



From the Desk of Deborah M. Felton
September 9, 2022

Welcome Mary McMahon and Ed McGowan to Foster 007. Welcome Donna Crump to 12 Caroline.

Join me for a new Coffee Hour on Monday, September 12 at 10:00 a.m. at Blue Hill. This will be a weekly coffee we hope to continue with a new guest each week!

Get ready for the Residents Association Annual Craft Fair on Saturday, September 17th from 10:00 a.m. – 2:00 p.m. Volunteer, buy raffle tickets, or purchase baked goods and other items to support the Residents Association. And be sure to tell your friends and family!

New President of the Residents Association, John Gallagher will join Coffee Hours at each campus this month. He will be at the Brush Hill Coffee Hour on Friday, September 16th at 9 am and the Blue Hill Coffee Hour on Monday, September 19th at 10:00 a.m. Come meet him or re-introduce yourself!

Readville Commuter Train Line - Get a group of friends and take the train to the Back Bay station or South Station for a day in Boston. The Franklin Line stops at Back Bay and the Fairmount line takes you to South Station! The train is free during the Orange line shutdown. The Fuller Van will drop you off at the train station and pick you up in the afternoon. There is also plenty of parking at the station.

General Election - If you are not registered to vote in Milton, voter registration is now open for the general election on November 8th. There will be early voting from October 22nd to November 4th at Town Hall.

DCR to Host Listening Session on Neponset to Blue Hills Feasibility Study on September 20th. For more information go to our Touchtown App and look under Resident Resources.

Welcome to Josh Botsford, our new Executive Chef. Please come to the dining room or lounge to experience the delicious food being prepared by Executive Chef Josh and our new sous chef, Kevin Hardy.

Condolences to Stephanie Janey and Family on the death of her husband, Skip.
Condolences to the family and friends of Bebe Rosenstein.

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 11	10:00 Coffee with Staff (BL) 12	10:00 Seated Zumba Gold (BL) 13	9:45 Cornhole (BL) 14	10:00 News, Coffee and Conversation (BL) 15	10:30 Chair Yoga (BL) 16	Pool & Fitness Center Closed 17
7:00 The Splinters (BR)	10:30 Water Aerobics (BR)	11:00 Flu Shot Clinic (BR)	10:00 Birthday Breakfast (BL)	10:00 Towel Cardio (BR)	10:30 Zumba Gold (BR)	10:00 Fuller Village Craft Fair (BR)
	11:00 Bocce (BR)	12:00 Back to Basics (BL)	10:30 Water Aerobics (BR)	10:30 Bible Study (BR)	12:30 Line Dancing with Cris (BR)	7:00 Movie Night (BL)
	11:00 Floor Yoga (BR)	12:30 Tai Chi (BR)	11:00 Floor Yoga (BR)	11:00 Core on the Floor (BR)	3:00 Bocce (BR)	
	12:00 Chair Yoga (BR)	1:00 Group Meditation (BL)	12:00 Chair Yoga (BR)	12:00 Men's Lunch	6:30 Cribbage (BR)	
	1:00 Bridge (BR)	7:00 Bingo! (BL)	12:45 Chorus (BL)	12:00 Mobility & Stability (BL)		
	2:00 Handcrafters (BL)	7:00 Men's Poker Club (BR)	3:00 Rosary (BL)	2:00 Rich Travers (BR)		
	2:00 Wakefield Estate Visit		7:00 Knitters and Sewers (BR)	2:30 Needlepoint Group (BR)		
	7:00 Metropolitan Opera on Demand (BL)			3:30 400 Souls Book Group (BR)		
				7:00 Brush Hill Bingo (BR)		

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 9/21 at 1 pm. Please call 617-986-3668 to schedule an appointment

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

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

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

Transportation
If you need transportation between campuses or to an approved local stop (Stop & Shop, CoA, library, Milton Hospital), please call 617-361-7778.

September 2022

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Fuller Village
in Milton
— LIVE A FULLER LIFE —

Weekend Highlights: Thursday 9/8 - Sunday 9/11

See what's happening this weekend!

Friday, September 9th

Joe Sabourin & Katie O'Brien at 7 pm (Blue Hill Activity Room)

Katie & Joe are professional musicians from Boston. Performing songs from the classic American Songbook, they are sure to excite! Fuller Village is excited to welcome this new act!

