

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 31	10:00 Coffee and Conversation (BL) 1	10:00 Cardio Dance (BR) 2	9:45 Cornhole (BL) 3	10:00 Towel Cardio (BR) 4	10:30 Chair Yoga with Carol (BL) 5	7:00 Movie Night (BR/BL) 6
7:00 Dwayne Haggins Duo (BR)	10:30 Water Aerobics (BR)	10:00 Seated Zumba Gold (BL)	10:00 Mobility & Stability (BR)	10:00 Wegman's	12:30 Line Dancing with Cris (BR)	
	11:00 Bocce (BR)	11:00 Senior Ballet (BR)	10:30 Water Aerobics (BR)	11:00 Core on the Floor (BR)	1:00 Rich Travers (BL)	
	11:00 Floor Yoga w/ Carol (BR)	11:00 Women's Lunch at Bay Pointe Quincy	11:00 Floor Yoga w/Carol (BR)	12:00 Mobility & Stability (BL)	3:00 Bocce (BR)	
	12:00 Chair Yoga w/ Carol (BR)	12:00 Back to Basics (BL)	12:00 Chair Yoga w/Carol (BR)	1:00 Zumba Gold (BR)	6:30 Cribbage (BR)	
	1:00 Bridge (BR)	12:30 Tai Chi (BR)	1:45 Catholic Mass (BR)	2:30 Needlepoint Group (BR)	7:00 Rivers Between Duo (BL)	
	2:00 Handcrafters (BL)	3:00 Wreathmaking (BR Cafe)	3:00 Rosary (BL)			
	7:00 Metropolitan Opera on Demand (BL)	4:00 Restorative Yoga (Zoom)	4:00 Rep. Ayanna Pressley (BR)			
		7:00 Bingo! (BL)	7:00 Knitters and Sewers (BR)			
		7:00 Men's Poker Club (BR)				

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 8/10 & 8/24 at 1 pm. Please call 781-986-3668 to schedule an appointment.

The Wellness Clinic is every Wed 8:30 - 11 am. Please call 617-361-7900 for an appointment.

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

August 2022

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —

Weekend Highlights: Friday 7/29 - Sunday 7/31

See what's happening this weekend!

Friday, July 29th

Ron Cote at 7 pm (Blue Hill Activity Room)

You enjoyed his talents when he played with his band, The Castle Tones, at our first (indoor) Gazebo Night. Now come kick back and enjoy his solo act playing a variety of oldies and feel-good tunes!

Saturday, July 30th

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

BRUSH HILL showing: *Beaches*

Cast: Bette Midler, Barbara Hershey, John Heard

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

BLUE HILL showing: *Fathers and Daughters*

Cast: Russell Crowe, Amanda Siegfried, Jane Fonda, Olivia Taylor

Novelist Jake Davis loses his wife in a car crash and becomes a single Dad to 5-year-old Katie whose still struggling 3 decades later.

Sunday, July 30th

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 on the local live music scene. Not to be missed!

Weekly Highlights: Monday 8/1 – Sunday 8/7

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, August 1st

Metropolitan Opera on Demand at 7 pm (Blue Hill Activity Room)

Fuller Village's Monday Nights at the Met begins with the groundbreaking broadcast that launched the Met's heralded Live in HD series, seen by opera lovers in movie theaters around the world. Adults and children alike were enchanted by the whimsical humor and breathtaking puppetry of Julie Taymor's hit production, presented in a shortened English-language version. Under the baton of Maestro James Levine, a winning ensemble cast – including Nathan Gunn, Ying Huang, Matthew Polenzani, Erika Miklosa, and Rene Pape – brings fresh life to Mozart's timeless fairy tale. Run time: 1 hr 52 minutes.

Weekly Highlights: Monday 8/1 – Sunday 8/7

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

Tuesday, August 2nd

Wowzitude Virtual Tour of Ljubljana, Slovenia at 10 am (Channel 222 or BL 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 our guide, Mateja, to discover why they say love is at home in Ljubljana.

Women's Lunch at Bay Pointe Quincy at 11 am

This trip is full and is not accepting names on the wait list. We will take another trip to a new restaurant in September so stay tuned!

