



From the Desk of Deborah M. Felton
September 16, 2022

Welcome to our new intern from Boston College School of Social Work, Vasilia Kavadas.

Pool and Fitness Center are closed on Saturday, September 17th.

See you at the Fair! If you need transportation from Blue Hill to Brush Hill the golf cart will be making regular trips up to Blue Hill; no need to make a reservation. Villa residents who would like a ride to the Fair should call Muriel at 617-361-7778 by 4:30 pm on Friday to schedule. The van will also be available to transport residents who need the lift. Cash or Check only. All funds raised support programming and funding for resident committees. Thank you to all the Fair workers led by Nancy Kearns and Marty Allen!

Thank you to Flu Clinic workers: Margaret Lind, Sara Moyer, Celina Schreiber, Vasilia Kavadas, Julia MacMahon, Daniel McGarr and Joey DiGiano (organizer!) A big thank you to Irene, the pharmacist at Walgreen's and her staff for coming to Fuller Village.

Covid Vaccine Shots - We have not scheduled the Covid Omicron vaccine. Depending on whether you want the Pfizer or Moderna vaccine will determine which Pharmacy you go to, to get your Vaccine.

Access Road is open only for residents' cars from 3 pm to 8 pm as a one-way road from Brush Hill to Blue Hill. Please do not go up the access road with a vehicle at other times. The road is never open to vehicles going down to Brush Hill. There is a sign that states "Do Not Enter". Golf carts are allowed at any time on the access road.

COVID - Protect yourself; wear a mask when in groups of 10 or more. We have had at least 5 Covid cases at Brush Hill in the past week. If you've tested positive for Covid, please contact Joey or Muriel immediately. You will need to stay isolated in your unit for at least 5 days, then wear a mask anytime you leave your unit for at least an additional 5 days. If you've been exposed to somebody who has Covid, please wear a mask for at least 10 days when in public spaces and test on Day 5.

Pub Night is postponed until further notice. We look forward to getting everyone together again soon. The rescheduled Pub Night will include a Silent Auction run by the Residents' Association featuring several generously donated gift cards for local restaurants, Ikea, Amazon, & more!

Charles River Boat Cruise - We have two spots left for the September 20th Charles River Boat Cruise. Please call Muriel at 617-361-7778 if interested.

If you missed the Flu Clinic, please go to the Walgreen's on Truman Highway or any pharmacy convenient for you to get a Flu shot.

Brush Hill Residents – A vehicle parked in the circle in front of Brush Hill on Tuesday around 12:30 pm was vandalized and the catalytic converter was stolen from the car. If anyone saw anything, please contact me immediately.

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 18	8:30 Pickleball w/Staff (BL) 19	10:00 Seated Zumba Gold (BL) 20	9:45 Cornhole (BL) 21	8:30 Pickleball 22	10:30 Chair Yoga w/Carol (BL) 23	8:30 Pickleball 24
7:00 Broadway: The American Musical (Documentary Film) (BR)	10:00 Coffee w/Staff (BL)	10:30 Functional Fitness (BR)	10:00 Mobility & Stability (BR)	10:00 News, Coffee and Conversation (BL)	10:30 Zumba Gold (BR)	10:00 Puzzle Swap (BR Foyer)
	10:30 Water Aerobics (BR)	11:00 Charles Riverboat Cruise	10:30 Water Aerobics (BR)	10:00 Towel Cardio (BR)	12:00 Wakefield Lunch Club	7:00 Movie Night (BR/BL)
	11:00 Bocce (BR)	12:00 Back to Basics (BL)	11:00 Floor Yoga w/Carol (BR)	10:30 Bible Study (BR)	12:30 Line Dancing w/Cris (BR)	
	11:00 Floor Yoga w/Carol (BR)	12:30 Tai Chi (BR)	12:00 Chair Yoga w/ Carol (BR)	11:00 Core on the Floor (BR)	2:00 Economic Market Update w/ Bank of Canton (BR)	
	12:00 Castle Island	1:00 Group Meditation (BR)	12:45 Chorus (BL)	12:00 Mobility & Stability (BL)	3:00 Bocce (BR)	
	12:00 Chair Yoga w/Carol (BR)	4:00 Pickleball w/Lori (BR)	1:45 Catholic Mass (BL)	2:00 Music Lovers Club (BL)	4:30 Friday Night Services (BR)	
	1:00 Bridge (BR)	4:00 Restorative Yoga (BR)	2:30 Treats & Tea (BL)	2:30 Needlepoint Group (BR)	6:30 Cribbage (BR)	
	2:00 Handcrafters (BL)	7:00 Bingo! (BL)	3:00 Caring Committee (BR)		7:00 Nate Ramsayer (BL)	
	3:00 Library Book Club (BR)	7:00 Men's Poker Club (BR)	3:00 Rosary (BL)			
	7:00 Metropolitan Opera on Demand (BL)		7:00 Knitters and Sewers (BR)			

The Silver Linings Hair Salon at the Gordon House is open Thu & Fri starting at 9 am, but will be out on Friday, 9/23. 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 9/21 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

September 2022

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —

Weekend Highlights: Thursday 9/15 - Sunday 9/18

See what's happening this weekend!

