

SUN	MON	TUE	WED	THUR	FRI	SAT
2 2:30 Blue Hill Bridge (BL) 7:00 Jazzabelles (BR)	3 8:30 Pickleball 10:00 Guest Star Coffee Hour (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) 7:00 Metropolitan Opera on Demand (BL)	4 Yom Kippur 8:30 Bike Club Emerald Necklace Trip 10:00 Seated Zumba Gold (BL) 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 4:00 Pickleball w/Lori (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	5 Shana Tova 9:45 Cornhole (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) 12:45 Chorus (BL) 1:45 Catholic Mass (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)	6 8:30 Pickleball 10:00 News, Coffee and Conversation (BL) 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 11:00 Core on the Floor (BR) 12:00 Men's Lunch at Not Your Average Joe's 12:00 Mobility & Stability (BL) 2:30 Needlepoint Group (BR) 3:30 Racial Justice Action Hour (BR)	7 10:30 Chair Yoga with Carol (BL) 10:30 Zumba Gold (BR) 12:30 Line Dancing with Cris (BR) 1:00 Rich Travers (BL) 2:00 Game On! (BR) 3:00 Bocce (BR) 6:30 Cribbage (BR) 7:00 Rivers Between Duo (BL)	8 8:30 Pickleball 7:00 Movie Night (BR/BL)

The Silver Linings Hair Salon at the Gordon House is open Thu & 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 next be here on Wed 10/5 & 10/19 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 other scheduled trips, please call 617-361-7778

October 2022

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —

Weekend Highlights: Friday 9/30 - Sunday 9/25

See what's happening this weekend!

Friday, September 30th

Oma Communications One-on-One Tech Help from 1-4 pm (Blue Hill Activity Room)

Liz Flaig from Oma Communications is back to provide one-on-one help with your technology needs, whether with your smartphone, tablet, or laptop. Appointments are 20 minutes long. This month's appointments are full but she will return next month!

Jack Coleman at 7 pm (Blue Hill Activity Room)

Jack is a songwriter, pianist, vocalist, and former music teacher who plays regularly all around the Boston area. He has played at Fuller Village before as part of The Continentals and we are excited to welcome him back as a solo artist for a night of singing and piano.

Saturday, October 1st

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

BRUSH HILL showing: *Little Boy*

Cast: Emily Watson, Tom Wilkinson, Ben Chaplin

An 8-year-old in England during World War II is devastated when his father, his best friend, is drafted. He has development challenges and is bullied at school but tries his best to work it out.

BLUE HILL showing: *Resistance*

Cast: Jessie Eisenberg, Clemence Posey, Felix Moaty

Before he was a famous mime, Marcel Marceau was Marcel Mangel a Jewish actor who joined the resistance in France during World War II and saved many orphaned children.

Sunday, October 2nd

The Jazzabelles at 7 pm (Brush Hill Function Room)

Founded in 2006 by a small group of female musicians, the Jazzabelles have evolved into an all-female, big band style Jazz band performing across eastern Massachusetts. From ballads and big band favorites to Broadway tunes and Latin selections, the band's repertoire covers a broad spectrum of genres while appealing to a cross-section of audiences and age groups. With a highly diverse sound and following, the Jazzabelles have performed at popular venues like the Ritz Carlton Hotel and The Lofts at Westinghouse as well as at various private functions, night clubs and summer concerts throughout the state. Join them this evening for some of their all-time favorites.

Weekly Highlights: Monday 10/3 – Sunday 10/9

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

Monday, October 3rd

Guest Star Coffee Hour at 10 am (Blue Hill Coffee Room)

Join us for coffee at Blue Hill on Monday mornings with rotating special guests. This week will feature *Julia MacMahon*, Fuller Village's Program Director. Julia will share a bit about upcoming programming as well as her hobbies and interests outside of work, such as reading, running, volunteer work, and of course parenting the most adorable 4-year-old child in the world. 😊