Wowzitude Virtual Tour of Odessa, Ukraine at 2 pm (Channel 222 or BL Coffee Room)

Discover Odessa, the "Pearl of the Black Sea". We'll stroll around the historic quarter to uncover the secrets of Odessa's landmarks. Our guide, Olga, will livestream the tour as she walks up the 192 steps of the legendary Potemkin staircase and allows us to marvel at the stunning Catherine Square.

Wreathmaking at 3 pm (Brush Hill Café)

The Residents Association is looking for volunteers to make wreaths for our Fuller Village Craft Fair. All supplies and instructions will be provided. It's easy peasy – anyone can do it and have fun at the same time! If you have any questions, please contact Irene Brannelly at 617-759-1761.

Wednesday, August 3rd

Catholic Mass at 1:45 pm (Brush Hill Function Room)

Celebrate Mass with Father Bennett. Throughout the summer, he will be at Brush Hill on the 1st Wednesday of the month and Father Andres will be at Blue Hill on the 3rd Wednesday.

Congresswoman Ayanna Pressley at 4 pm (Brush Hill Function Room)

Fuller Village residents are invited to a conversation with our Congresswoman, Ayanna Pressley. Please see attached flyer for more information.

Thursday, August 4th

Wegman's Trip at 10 am

Take the Fuller Village van to Wegman's in Westwood. Known for their unique selections, good prices, and excellent customer service, Wegman's is not just a grocery store – it's an experience! Call 617-361-7778 to sign up!

Needlepoint Group at 2:30 pm (Brush Hill Café)

Have you always wanted to learn how to do needlepoint? Well, this is your chance! Fellow resident, Carol Riman, will be teaching a weekly class where you will receive all the materials and instruction you need. \$10/week covers everything and the money goes straight to the Residents Association. Call Carol at 617-759-3197 to sign up or swing by during class to learn more.

Weekly Highlights: Monday 8/1 – Sunday 8/7

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

Friday, August 5th

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: Opera Puccini

Giacomo Puccini was an Italian composer whose operas are among the important operas played as standards. Puccini has been called the greatest composer of Italian opera after Verdi and the operas of Puccini hold a special place in the hearts of many fans of opera. This lecture includes scenes from *Madame Butterfly*, *Tosca*, *Turandot*, and *La Boheme*.

Rivers Between (Guitar & Vocals Duo) at 7 pm (Blue Hill Activity Room)

We are excited to welcome this lovely duo back to Fuller Village! Rivers Between is a Boston-based folk duo comprised of singer-songwriter Greg Kane and vocalist Kat Brooks. Greg's soulful compositions, engaging folk style guitar, and unique voice coupled with Kat's beautifully inventive harmonies, make them a local favorite.

Saturday, August 6th

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

Sunday, August 7th

Will McMillan & Joe Reid at 7 pm (Brush Hill Function Room)

Will & Joe are excited to return to Fuller village with a special program: *Our Love Is Here To Stay* — *Songs of the Gershwins*. George and Ira Gershwin were brothers whose playful and witty songs — brimming with rhythm and harmony — epitomized the jazz age. Born to Russian parents who emigrated to New York to escape persecution under Czar Alexander III, Ira and George initially pursued parallel paths as lyricist and composer, officially teaming up in 1924 to create the musical comedy *Lady Be Good*. This was followed by a string of hit Broadway shows — with stars such as Ethel Merman, Fred and Adele Astaire, Ginger Rogers and Gertrude Lawrence — including *Oh Kay!*, *Funny Face*, *Strike Up The Band*, *Girl Crazy*, and *Of Thee I Sing*, which was the first musical to win the Pulitzer Prize for Drama.

Announcements & Acknowledgements

Updated Channel 222 Schedule

Please be sure to take a look at your updated Channel 222 schedule. All of your favorites are still available, with some shifts in timing. As previously mentioned, Wowzitude virtual tours will also now be available on Tuesdays at 10 am and 2 pm. The schedule is presented in two formats, one on each side – use whichever one works best for you as the information is all the same.

RUOK (Are You OK?)