Saturday, September 10th

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

BRUSH HILL showing: *The Stray*

Cast: Michael Cassidy, Sarah Lancaster, Scott Christopher

The Mitchell family is struggling. Dan is a workaholic which leaves Michelle trying to manage 3 children. But everything changes when a stray dog adopts them.

BLUE HILL showing: *National Treasure*

Cast: Nicholas Cage, Diane Krueger, Jon Voigt

Well known archeologist Ben Gates must look for a treasure of papers stolen from the National Archives of George Washington, Benjamin Franklin and James Madison.

Sunday, September 11th

The Splinters at 7 pm (Brush Hill Function Room)

This bluegrass and old-time string band delivers a relentless groove to accompany their tight 3-part harmonies. A Splinters set veers from straight ahead bluegrass to traditional fiddle tunes and back, with the occasional detour into a modern song. They released their first album as a quartet, "Grey Owl", at the Thomas Point Beach Bluegrass Festival. Their duo, Long Lost String Band, also sometimes plays on Friday nights at Blue Hill – come see the full group (fiddle, guitar, banjo, mandolin, and bass fiddle)!

Weekly Highlights: Monday 9/12 – Sunday 9/18

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

Monday, September 12th

Coffee with Staff 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 Deborah Felton, Executive Director. Fresh coffee and pastries will be served.

Wakefield Estate & Arboretum Tour at 2 pm

Join Erica Max, outgoing beloved Program Director, for an accessible walking tour of the Wakefield Arboretum and grounds, just across the street from Fuller Village! We will take in the resilience of the garden at the end of this hot and dry summer and learn all about how the Wakefield staff have managed. Monthly tours will continue, but this is our last one hosted by Erica so presents a great opportunity to hear her unique take on the gardens one last time! Suggested donation of \$5. To sign up, please call 617-361-7778.

Weekly Highlights: Monday 9/12 – Sunday 9/18

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

Showing Madama Butterfly (March 2019 performance) Acts II & III

Ever since it opened the 2006-2007 season, Anthony Minghella's striking production of *Madama Butterfly* has been a Met classic. Drawing inspiration from traditional Japanese theater, Minghella's staging retells this heartbreaking tale with brilliant stagecraft, bold colors, and bunraku puppetry. In this Live in HD performance from 2019, Chinese soprano Hui He stars as Cio-Cio-San, the young geisha who puts her trust in a visiting American naval officer, only to later be abandoned by him. In a feat of operatic heroics, tenor Bruce Sledge appears as the callous Pinkerton, stepping into the role on short notice to replace an ailing colleague. Pier Giorgio Morandi conducts one of opera's most tragic masterpieces, leading a cast that also includes mezzo-soprano Elizabeth DeShong as Cio-Cio-San's loyal companion, Suzuki, and Tony Award-winning baritone Paulo Szot as the U.S. consul Sharpless.

Tuesday, September 13th

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

On this walk, Claudia will take us on a walk through her beloved hometown, which is without a doubt one of the most beautiful cities in the world! No wonder so many famous people decided to live in Vienna even though they were born elsewhere!

Tuesday, September 13th (Continued)

Flu Shot Clinic 11 am – 3 pm (Brush Hill Function Room)

By appointment only; only a few spots left. If you would like to sign up, please call Muriel at 617-361-7778. For those with appointments, please show up on time and remember to bring your insurance information. Please note that the following programs will change locations to accommodate the flu shot clinic:

- **Tai Chi at 12:30 pm** will be in the *Yoga Studio at Brush Hill*
- **Group Meditation at 1 pm** will be in the *Blue Hill Activity Room*

Wowzitude Virtual Tour of Assisi, Italy at 2 pm (Channel 222 or BL Activity Room)

Admire the rich art and tradition of Assisi on this virtual walking tour. Start your tour at the main square, the Piazza del Comune. See one of the best-preserved Roman temples in Italy: The Temple of Minerva, built in the Late Republic period of the 1st century BC. Walk among medieval government buildings and the remains of an ancient forum.

Wednesday, September 14th

Birthday Breakfast at 10 am (Blue Hill Activity Room)

Join us to celebrate our September birthdays! All are welcome – fresh pastries, fruit, and coffee will be served. Co-sponsored by our good friends at the Bank of Canton.

