



From the Desk of Deborah M. Felton
August 19, 2022

The Lounge is closed on Thursday, August 18th and Wednesday, August 31st. The Lounge is open from 5:30 p.m. to 7:00 p.m. serving a full menu on Wednesday, Thursday and Friday evenings unless there is an event at Brush Hill.

Senior TV Maintenance - Channel 222 on Senior TV will be undergoing maintenance and will not be available for viewing on Friday, August 19th from 3 p.m. to 5 p.m.

Walgreens Flu Clinic at Fuller Village - We will be working with Walgreens to offer a Flu Clinic at Fuller Village. Both the Over-65 Flu Vaccine and the vaccine for those residents and employees under 65 will be available. The Clinic will be held in the Function Room at Brush Hill on Tuesday, September 13th. Sign-ups will be at the end of August.

Keeping our Community Healthy - To protect our employees' and residents' health, especially those living with lung disease, we ask that you refrain from wearing heavily scented cologne, aftershave lotion, perfume, and other fragranced products in common areas and when using Fuller transportation. Some members of our community experience breathing problems or other symptoms when exposed to fragrances. Thank you for your consideration.

Early Voting for Primary Election - We will be making one van trip for early voting at Town Hall on Friday, September 2nd at noon. If you would like a ride, please sign up with Muriel at 617-361-7778. Early voting is offered from Saturday, August 27th through Friday, September 2nd.

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|--|--|---|--|--|-----------------------------|
| 2:30 Blue Hill Bridge (BL) 21 7:00 Broadway: The American Musical (Documentary Film) (BR) | 10:00 Coffee and Conversation (BL) 22 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) 7:00 History with Paolo (BR) 7:00 Metropolitan Opera on Demand (BL) | 10:00 Cardio Dance (BR) 23 10:00 Seated Zumba Gold (BL) 11:00 Senior Ballet (BR) 12:00 Back to Basics (BL) 12:00 Castle Island 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 3:45 Water Aerobics (BR) 4:00 Restorative Yoga (Zoom) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR) | 9:45 Cornhole (BL) 24 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 Dorchester Girl Author Talk with Judith Kirwan Kelley (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR) | 10:00 Towel Cardio (BR) 25 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:00 Zumba Gold (BR) 2:30 Needlepoint Group (BR) 7:00 Brush Hill Bingo (BR) | 10:30 Chair Yoga with Carol (BL) 26 12:30 Line Dancing with Cris (BR) 3:00 Bocce (BR) 6:30 Cribbage (BR) 7:00 Adam and Marcia Feldman (Duo) (BL) | 7:00 Movie Night (BR/BL) 27 |

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 8/24 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

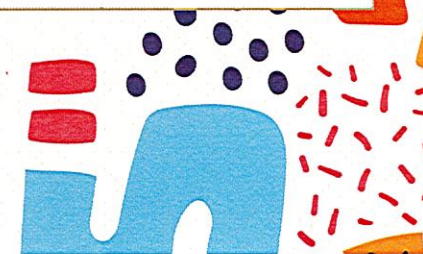
Bank of Canton
Tuesdays
Brush Hill 9 - 10 am
Blue Hill 11 am - 12 pm

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: Thursday 8/18 - Sunday 8/21

See what's happening this weekend!

Thursday, August 18th

Gazebo Concert with the Dave Macklin Band (Brush Hill Gazebo)

Hot Dogs at 5:30 pm; Music at 6 pm

Join us for our final Gazebo Concert of the season (and our first one to be held outdoors!). Sponsored by the Bank of Canton, we will enjoy great tunes (funk, R&B, and soul) and delicious hot dogs served up by our Men's Group. See you there!

Friday, August 19th

Wakefield Lunch Club at 12 pm

Join us for lunch on the patio at the Wakefield Estate, overlooking their beautiful gardens. Sometimes it is nice to just sit and enjoy the scenery, with the option of walking around a bit afterwards. Pack a lunch (or get something to-go from the café!) and come on over. Tables, chairs, and infused water will be provided. **Call 617-361-7778 to RSVP**, whether you plan to take the van or transport yourself.

Friday Night Services at 4:30 pm (Brush Hill Function 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 20th

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

BRUSH HILL showing: *Second Hand Lions*

Cast: Haley Joel Osment, Michael Caine, Robert Duvall

A coming-of-age story about a shy, young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas.

BLUE HILL showing: *Downton Abby: A New Era*

Cast: Hugh Bonneville, Maggie Smith

The Cawley family takes a trip to France and discovers something about the matriarch of the families past.