Did you know about the RUOK program? This is a free service available to seniors and persons with disabilities residing in Norfolk County. The service provides participants with a daily check in call 365 days of the year and is provided through the Norfolk County Sheriff's office and Fallon Ambulance. You select the time of day you want to be contacted. If interested, contact Deputy Sheriff Cheryl Bamberry at 1-866-900-7865. It gives you assurance that someone is caring about you.

(Submitted by Pat Kelleher)

A Note of Thanks

Dear Fuller Village Friends,

Thank you to all of you that came to celebrate my 100th birthday on the 4th of July. It has been an overwhelming, heartwarming experience.

Thank you all who signed the unique Fuller Card that Rita kept out of my sight for several months. Thank you for all the cards and gifts I received. I am overwhelmed by your generosity and warm thoughts. I received a box of Furlong chocolates that got separated from its card. Would you please let me know who you are.

With love to you all,

Edith Yoffa

Fuller Village welcomes



CONGRESSWOMAN AYANNA PRESSLEY



Brush Hill Function Room

Wednesday, August 3rd • 4:00 PM

Congresswoman Ayanna Pressley is an advocate, a policy-maker, an activist, and a survivor. On November 6, 2018, Congresswoman Pressley was elected to represent Massachusetts' 7th Congressional District in the House of Representatives, making her the first woman of color to be elected to Congress from the Commonwealth of Massachusetts. As our representative, Congresswoman Pressley works to advance equity in housing, transportation, healthcare, education, and justice, in particular around the rights of women and girls.

Channel 222 Fitness Programming

~please save this flyer~

Chair Yoga

~

Monday, Wednesday, Friday

at 10 am & 2 pm

Saturday at 9 am

Chair Aerobics

~

Tuesday at 9 am & 3 pm

Thursday at 10 am & 2 pm

Saturday & Sunday 10 am & 2 pm

Wowzitude Virtual Tours

~

Tuesday at 10 am & 2 pm

Standing Stretching & Strength

~

Wednesday at 9 am

Sunday at 4 pm

Dance Party

~

Tuesday at 4 pm

Total Body Blast

~

Monday & Wednesday at 3 pm

Towel Cardio

~

Thursday at 3 pm

Senior Ballet

~

Saturday at 11 am

Seated Strength

~

Sunday at 11 am

Stretching for Stress Relief

~

Sunday at 3 pm

Channel 222 Programming
Updated August 2022

	9:00 AM	10:00 AM	11:00 AM	2:00 PM	3:00 PM	4:00 PM
Saturday	Chair Yoga	Chair Aerobics	Senior Ballet	Chair Aerobics		
Sunday		Chair Aerobics	Seated Strength	Chair Aerobics	Stretching for Stress Relief	Standing Stretching & Strength
Monday		Chair Yoga		Chair Yoga	Total Body Blast	
Tuesday	Chair Aerobics	Wowzitude		Wowzitude	Chair Aerobics	Dance Party
Wednesday	Standing Stretching & Strength	Chair Yoga		Chair Yoga	Total Body Blast	
Thursday		Chair Aerobics		Chair Aerobics	Towel Cardio	
Friday		Chair Yoga		Chair Yoga		



Saturday, September 17th 10 a.m. – 2 p.m.

Gift Cards & Gift Baskets

Our **largest profit** is from the Raffle Table!

Please donate

Gift Cards and **Basket Items** no later than:

August 31st

It takes the Raffle Committee time to organize items for presentation.

(The sooner the better, please!)

- While you're dining at your **favorite restaurant**, please pick up a gift card; or
- Purchase a gift card from your **favorite store**; or
- Put together a **Theme Basket** (please list the items included and remember the items will be in warm weather on Fair Day.

Brush Hill: Please submit to Mary Owens, but do **NOT** leave gift card in mail slot or at her door. Please call her first and arrange for drop off: 617-233-5902- A202.

Blue Hill: Please submit to Ruth Chandler, but do **NOT** leave gift card in mail slot or at her door. Please call her first and arrange for drop off: 617-888-9720 - Foster 209

Villas: Please submit to Peg Riley at 36 Caroline Drive. You may leave gift cards in her mail slot. Non-perishable Baskets or Basket Items may be left on her porch.

