



From the Desk of Deborah M. Felton

August 5, 2022

Welcome Marie O'Keefe to A-301 and Diane McGoldrick to G-102, both at Brush Hill.

COVID-if you are a close contact of someone who has reported to you that they have COVID, please mask up in public areas! We have a Brush Hill resident who has COVID and have had Covid cases at Blue Hill also.

Fitness News and Reminders-Cell phone use while in the gym is permitted only to stream media such as music, movies and tv shows. Please use your personal headphones. If you need to make or receive a call, please stop exercising and move to a different location outside of the Fitness Center.

Pool hours for Sunday, Aug 7th and Saturday, Aug 13th the pool will be open from 8:00 a.m. to noon and 1:00 p.m. to 4:00 p.m. Please note the pool will close from 12pm-1pm on both of those days.

Vote by Mail-Massachusetts has instituted a vote by mail option. The primary election is on September 6th and your vote by mail request must be received by August 29th at the Town of Milton Town clerk's office. You can download the application on your computer or pick one up at the concierge desk. The State election is November 8th. You can fill out one application for both elections.

The Milton Interfaith Clergy Association in partnership with Catholic Charities Refugee Settlement Program, Jewish Community Relations Council and Jewish Vocational Services is sponsoring a family of five from Syria. They are resettled in Milton. There are ongoing financial and transportation needs. If you would like to make a tax-deductible contribution or volunteer for transportation, please contact Rev. Thomas Getchell-Lacey at pastor.parkwayumc@gmail.com.

Recycling Revisited-Trash does not belong in the recycling bins. I am unsure of why this is so difficult to follow. Please make sure any visitors that help you, place trash in the appropriate container.

Villa update-we have removed trees across from the Depoyan building, near Villa 7 that were dead. It is too hot to plant right now but we will be landscaping the area when the weather is cooler. Tree stump grinding is also scheduled. Weeds love hot weather, and our landscaper will be weeding soon. New numbers for the Villas-we are looking at new numbers that can be seen at night for each Villa.

Art Gallery at Blue Hill has a new artist exhibit. Kathy Hunt, a Blue Hill resident has the loveliest paintings in our gallery space.

Green Energy-Do you want to learn how we have saved money over the years by implementing energy saving programs. Check out "Green Energy" on our Touchtown App under resident resources. You can also learn more about recycling in this section of the App.

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 7:00 Will McMillan & Joe Reid (BR)	10:00 Coffee and Conversation (BL) 10:30 Water Aerobics (BR) 11:00 Bocce (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 7:00 Metropolitan Opera on Demand (BL)	10:00 Cardio Dance (BR) 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 1:00 Ron's Bowling and Ice Cream 2:30 Newcomers Club (BR) 4:00 Restorative Yoga (Zoom) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	9:45 Cornhole (BL) 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) 3:00 Pickleball with Lori (BR) 3:00 Rosary (BL) 7:00 Judy Cobble and Donald Zook (BR) 7:00 Knitters and Sewers (BR)	10:00 Towel Cardio (BR) 10:30 Isabella Stewart Gardner Museum 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:30 Crafts with Cindy (BL) 2:30 Needlepoint Group (BR) 7:00 History with Paolo (BL)	12:30 Line Dancing with Cris (BR) 3:00 Bocce (BR) 6:30 Cribbage (BR) 7:00 Dan Mackowiak (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 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
 Tue sdays
 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

Weekend Highlights: Friday 8/5 - Sunday 8/7

See what's happening this weekend!

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 7pm (Brush Hill Function Room & Blue Hill Activity Room)

Blue Hill: 12 Mighty Orphans

Cast: Luke Wilson, Vinessa Shaw, Robert Duvall, Martin Sheen

The true story of an orphanage at the height of the depression whose football team played shoeless and found different ways to win using unknown tactics that are being used today.

Brush Hill: 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, 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.

Weekly Highlights: Monday 8/8 – Sunday 8/14

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 8th

Wakefield Estate & Arboretum at 2 pm

Join Erica Max, Landscape Supervisor and Educational Coordinator at Wakefield Arboretum, as she gives us a special tour of the beautiful grounds at our neighbors across the street. See what is growing and flourishing, including several dogwood varieties selected for their fruit rather than their flowers. Suggested donation of \$5 (please bring cash). Call 617-361-7778 to sign up.