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

Showing: Sonya Yoncheva

Met Stars Live in Concert, the Met's series of concerts livestreamed from extraordinary locations around the globe, continued in February 2021 from the ornate library of Germany's Schussenried Cloister. Showing off her remarkable artistry across the entire operatic repertoire, Sonya Yoncheva offered a program packed with popular soprano arias encompassing more than 250 years of music. The dazzling vocal display, accompanied by pianist Julien Quentin, featured favorite excerpts by Verdi, Puccini, Dvorak, Massenet, and Bizet – as well as a pair of poignant Baroque selections and Edith Piaf's classic ballad "*Hymne a l'amour*." As Yoncheva said at the performance's close, it was a concert inspired by love and one that she hoped would help unite music lovers throughout the world. (*Run time: 1 hour, 6 minutes*)

Tuesday, October 4th

Bike Club Emerald Necklace Trip at 8:30 am

Bike Club members will be taking the van to the Arnold Arboretum, then riding our bikes along the Emerald Necklace all the way to the Charles River and back, with a stop for lunch at Time Out Market. This is a trip for current Bike Club members only. To learn more about Bike Club for future trips, please call Julia at 617-361-2116.

Wowzitude Virtual Tour: A Walk with the Ghosts of Ancient York at 10 am (Channel 222 or BL Coffee Room)

Join us in York with our guide John as he tells us the stories of the dark heart of the city. Centuries of conflict, dark deeds and tragic events have left their mark and York is known as "Europe's most haunted city." Don't miss the chance to discover the spine-tingling secrets of the ancient city, stories to remember from a city you can't forget.

Weekly Highlights: Monday 10/3 – Sunday 10/9

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

Tuesday, October 4th (Continued)

Wowzitude Virtual Tour of Savannah, Georgia at 2 pm (Channel 222 or BL Activity Room)
Stroll through the streets of Savannah, Georgia, a city known for manicured parks, horse-drawn carriages and antebellum architecture. Its historic district is filled with cobblestoned squares and parks such as Forsyth Park. Shaded by oak trees covered with Spanish moss, we'll stroll through the parks learning about the history, architecture, and hauntings of one of the oldest cities in America.

Wednesday, October 5th

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

Join Father Bennett for Catholic Mass, held twice monthly in alternating locations.

Thursday, October 6th

Men's Lunch to Not Your Average Joe's at 12 pm

Join the fellas for a lunch out at Not Your Average Joe's in Westwood. Serving classic American fare, this place has something for everyone! Call 617-361-7778 to sign up.

Racial Justice Action Hour at 3:30 pm (Brush Hill Function Room)

Want to take tangible steps to address racial injustice? Join us for our Action Hour – each month we will focus on a different action, such as calling elected officials, signing petitions, and more. You'll receive training and support throughout the session as well as a community of fellow residents getting involved right alongside you! This month's Action Hour will focus on the statewide ballot initiative, Question 1: The Fair Share Amendment. We will devote a lot of time to explaining and discussing the issues and encourage you to join to learn more! Please bring a smartphone, tablet, or laptop if you have one.

Friday, October 7th

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: Music from the Cold War (1947-1991)

This presentation looks at the facts, films and musicians of a dark period of American/Soviet relations. This lecture will consider the effects of the Atomic Bomb and the Cold War on popular culture and music. Other topics will include McCarthyism, Communism and the Bomb Shelter. Classical music, folk music, country and western music and rock n roll music from the 1940's thru the 1980's will be discussed.

Weekly Highlights: Monday 10/3 – Sunday 10/9

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

Friday, October 7th (Continued)

The Return of *Game On!* at 2 pm (Brush Hill Function Room)

Back by popular demand: Friday is Game Day! We will be transforming the Function Room into a game room with ping pong, cornhole, board games, Wii Bowling, and more. There will be something for everyone so please come by – if we don't have what you're looking for, let us know and we will look into adding it!

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

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. We are excited to welcome them back to Fuller!

Saturday, October 8th

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

Sunday, October 9th

Broadway DVD at 7 pm (Brush Hill Function Room)

Join us for the next segment of PBS's **Broadway: The American Musical**, *Episode Five: Tradition (1957-1979)*. In the late 50s and early 60s, Broadway continued producing enduring hits, including the groundbreaking *West Side Story*, but in the era of rock & roll and tumultuous social change, Broadway reinvented itself and established new traditions. The conceptual theater of **John Kander & Fred Ebb's** *Cabaret*, as directed by **Hal Prince**, was followed by the tribal love-rock musical *Hair* and the urban angst of **Stephen Sondheim's** *Company*. **Bob Fosse** showcased sexy cynicism in *Chicago*, and **Michael Bennett** created the blockbuster, *A Chorus Line*. With **Prince and Sondheim's** production of *Sweeney Todd*, the musical reached unexpected heights in style and material.