Thank you very much. From Nancy Kearns, Marty Allen, Peg Riley

Gordon House

Dining Room Dinner Menu Revised

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

Monday, August 1st

Roast Vegetable Bisque
Or Salad du Jour
Heirloom Tomato Mac and Cheese
BBQ Chicken
Cornbread, Peas
Chocolate Chip Cookie or Fruit Forest Pie

Friday, August 5th

Manhattan Clam Chowder
or Salad du Jour
Rotisserie Chicken
Seafood Pot Pie
Cauliflower Gratin, Asparagus
Carnival Cookie or Carrot Cake

Tuesday, August 2nd

Cream of Asparagus Soup
or Salad du Jour
Pork Tenderloin with Chimichurri
Baked Stuffed Sole with Sundried Tomato
Cream
Rice Pilaf, Broccoli
Sugar Cookie or Key Lime Pie

Saturday, August 6th

Bacon Lentil Soup
or Salad du Jour
Hot Dog
Meatloaf
Baked Beans, Summer Squash
Snickerdoodle Cookie, Pineapple Upside-
down Cake

Wednesday, August 3rd

Chicken Wild Rice Soup
or Salad du Jour
Stuffed Shells with Marinara Sauce
Fried Oysters with French Fries
Spinach
M & M Cookie or Lemon Pound Cake with
Berries

Sunday, August 7th

White Bean Tomato Soup
or Salad du Jour
Prime Rib
Salmon with Herb Butter
Baked Potato, Green Beans
Double Chocolate Cookie or Blueberry Pie

Thursday, August 4th

Onion Soup
or Salad du Jour
Shrimp and Grits
Tuna Noodle Casserole
Honey Butter Carrots
Oatmeal Craisin Cookie or Cherry Pie

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 pride

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  UNIDINE
in Milton
— LIVE & FULLER LIVE —



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

Baked Haddock...17.95
Baked with buttered 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 Tomato Caprese with Basil Vinaigrette
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

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

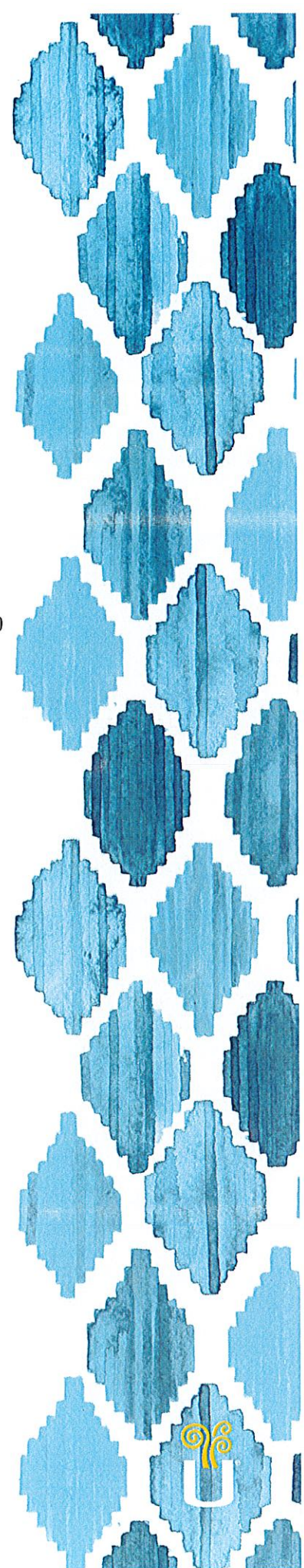
Diet Ginger Ale

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 Features

Daily Features come with choice of side... 14

Monday 1st

Corned Beef Rachel on Marble Rye

Tuesday 2nd

Veggie Wrap with White bean Hummus

Wednesday 3rd

Teriyaki Chicken Wings

Chimichurri Grilled Shrimp Skewer

Pasta Salad, Fruit Cup, Coleslaw, Cornbread

Always Available

Grilled Hot Dogs and Fuller Burger

Thursday 4th

Monte Cristo Sandwich

Friday 5th

Surf and Turf Burger with Fried Oysters and
Thousand Island Dressing