Weekly Highlights: Monday 9/12 – Sunday 9/18

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

Thursday, September 15th

News, Coffee, and Conversation at 10 am (Blue Hill Coffee Room)

Don't forget to come down for the Thursday coffee hour and discussion, now taking place weekly! Join for a fresh cup of joe, pastries, and discussion of the news, from local to national to global! All are welcome, including residents from Brush Hill and the Villas.

Men's Lunch at 12 pm

This month, the men will be trying out Il Massimo at Legacy Place in Dedham. Il Massimo is a fabulous Italian restaurant which offers a special 3-course Presto! Lunch for only \$19.95. Call 617-361-7778 to sign up.

Rich Travers at 2 pm (Brush Hill Function Room)

Topic: The Life and Music of Leonard Bernstein

The lecture will include a historical look at the impact of Leonard Bernstein on music. From Beethoven to Broadway, from Tanglewood to the great concert halls of Europe, Bernstein's passion for music as a performer, composer, conductor and teacher left an indelible mark on listeners and musicians alike.

Four Hundred Souls Discussion Group at 3:30 pm (Brush Hill Function Room)

Join us for a discussion of Part 9 (1939-1979) of *Four Hundred Souls: A Community History of African America, 1619-2019*. **We will specifically discuss the following essays:** *The Black Left* by Russell Rickford, *Black Arts* by Imani Perry, and *Black Power* by Peniel Joseph. We will also spend some time discussing the poem at the end of the section ("*And the Record Repeats*" by Chet'la Sebree). New members are always welcome and you can reach out to any of our resident librarians to borrow a copy of the book.

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

Once a month, Brush Hill hosts a fun game of Bingo! All are welcome - \$5 gets you two cards and lots of fun!

Friday, September 16th

Fair prep for all Fair Volunteers, 10-5 pm (Brush Hill Function Room)

All fair volunteers should be in the Function Room between 10 am – 5 pm to unpack their boxes and price their items. Boxes will be delivered to you there.

Weekly Highlights: Monday 9/12 – Sunday 9/18

Look out for these special events and offerings next week! (Page 4)

Saturday, September 17th

Pool & Fitness Center Closed

Fuller Village Craft Fair, 10 am – 2 pm (Brush Hill)

Be sure to spread the word to friends and family about our annual craft fair! We will hold it rain or shine – in the case of nice weather, it will be outside in the parking circle in front of Brush Hill; in the case of rain, we will hold it inside in the Function Room and other spaces. We look forward to seeing you all there!

Movie Night at 7 pm (Blue Hill Activity Room *ONLY*)

Due to the Fair, we will not be showing a movie at Brush Hill this evening. The rotating films selected by Roz Spigel will return next Saturday, 9/24. Thank you to new resident, Maria Judge, for selecting and streaming this week's film (see below).

Showing: *Ball of Fire* (1941)

Cast: Barbara Stanwyck, Gary Cooper, Dana Andrews, special appearance by Gene Krupa

A screwball comedy about a group of professors laboring to write an encyclopedia. Hoping to update his chapter on modern slang, Professor Bertram Potts ventures into a chic nightclub where he meets the snarky burlesque performer "Sugarpuss" O'Shea. Fascinated by her command of popular jargon, Potts invites her back to the professors home, but doesn't realize she's the fiancée of a mobster. In the ensuing mayhem, Potts must stay on his toes or be swallowed up by bigger fish. My favorite description of the movie came from the Boston Globe movie listings: "Professor researching slang meets stripper who speaks it."

Sunday, September 18th

Broadway DVD at 7 pm (Brush Hill Function Room)

Join us for the next segment of PBS's **Broadway: The American Musical**. *Episode Four: Oh, What a Beautiful Mornin' (1943-1960)*. Beginning with *Oklahoma!* in 1943, the partnership of **Richard Rodgers** and **Oscar Hammerstein II** set a new standard for storytelling on Broadway. With *On the Town*, **Leonard Bernstein**, **Betty Comden**, **Adolph Green**, and **Jerome Robbins** musicalized wartime New York, and **Irving Berlin** and **Ethel Merman** triumphed with *Annie Get Your Gun*. Shows like *Kiss Me, Kate*, *Guys and Dolls*, and *My Fair Lady* offered sophisticated literary adaptations, and *The Ed Sullivan Show* brought a television spotlight to Broadway. With the death of *Oscar Hammerstien II* in 1960 after **The Sound of Music**, the curtain lowered on a golden age.