Sunday, August 21st

Broadway DVD at 7 pm (Brush Hill Function Room)

Join us for the next segment of PBS's **Broadway: The American Musical**. *Episode Three: I Got Plenty O' Nuttin (1930-1947)*. In the Depression, a musical theater dichotomy emerged: shows like **Cole Porter's** *Anything Goes* offered glamour as an escape, while others – like *Of Thee I Sing* and *The Cradle Will Rock* – dealt with the era's political concerns. **Rodgers** and **Hart** returned to New York to create new shoes, stars like **Ethel Merman** and **Ethel Waters** became top box office draws, and **George Gershwin** created his epic folk opera, *Porgy and Bess*. The advent of World War II prompted **Irving Berlin** to write one of his biggest hits, *This is the Army*.

Weekly Highlights: Monday 8/22 – Sunday 8/28

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 22nd

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

Topic: The Eternal State: The Rise and Fall of the Ottoman Empire, 1299-1922

From obscure, humble origins on the Anatolian Peninsula, the Ottoman Empire grew to be one of the dominant states of its time. At its peak, the Ottoman state stretched from North Africa to the Caspian Sea, and from Arabia to the gates of Vienna. As the Ottomans expanded, they subsumed older empires and became players in global games of politics and religion. This lecture will examine the long history of the Ottoman Empire from its beginnings through its peak in the 17th century to its ultimate decline after World War I.

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

Showing Hamlet Acts I & II

After over a century out of the Met's repertoire, audiences were thrilled to discover just what a sensational evening in the theater Thomas's Hamlet can be. *Simon Keenlyside's* riveting performance as the tortured Prince of Denmark in *Patrice Caurier* and *Moshe Leiser's* starkly brooding production had critics raving that Keenlyside's superb singing, coupled with his deftly delineated three-dimensional Hamlet, was one of the greatest examples of operatic drama of our time. The cast includes *Marlis Petersen* as the long suffering Ophelie, who brilliantly shows why her mad scene is so justly famous, along with *Jennifer Larmore* and *James Morris* as Gertrude and Claudius. (Run time: 1 hr 29 minutes) *We will show Acts III & IV next week!*

Tuesday, August 23rd

Wowzitude Virtual Tour of Pisa, Italy at 10 am (Channel 222 or BL Coffee Room)

Take a stroll through Pisa's old city walls into the world renowned Field of Miracles. In this live virtual tour you'll see the famous Leaning Tower of Pisa, Pisa's majestic cathedral, and the largest baptistery in the world. You'll learn some of the local's 1000-year-old history and hear amazing stories which make this UNESCO world heritage site unmissable.

Castle Island Trip at 12 pm

This trip is full with a wait list.

Wowzitude Virtual Tour of Ohrid, Republic of Macedonia at 2 pm (Channel 222 or BL Coffee Room)

The city of Ohrid has quite a long history to offer. It is located next to one of the oldest and deepest lakes in Europe, known as the "Pearl of the Balkan". Throughout the centuries, Ohrid has witnessed the taste of Ancient Greece, the Roman Empire, the Byzantine culture, the Ottoman Empire, but most of all, the influence of Slavic migration, which is still present today.

Weekly Highlights: Monday 8/22 – Sunday 8/28

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

Wednesday, August 24th

Dorchester Girl: Author Talk with Judith Kirwin Kelley at 3 pm (Brush Hill Function Room)

Join author Judith Kirwin Kelley for a discussion of her memoir, *Dorchester Girl*. Judith recounts her memories of growing up Irish Catholic in the Fields Corner neighborhood of Dorchester during the 1960's. The book is filled with tales of growing up as one of seven children, attending parochial school and Girls Latin School and life along a bustling Dorchester Avenue. This will be a special talk with plenty of opportunity for audience questions and participation.

Thursday, August 25th

Brush Hill Bingo at 7 pm (Brush Hill Function Room)

It's time again for our monthly Bingo Night at Brush Hill! All are welcome - \$5 gets you two cards and lots of fun! Bring a friend for more even more fun (and more money in the pot!).

Friday, August 26th

Adam & Marcia Feldman at 7 pm (Blue Hill Activity Room)

We are pleased to welcome back our favorite musical married couple! Adam is a professional pianist, arranger, and composer, while Marcia brings the vocal talent. They are sure to entertain!

Saturday, August 27th

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

Sunday, August 28th

Frederick Moyer at 7 pm (Brush Hill Function Room)

Back by popular demand! Frederick is a classically trained pianist who puts on a creative, engaging, and entertaining show.

A Special Note from a Neighbor

I want to express my sincerest thanks to all of my friends and neighbors here at Fuller Village for your telephone calls, your get-well cards, and your prayers wishing me a return to good health after my recent back surgery.

Your many kindnesses were all very much appreciated and I thank you very much.