Thank You

In addition to the many people who worked at the Raffle Table of the Fair, there were dozens of residents who contributed generously to make the Raffle prizes appealing. Prepared baskets of items, gift cards, wine and spirits, specialty items, and products to "bundle" together made a very enticing array of prizes. Our thanks to all the donors!

- Mary Owens, Gail Zaslow, Peg Riley

Do you want to learn to play **Mahjong**? We are gauging interest from those who've always wanted to play but don't know how. If we get enough people, we will look into scheduling a 4-week Introduction to Mahjong class focused on teaching the basics. Please contact Julia at 617-361-2116 if you would like to join.



Get ready for the Fuller Village

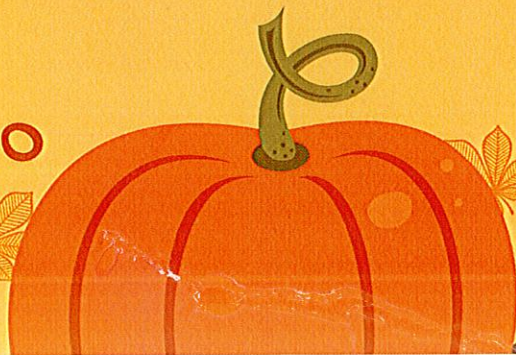
FALL FESTIVAL

MUSICAL ENTERTAINMENT BY
THE JOHN BAPTISTA QUARTET

Thursday, October 13th 6-8 pm
Brush Hill Function Room & Patio

Local food trucks will be on site:
Grub Guru and **Farm to Sandwich**
Cash Bar

We will be joined by members of the
MFHC Board of Directors



Food Truck Information

Food will be provided by two wonderful local food trucks (menus below). There will be plenty of food for everyone but we ask that you be patient with lines to get food and if you require help bringing food back to your table.

Grub Guru

- Chicken Tenders
- Hummus with Pita
- Vegetarian Spring Roll
- Dan Dan Noodle with Chicken
- Beef & Eggplant Gyro
- Butter Chicken Poutine

Farm to Sandwich

3 burger options, all served with chips & a soda

- FTS Burger w/red onion marmalade and smoked mozzarella
- All American Burger w/pickles, lettuce, burger sauce, and cheese
- Vegetarian Burger – smoked vegetables with lettuce and sun-dried tomato pesto

**WE WILL HAVE A CASH BAR IN
THE CAFÉ AND SEATING AND
GAMES ON THE FRONT AND
BACK PATIOS**

We are excited to see many of you at the Fall Festival to celebrate the season together! Join your neighbors, Fuller Village staff, and members of the MFHC Board of Directors for a fun evening filled with music, food, and community.

Fall Festival

Thursday, October

13th 6 – 8 pm

Brush Hill Campus

ENTERTAINMENT PROVIDED BY

The John Baptista Quartet

Blending classic combo jazz with contemporary and smooth overtones.



September 25, 2022

Dear friends of the Annual Craft Fair,

Our gratitude extends to the bakers, knitters, crafters, arrangers, raffle sellers, handbag, jewelry and boutique salespeople, corridor guards, golf cart drivers, tote bag distributors, money counters and set up and cleanup crews! Many members of the Fuller staff were a fabulous addition to this winning team!

We thank those who shopped at the Fair and spread the word to family and friends who came and purchased quality items at bargain prices. Contributions from residents and businesses were amazing.

The Grand Total from the tables is \$12,316!

Some of the fabulous table totals are: Raffles \$5,475, Bakers \$2,001, Knitters \$1,435, Pocketbooks \$1,300, Jewelry \$502, Bird Prints \$520, and the five other tables ranged from \$106 to \$379! The outside vendors also did well and appreciated the hospitable welcome given to them.

The proceeds are given to the Residents' Association and will be spent on a variety of Milton community donations such as Police, Fire and Food Pantry and also to make purchases to be enjoyed here. One most valued outcome is the fact that so many new people gladly volunteered their time and enjoyed a terrific experience of being a contributing member of a valued community!