-Fuller Village Craft Fair-

The Café and Patio will be off limits to all residents and guests the day of the fair. It is to be used **ONLY by the craft fair workers & maintenance staff to store their items & boxes, water & snacks, meals and to take their rest breaks.**

Please do **not** enter the café
or use the patio area on Sat. the 17th.

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All Fair table chairpersons/co-chairs and some of their volunteers should be in the function room on Friday the 16th between 10-5 to help unpack their boxes and price their items. Your boxes will be delivered to you there.

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All BAKERS need to drop off their baked goods on Friday the 16th!

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9:00 a.m. Fair Day: All Craft table workers should help their chairperson move the items from the function hall to the outside tables to set up items before guests arrive at 10. Brings carts to help and we'll also provide some.

Notes from the Program Director

Welcome to our new Macro Social Work Intern, Vasilias Kavadas

Please join us in welcoming our new intern, Vasilias, who starts next week and will be on-site at Fuller Village on Mondays and Tuesdays! Vasilias is part of the Spier Fellowship in Aging and is excited to be a part of the Fuller Village community for the 2022-2023 school year. Here is a note from her:

Hello! My name is Vasilias Kavadas and I am very excited about, and grateful for, the opportunity to join you at Fuller Village this year. I am a first-year Master of Social Work student at Boston College, focusing on Macro-level Social Work (i.e. organizations, programs, and policy). I am originally from Michigan and lived in Illinois before making my way to Boston last Fall. Starting September 12th, I will be interning with Julia to focus on a few programming-related projects. I can't wait to get started and am looking forward to meeting you soon!



Bird Print Fundraiser at the Craft Fair

Hal Pratt will continue his Bird Print fundraiser at next weekend's Craft Fair, where he will sell magnificent framed prints of birds created by esteemed artist (and Hal's college friend!) Robert Seaman. Each framed print costs \$20, with proceeds split between our Residents' Association and the artist. There are 12 prints to choose from. Please remember to bring cash or check.



Gordon House

Dining Room Dinner Menu

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

Monday, September 12th

Tomato Basil Soup
Or Salad du Jour
Homemade Meatballs over Spaghetti
Late Summer Pasta Prima Vera
Sautéed Golden Zucchini
Chocolate Chip Cookie or Pineapple Upside
Down Cake

Friday, September 16th

Manhattan Clam Chowder
or Salad du Jour
Rotisserie Chicken
Swordfish Piccata
Rosemary Roasted Potatoes, Asparagus
Carnival Cookie or Peach Cobbler

Tuesday, September 13th

Chicken & Corn Egg-drop Soup
or Salad du Jour
Beef with Broccoli
Teriyaki Salmon
Egg Fried Rice, Green Beans
Sugar Cookie or Fruit Forrest Pie

Saturday, September 17th

French Lentil Soup
or Salad du Jour
Grilled Marinated Pork Chop
New England Baked Cod
Wild Rice Pilaf, Broccoli
Snickerdoodle Cookie or Strawberry
Cream Cake

Wednesday, September 14th

Louisiana Sausage Gumbo
or Salad du Jour
Chicken & Biscuits
BBQ Ribs with Potato Salad
Braised Greens
M & M Cookie or Pecan Pie

Sunday, September 18th

Tuscan White Bean Soup
or Salad du Jour
UDSA Prime Ribeye
Four Cheese Ravioli Alfredo
Baked Potato, Baby Carrots
Double Chocolate Cookie or Cherry Pie

Thursday, September 15th

Chicken Noodle Soup
or Salad du Jour
Frank & Beans and Brown Bread
Fried Ipswich Clam Roll
House Coleslaw
Oatmeal Craisin Cookie or Chocolate Torte

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
— CIVIL & BULLOCKS —



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, September 12

Philly Steak & Cheese Sub
shaved beef, onions and cheese

Tuesday, September 13

California Chicken Wrap
grilled chicken, avocado, arugula and tomato

Wednesday, September 14

Pizza Day
plain cheese, veggie, pepperoni

Thursday, September 15

Cuban Sandwich
sliced pork, ham, pickles and swiss

Friday, September 16

Grilled Salmon Burger
lettuce, tomato and chipotle mayo