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

Any new Met production of Verdi's beloved tragedy *La Traviata* would be noteworthy, but Michael Mayer's dazzling staging, which premiered during the 2018-2019 season, was doubly significant as it marked Yannick Nezet-Seguin's first performances as the Met's Jeanette Lerman-Neubauer Music Director. On the podium for this Live in HD transmission, Nezet-Seguin leads a starry ensemble. As Violetta, the consumptive heroine fighting to find true happiness, soprano Diana Damrau delivers yet another compelling portrayal on the Met stage. Tenor Juan Diego Florez sings his first Verdi role with the company, as Violetta's ardent yet impetuous lover, Alfredo, and baritone Quinn Kelsey rounds out the principal cast as Giorgio Germont, Alfredo's implacable father. (Run time: 1 hr 43 minutes) *We will show Act III next week!*

Tuesday, August 9th

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.

Ron's Bowling and Ice Cream at 1 pm

Join your friends at an old-fashioned (candlepin!) neighborhood bowling alley right around the corner from Fuller Village. Besides bowling, Ron's makes wonderful homemade ice cream that Presidents have stopped in to try! You can also enjoy reasonably priced lunch items such as pizza, hotdogs etc. Please bring cash to cover any food as well as shoe rentals (\$3/person) and bowling (\$4/person/game). Call 617-361-7778 to sign up.

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.

Weekly Highlights: Monday 8/8 – Sunday 8/14

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

Wednesday, August 10th

Birthday Breakfast at 10 am (Blue Hill Activity Room)

All are invited to come celebrate our August birthdays! There will be plenty of breakfast pastries, coffee, and fresh fruit. All you have to do is sing Happy Birthday and have a good time! Co-sponsored by our friends at the Bank of Canton.

Special Recital: Judy Cobble and Donald Zook at 7 pm (Brush Hill Function Room)

Fuller Village's very own Judy Cobble (piano) will be joined by flutist, Donald Zook. We all know how wonderful Judy is on piano and Donald is a master at the flute as well! Donald made his solo debut at Orchestra Hall in Chicago and earned his Bachelor of Music, magna cum laude, from the American Conservatory of Music. He is Woodwind Department Chair and Director of Chamber Music at South Shore Conservancy and professor of flute at Bridgewater State University.

Thursday, August 11th

Isabella Stewart Gardner Museum at 10:30 am

Join us for a trip to the beautiful Gardner Museum with time to eat at their in-house restaurant, Café G. Tickets are \$18, which will be charged to your account. Whether you've been to the Gardner before or are going for the first time, their timeless exhibits are always worth the trip! Spaces are limited, so call 617-361-7778 to sign up – you must sign up by end of day, Friday 8/5.

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

Topic: "The Weight of Civilization": The Art and History of Sicily

Every major power in the Mediterranean, from the Greeks and Romans to the Arabs, Byzantines, and Normans have left their mark on the island. The blending of these cultures has produced a vibrant, colorful tapestry of life, art, and tradition. Come explore the culture and history of this Mediterranean jewel.

Friday, August 12th

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, August 13th

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

Sunday, August 14th

Good Tymes Banjo Band at 7 pm (Brush Hill Function Room)

The Good Tymes Banjo Band is a non-profit band of volunteer musicians who love the music of the "Great American Songbook", the fun they get from the band, and the wonderful feeling they get from entertaining people. The four string tenor banjo was very popular in the teens, twenties and thirties, but faded from the music scene with the advent of the big bands. However, the happy toe-tapping music of that bygone era is still alive and well.



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

➔ **NEXT SPECIAL ITEM COLLECTION:**

Tuesday, August 16th

Decorative Items & Artsy Items

Please drop off these items for our next upcoming collection at the same locations as before: café area, Depoyan, Foster, #36 Caroline Drive



Notecards - Ceramics – Pottery Artwork – Collectables - Frames, etc.

Thank You

From Nancy Kearns and Marty Allen

Call Marty for pickups if you need help. 617-312-8058

THE CARING COMMITTEE CORNER

“THE DOORWAY EFFECT”

You are in one room and for whatever the reason you need to go into another room to get something or to do something.