Thursday, September 15th

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. Masks are required for all volunteers while in the Function Room!

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 to be shown at Blue Hill (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.

Weekly Highlights: Monday 9/19 – Sunday 9/25

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

Monday, September 19th

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 John Gallagher, Incoming Residents Association President. Fresh coffee and pastries will be served.

Castle Island at 12 pm

This trip is full with a waitlist. For those signed up, please note that Fort Independence at Castle Island is currently closed due to a loose stone, so you will not be able to go into the fort. However, all participants will still be able to walk around the area, enjoy the ocean breeze, and of course grab something tasty at Sullivan's!

Library Book Club

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

Showing: Pavarotti and Levine in Recital

With his recital on the Met stage as part of Lincoln Center's Great Performers series in 1978, Luciano Pavarotti became the first singer in history to give a solo performance at the Met's Lincoln Center home. Ten years later, the beloved tenor returned for another recital, this time accompanied by then-Artistic Director James Levine at the piano. From his opening number – a selection from Mozart's *Così fan tutte* – to the performance's rousing finale – an encore of the aria "Nessun dorma" – Pavarotti's bright, inviting timbre and effortless high notes were on full display. The program included not only some of opera's greatest hits, such as *Tosca's* "Recondita armonia" and "Pourquoi me reveiller" from *Werther*, but also a number of classic Italian art songs and serenades. Originally seen as part of the Live from the Metropolitan Opera television program, this broadcast stands as a testament to Pavarotti's incomparable talent and enduring legacy. (*Run time: 1 hour, 11 minutes*)

Tuesday, September 20th

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

Join us as we walk through the city of London and see some of the city's highlights. You'll see the latest skyscrapers in the city, including the iconic Gherkin and Lloyds Building. Our guide will go by Sir Christopher Wren's majestic St. Paul's Cathedral in which Prince Charles and Lady Diana married, and so much more. There are always surprises on the streets of London so we'll keep our eyes peeled for what's out there on this exciting tour.

Functional Fitness at 10:30 am (Brush Hill Function Room)

Back by popular demand, "Functional Fitness" will be returning to the fitness class line-up as of Tuesday, September 6th. Class will be held every Tuesday, starting at 10:30am in the Function Room at Brush Hill. This is a "boot-camp" style class where you move through multiple stations in small groups. Class is approximately 45 minutes long and popular musical hits are played. Be prepared to meet new people and have a great time while you exercise!

Weekly Highlights: Monday 9/19 – Sunday 9/25

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

Tuesday, September 20th (Continued)

Charles Riverboat Cruise 11 am

Set sail for a private riverboat cruise on the historic Charles River accompanied by lunch at The Cheesecake Factory. The Charles Riverboat Company has been doing this since 1990 and is the only company offering cruises on the historic Charles River with views of both Boston and Cambridge. Lunch at the Cheesecake Factory will include an entrée, cheesecake dessert, and non-alcoholic beverage. Cost is \$43 per person (practically a steal!), which will be charged to your account. *There are 2 spots left on this trip, so please call Muriel at 617-361-7778 right away to reserve your space!*

Wowzitude Virtual Tour of Ancient Dublin, Ireland at 2 pm (Channel 222 or BL Activity Room)

On the tour, we will visit St. Patrick's Cathedral named after St. Patrick who baptized Irish pagans to Christianity here in the 5th Century. We will also visit the oldest library, oldest school, oldest working building (Christchurch Cathedral), oldest street, and even the oldest fish and chip shop as we stroll through the streets of Ancient Dublin.

Wednesday, September 21st

Catholic Mass at 1:45 pm (Blue Hill Activity Room)

Father Andreas will preside over Mass.

Treats and Tea at 2:30 pm (Gordon House Dining Room at Blue Hill)

Join your neighbors for tea, coffee, and some cookies and treats. This is a nice opportunity to gather mid-day for a relaxing time with friends – old and new!