The Residents' Association Board acknowledges the risk of relying upon one large outdoor event to fund its annual budget. Suggestions will be welcomed by the incoming Board. For example, there will be a high value **Silent Auction** at the annual Residents' Association meeting on **Wednesday October 12** at which we will thank the wonderful outgoing officers and introduce the new officers and Board members for the incoming year.

With sincere appreciation,

The entire Annual Fair Committee

Growth Through Learning



Come Celebrate 25 Years Supporting Girls' Education in East Africa!
Friday, October 21 at 7 p.m. in the Function Room
Everyone's Invited!

Come to the Brush Hill Function Room on Friday night, October 21 at 7 p.m. to celebrate the 25th Anniversary of Growth Through Learning (GTL). Meet Wanjiku (our Executive Director), Mercy (our Nairobi, Kenya, staff person) and Irene (a GTL graduate from Tanzania) in person! Also see slides and film clips of our girls and their schools. The one-hour program will be followed by light refreshments. See you there!

We especially want to acknowledge the 33 Fuller Village residents who together are supporting 14 girls in secondary school in 2022! What wonderful generosity! We celebrate you! Over the 25 years, more than 1,800 girls have graduated from secondary school thanks to GTL, and this year we are supporting over 340 girls, including over 100 new students.

Growth Through Learning (GTL) provides full secondary education scholarships for exceptional young women in Kenya, Uganda, and Tanzania who would otherwise be unable to afford education beyond primary school. GTL and other efforts to support girls' education are critically important. Although the value of girls' education is well known, few girls in East Africa attend high school and even fewer graduate.

If you want more information, please contact me at (mary_ann_millsap@msn.com) or leave a note in my villa mailbox (50 Caroline).

See you all on the 21st!

Mary Ann Millsap, President, GTL Board of Directors

Gordon House

Dining Room Dinner Menu

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

Monday, October 3rd

Butternut Squash Bisque
Or Salad du Jour
Chicken Cacciatore
Lemon Sole
Creamy Polenta, Sauteed Spinach
Chocolate Chip Cookie or
Pecan Pie

Friday, October 7th

Chicken Macaroni Soup
or Salad du Jour
Roast Beef Tenderloin
Pistachio Crusted Salmon
Red Bliss Mash, Green Beans Almondine
Carnival Cookie or
Devils Food Cupcake

Tuesday, October 4th

Curried Red Lentil Soup
or Salad du Jour
Flank Steak Frites
Stuffed Portabella Mushroom
French Fries, Peas and Corn
Sugar Cookie or
Chocolate Banana Bread

Saturday, October 8th

Portuguese Kale Soup
or Salad du Jour
Chicken Broccoli Ziti
Vegetarian Chili
Cornbread, Broccoli
Snickerdoodle Cookie or
Sweet Potato Pie

Wednesday, October 5th

Cream of Mushroom Soup
or Salad du Jour
Veal Schnitzel
3 Cheese Ravioli in Pomodoro
Diced Potatoes, Orange Carrots
M & M Cookie or
Mixed Berry Summer Pudding

Sunday, October 9th

3 Bean Soup
or Salad du Jour
Shepherd's Pie
Baked Scallops
Baked Potato, Garden Peas
Double Chocolate Cookie or Cannoli

Thursday, October 6th

Clam Chowder
or Salad du Jour
Sweet & Sour Pork Meatballs
Crispy Fried Shrimp
Lo Mein Noodle Veggie Stir Fry
Oatmeal Craisin Cookie or
Blueberry Coffee 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 **Unidine**
in Milton
— 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

Honey Mustard Chicken

Sandwich...10.00

Grilled chicken breast, Honey Mustard, Cheddar
Cheese, Lettuce and Tomato, Pickles and Choice
of Side

Salad of the Month...10.00

Wedge Salad Topped with Blue Cheese dressing,
Cherry Tomato, Bacon and Red Onion
Add seafood salad...6.00
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 Specials

– daily specials –
all served with one side... 14.00

Monday, October 3rd
Pastrami Rueben

Tuesday, October 4th
Egg Salad Sandwich
on a croissant with bacon lettuce and tomato

Wednesday, October 5th
Veggie Panini with Swiss

Thursday, October 6th
Egg Fried Rice with Orange Chicken

Friday, October 7th
Shrimp Tempura