”. This means thinking differently, unconventionally and from different perspectives. It simply means novel or creative thinking. To think outside the box is to look beyond the obvious. They are generally calm thinkers, evidence less emotional responses and tend to see the problem as a challenge. The ability to solve problems is a basic life skill, an essential one in our day to day lives.

It is important to recognize that there is a problem in the first place, to identify it and the possible ramifications of our actions to solve it.

Studies have shown that an abundance of alternatives can lead to uncertainty and anxiety. Psychologist Dr. Barry Schwartz suggests that too many options can actually lead to indecision and inaction.

In problem solving:

- It is necessary to define the main issue inherent in the problem.
- Then break it down into smaller more manageable issues.
- When deconstructing the main problem, you can more easily begin to resolve each step.
- Examine possible solutions and their impact on those concerned.
- Of equal importance is recognizing lessons learned from the problem itself that they are not soon repeated.

With every decision we make there is always a measure of uncertainty.

We make countless decisions every day, selecting between options, possibilities and alternatives that make up our day.

We are well equipped to resolve problems as they arise knowing that a good decision is one that works well.

Stay safe and stay well.

- Betsy Buchbinder  
Chairperson, The Caring Committee



## Garden Stroll at Fuller Village

Thursday, July 14, 2022

(Rain date: Friday, July 15<sup>th</sup>)

10 am – 11 am

Come and stroll the communal gardens at both Blue Hill and Brush Hill, as well as the gardens our Villa residents grow and maintain around their homes.



Golf carts available for those who have difficulty walking. Seating will be limited so please make your reservation:

Call Kaye Richardson (508) 237-4246

Or take your own car and park in accessible spots to take your tour.

Many of our Fuller neighbors will be out to greet you as you stop by their garden. Please join us in enjoying the beauty of nature and the comradery of those who are our neighbors.

## The Garden Stroll – Join Us

Here are several of the gardens on Caroline Drive you might wish to visit:

- Villa #2: Diane Palladino
- Villa #10: Brenda Falvey
- Villa #19: Roz Vineberg  
**\*Water distributed here\***
- Villa #28: Marcia Waters
- Villa #31: Elizabeth Mock
- Villa #32: Charlie Stamm  
(front & back gardens)
- Villa #36: Peg Riley
- Villa #40: Jeanne Bronk  
(front & back gardens)  
**\*Water distributed here\***
- Villa #48: Jane Bent
- Villa #50: Nancy Wilber  
& Mary Ann Millsap

### Also, stop by to see our community gardens:

Ruth Chandler will be onsite to walk you through the Blue Hill Community Garden & Kathy Sullivan will give tours of the Brush Hill Community Garden and Herb Garden.



*Sponsored by the Fuller Village Residents' Association.*



# GAZEBO CONCERT

THURSDAY, JULY 14<sup>TH</sup>

Food at 5:30 pm; Music at 6 pm

Join us for our July Gazebo Concert,  
with live music by **The Continentals**,  
playing top hits from the 40's on up  
from across musical genres!

**Friends and family are invited!**

However, in the case of rain we will  
move indoors to the Function Room  
and be closed to the public.

HOT DOG,  
BAG OF  
CHIPS, AND  
A DRINK  
FOR SALE  
FOR \$5

TO  
ARRANGE  
A RIDE,  
CALL 617-  
361-7778.

Sponsored by  
Best of Care



Best of Care

OUR Family Serving YOUR Family

*Fuller Village*  
*in Milton*

— LIVE A FULLER LIFE —



The Brush Hill Café  
renovations are almost  
complete. We hope to  
open the week of July 18<sup>th</sup>.

We look forward to  
serving you!

# Grill Night at Brush Hill

Thursday, July 28, 2022

at 6:00pm



Outside on the cafe patio.  
In the event of rain,  
the location will be moved inside

\$28

Starter:

Shrimp Cocktail

with traditional cocktail sauce & Lemon

Entrée:

Grilled Marinated Steak Tips

Served with chef's recipe potato salad

& grilled asparagus

Dessert:

Hot fudge Sundae

with assorted candy toppings

Reservation required space is limited

Call Muriel @ 617-361-7778

starting Friday 7/8/22 @ 9:00am

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# Brush Hill Café Features

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Daily Features come with choice of side...14

Monday 11<sup>th</sup>

French Toast with Vermont Maple Syrup  
served with bacon and a fruit cup

Tuesday 12<sup>th</sup>

Chicken Caesar wrap

Wednesday 13<sup>th</sup>

Grill Day

Swordfish Tips

Chicken Apple Sausage

*Potato Salad, Fruit Cup, Coleslaw, Cornbread*

*Always Available*

*Grilled Hot Dogs and Fuller Burger*

Thursday 14<sup>th</sup>

*Pork Loin Reuben*

Friday 15<sup>th</sup>

Shrimp Salad Roll

# Gordon House

## Dining Room Dinner Menu Revised

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

### Monday, July 11th

Roasted Vegetable Bisque  
Or Salad du Jour  
Salisbury steak with mushroom gravy  
Beer Battered Haddock  
Country Mashed Potatoes, Peas  
M&M Cookie (GF) or Brownie

### Friday, July 15th

New England Clam Chowder  
or Salad du Jour  
Brown Sugar Glazed Ham  
Fried Clam Strips  
French Fries, Green Beans  
Carnival Cookie (GF) or Ricotta Cannoli

### Tuesday, July 12th

Tomato Vegetable Soup  
or Salad du Jour  
Shrimp Scampi  
Lemon Pesto Chicken  
Spaghetti, summer squash  
Chocolate Chip Cookie (GF) or Lemon  
meringue pie

### Saturday, July 16th

Butternut Squash Bisque  
or Salad du Jour  
All Beef Franks  
BBQ Baby Back Ribs  
Boston Baked Beans, Corn on the Cob  
Reese's Chunk Cookie (GF) or Boston  
Cream Pie

### Wednesday, July 13th

Chicken and Wild Rice Soup  
or Salad du Jour  
Roast Pork Loin  
Baked Cod with Ritz Cracker Crumbs  
Cornbread Stuffing, snap peas  
Sugar Cookie (GF) or Key Lime Pie

### Sunday, July 17th

Corn Chowder or Salad du Jour  
Prime Rib  
Salmon with Herb Butter  
Baked Potato, Broccoli  
Lemon Cookie(GF) or Salted Caramel  
Vanilla Crunch Cake

### Thursday, July 14th

Lentil Soup  
or Salad du Jour  
Pot Roast  
Baked Stuffed Sole  
Boiled potatoes and Carrots  
Pecan pie (GF) or Oatmeal Craisin 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 J&H

All sauces may be requested on the side. All entrees are 17.95 plus tax, which includes an appetizer, beverage & dessert. Before ordering, please make your server aware of any food allergies.  
Vegetarian (V) Vegan (VG) Gluten Free (GF)

*Fuller Village* in Milis **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

### Baked Haddock...17.95

Baked with Butter, white wine, and Ritz crumbs

### Shaved Steak and Cheese ...10.00

Mushrooms, onions, provolone cheese, and horseradish cream on a sub roll

### Salad of the Month...10.00

Heirloom tomatoes Caprese with Basil Vinaigrette and Balsamic

add grilled chicken...5.00

add Seafood salad...6.00

add Tuna or Chicken salad...5.00

### Fuller Village Burger...13.00

With or without cheese, lettuce, tomato, pickles and choice of side

### Lighter Fare...10.00

Large Garden salad served with roll and butter  
add grilled chicken...5.00  
add Seafood salad...6.00  
add Tuna or Chicken salad...5.00

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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

## 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.