Much love to you all.

- Elaine Bower

The Caring Committee Corner

The Joy of Eating

The celebrated television personality, Julia Child, famous for her presentations of French cuisine and author of the cookbook, "Joy in Cooking", brought a new vision of cooking itself to the American public. We watched her prepare unusual offerings, smothered in butter, as we salivated just imagining its taste!

Food is what we consume to give the nutritional support to sustain us, to maintain our health, our overall well-being and to satisfy our taste buds which have been classified as either sweet, sour, salty, bitter or umami (savory).

Umami was identified in 1907 by the Japanese scientist Dr Kikunae Ikeda while eating a bowl of rice made from a kind of kelp soup. He was convinced that there was a basic taste to be found in meat broth, aged cheeses and soy foods, cooked tomatoes, etc. which was "a savory taste".

Does taste have a function? It is actually a messenger that tells us about what we put into our mouths and we can decide whether or not it should be eaten. Is it still good or should it be discarded?

Emerging research in nutrition reinforces the fact that it is vital to have a healthy and varied diet high in fruits, vegetables, whole grains, and lean protein. Dr. Uma Naidoo, a nutritional psychiatrist at MA General Hospital, suggests that there is a connection between food and our mood and our brain! She believes there is a connection between the gut and the brain.

Food is more than just "comfort". What we consume is vital to our physical and mental well-being.

Enjoy what you eat!

Stay safe and stay well.

Betsy Buchbinder
Chair

CRAFT FAIR

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

(Rain date is Sunday, 18th)

**SPREAD
THE
WORD**

Please start spreading the word!

Invite your family, friends, past co-workers, health care workers to our Fuller Village Craft Fair on Sat. September 17th! Tell them all about the amazing variety of tables we will have; great prizes; amazing raffles:

- Raffles items valued at **\$100 each**, (tickets are 5/\$5 or 10/\$10 or 25/only \$20)
- (2) \$100 Scratch Ticket Boards!
- Baked goods, knitted items, jewelry, pocketbooks, art work,
- Kitchen goods, decorative items, pottery, artsy items, “steals & deals”
- Plus, our special outside vendor: honey, artistic jewelry, spices, & more!
- And, this year an ice cream truck.

Please be sure to tell them to bring **CASH and/or CHECKBOOK!**



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A special thank you to everyone who donated wonderful items for the Fuller Craft Fair.

Please remember to submit your **Gift Cards** and **Gift Baskets/Items** no later than

August 31st. Please do not drop off any other items after this date. We could also use more gift baskets (new items only) or basket items and we'll make up the baskets for you.

Again, your contacts are: Peg Riley for Villas; Mary Owens for Brush Hill, Ruth Chandler for Depoyan & Foster. Thank you! Nancy & Marty

Brush Hill Café Features

Daily Features come with choice of side...14

Monday 22nd
Chicken Caesar Wrap

Tuesday 23rd
Blueberry Pancakes with Vermont Maple Syrup

Wednesday 24th
Grill Day
BBQ Chicken Thigh
Chili Dog
Potato Salad, Fruit Cup, Coleslaw, Cornbread
Always Available
Hot Dogs and Fuller Burger

Thursday 25th
Vegetable Quiche

Friday 26th
Shrimp Cocktail



Gordon House

Dining Room Dinner Menu Revised

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

Monday, August 22nd

Sweet Potato Bisque
Or Salad du Jour
Meatloaf
Beer Battered Haddock
French Fries, Peas
M&M Cookie or Chocolate Cake

Friday, August 26th

New England Clam Chowder
or Salad du Jour
Shepard's Pie
Fried Clam Strips & French Fries
Green Beans
Carnival Cookie or Ricotta Cannoli

Tuesday, August 23rd

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

Saturday, August 27th

Minestrone Soup
or Salad du Jour
Baked Mac and Cheese
BBQ Baby Back Ribs
Cornbread, Broccoli
Snickerdoodle Cookie or Boston Cream
Pie

Wednesday, August 24th

Chicken Wild Rice Soup
or Salad du Jour
Roast Pork Loin
Honey Mustard Salmon
Rice Pilaf, Snap Peas
Reese's Cookie or Strawberry Rhubarb
Pie

Sunday, August 28th

Cream of Asparagus Soup
or Salad du Jour
Prime Rib
Lasagna
Baked Potato, Corn
White Chocolate Cranberry Cookie or
Lemon Layer Cake

Thursday, August 25th

Lentil Soup
or Salad du Jour
Steak Tips
Seafood Casserole
Potato Salad and Asparagus
Oatmeal Craisin Cookie or Dutch Apple 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
— JOY. A BOLDER 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

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

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.