A strange thing takes place as you crossed the threshold , you forget what you went to get or what you went to do!

These are both common and annoying experiences when you finally realize that you have forgotten what you went to do or to get in the other room. Forgetting even suggests that we might not have paid enough attention to what we had to do or to get. Or perhaps it was not important enough to even remember.

This phenomenon actually has been studied and referred to as:

“THE DOORWAY EFFECT”

This theory was named “THE DOORWAY EFFECT” and came from a team of researchers at the University of Notre Dame who concluded that the act of walking through doorways is actually the cause of our forgetting!

Their research indicated that memory worsens after passing through a doorway than after walking the same distance within a single room. It would seem that the doorway effect occurs because we are changing both the mental and physical surroundings. There is an abrupt new visual change as we have entered another room.

Walking through a doorway resets a memory to make room for a new episode to emerge. It would seem that moving from one room to another represents the boundary between one context and another and tends to flush out a previous intent. Psychologist Thomas Stanford notes that this phenomenon suggests the strengths and weaknesses of human memory.

The good news is that experiencing such episodes after entering another room tells us nothing about our intelligence or cognitive abilities. More psychologists are already doing research on the doorway effect and are suggesting other valid possibilities for our forgetting.

There is the obvious possibility that we simply have too much on our minds already!

Stay safe and stay well.
Betsy Buchbinder
Caring Committee Chair

Alert: Peak Energy Day

With high temperatures and humidity forecasted today, ISO New England is projecting that electricity demand in the late afternoon may set the new system peak for the summer. Reducing your electricity usage during the projected peak period from 4 pm – 7 pm on Thurs, Aug 4th can lower your electricity bill for the coming year.



Gordon House

Dining Room Dinner Menu Revised

call at 617-361-6958 11:00 A.M.- 1:00P.M. Mon-Fri

Monday, August 8th

Butternut Squash Bisque
Or Salad du Jour
Cheese Ravioli with Marinara Sauce
Teriyaki Salmon
Rice, Broccoli
Chocolate Chip Cookie or Pecan Pie

Friday, August 12th

New England Clam Chowder
or Salad du Jour
Mushroom Spinach Lasagna
Swordfish with Herb butter
Butternut Squash, Asparagus
Carnival Cookie or Strawberry Shortcake

Tuesday, August 9th

Broccoli Cheddar Soup
or Salad du Jour
Pork Chop with House Applesauce
Chicken Marsala
Egg Noodles, Zucchini
Sugar Cookie or Boston Cream Pie

Saturday, August 13th

Lentil Vegetable Soup
or Salad du Jour
Southern Rotisserie Chicken
Chicago Style Hot Dog
Baked Beans, Cauliflower
Snickerdoodle Cookie, Peach Blueberry
Cobbler

Wednesday, August 10th

Chicken Tortellini Soup
or Salad du Jour
Sweet and Sour Meatballs
Fried Clam Strips
Potato Salad, Spinach
Reese's Pieces Cookie or Coconut
Custard Pie

Sunday, August 14th

Corn Chowder
or Salad du Jour
Prime Rib
Cod with Ritz Crumbs
Sweet Potato Potato, Green Beans
Double Chocolate Cookie or Cherry Pie

Thursday, August 11th

Wild Mushroom Soup
or Salad du Jour
Honey Garlic Shrimp
Salisbury Steak with mushroom Gravy
Cous Cous, Sugar Snap Peas
Oatmeal Craisin Cookie or Chocolate 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 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 Milton **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

Baked Haddock...17.95

Baked with buttered Ritz crumbs

Fuller Village Burger...13.00

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

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

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 8th

Shaved Steak and Scrambled Eggs with Toast
of Choice

Tuesday 9th

Veggie Wrap with White bean Hummus

Wednesday 10th

BBQ Steak Tips

Italian Sausage and Peppers

Potato Salad, Fruit Cup, Coleslaw, Cornbread

Always Available

Grilled Hot Dogs and Fuller Burger

Thursday 11th

House Blueberry Pancakes with Vermont
Maple Syrup and Apple Sausage

Friday 12th

Fried Clam Roll