Caring Committee at 3 pm (Brush Hill Function Room)

Caring Committee gathers monthly to discuss topics important to your physical, social, and emotional health throughout the aging process. Led by Betsy Buchbinder.

Thursday, September 22nd

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.

Music Lovers Club at 2 pm (Blue Hill Activity Room)

Calling all Music Lovers!! Music Lovers Club, formerly Judy Cobble's Jazz Club, will begin its monthly meetings on September 22 led by Richard Reithner. This month's topic is Bossa Nova!

Pub Night is postponed until further notice!

Weekly Highlights: Monday 9/19 – Sunday 9/25

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

Friday, September 23rd

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.

Economic Market Update with Bank of Canton at 2 pm (Brush Hill Function Room)

Join Peter J. Fredericksen, financial advisor with Bank of Canton Financial Services and Infinex Financial Group, for this in-depth presentation: *Market Outlook 22Q3: Navigating Inflation, Rising Rates and Volatility*. He will cover topics including inflation, interest rates, recession, and stock market valuations. Learn how to best position your portfolio moving forward. Light refreshments will be served afterward.

Friday Night Services at 4:30 pm (Brush Hill Function Room)

Join Rabbi Benjamin for monthly services at Brush Hill.

Nate Ramsayer at 7 pm (Blue Hill Activity Room)

Nate Ramsayer is an accomplished professional singer in Boston, performing regularly with the BSO and Boston Pops. As a freelance artist he has sung backup for classical and Broadway greats such as Andrea Bocelli, Sarah Brightman, Audra McDonald, and multiple tours for Josh Groban. We are excited to welcome him back to Fuller Village!

Saturday, September 24th

Puzzle Swap at 10 am (Brush Hill Foyer)

Have an old puzzle taking up space that someone else might enjoy? Or are you looking for a fun new challenge for yourself? Drop off or pick up your puzzle today in the foyer of Brush Hill.

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

Sunday, September 25th

Rosh Hashanah – Happy New Year!

The Continentals Duo (Guitar & Drums) at 7 pm (Brush Hill Function Room)

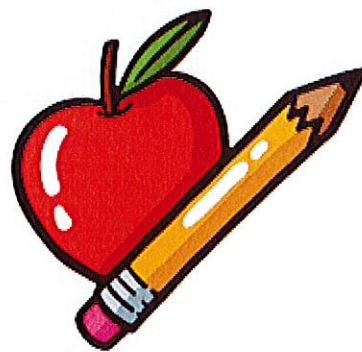
The duo made up of Mike Livingston on guitar and Don MacNeill on percussion (with both on vocals) features 2 members from one of New England's longest running entertainment groups, The Continentals. Performing together for more than thirty years, Jack and Don have a repertoire that spans the decades from the '40s and up, covering most musical genres.

Notes from the Program Director

Calling all Picklers – Pickleball players that is! Interested in learning more about the game? The current group of Fuller Village “picklers” are playing on Monday, Thursday, and Saturday mornings at 8:30am, weather dependent. All are welcome to join, new players are encouraged to have a session with our coach Lori, prior to playing on their own. Lori will be here on Tuesday, September 20th as well as a few other dates in October that are yet to be determined. Pickleball is a fun & social game that anyone can play!



Supporting Syrian immigrant families - Recently, we connected with three families who have relocated to Milton from Syria. The three young children are attending Tucker School. We are setting up a schedule to tutor the children at their homes in Milton. If you are a retired teacher and could volunteer for 30 minutes once a week, please contact Patricia Kelleher at 857-703-8908.



Gordon House

Dining Room Dinner Menu

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

Monday, September 19th

Cream of Tomato Soup
Or Salad du Jour
Honey Maple Glazed Smokehouse Ham
Fish Cakes with Cajun Remoulade
Sweet Potato Puree, Kale Slaw
Chocolate Chip Cookie or Fall Apple Gallette

Friday, September 23rd

Minestrone Soup
or Salad du Jour
Beef Bourguignon
Grilled Marinated Swordfish
Yukon Creamers and Baby Carrots
Carnival Cookie or Peach Pie

Tuesday, September 20th

Split Pea with Ham
or Salad du Jour
Pan Roasted Statler Chicken Breast
Pesto Marinated Salmon
Rosemary Red Potatoes, Broccoli
Sugar Cookie or Blueberry Cobbler

Saturday, September 24th

Mushroom Barley Soup
or Salad du Jour
Roast Pork Loin with Apple Sauce
Seafood Casserole
Wild Rice Pilaf, Sautéed Mushrooms
Lemon Blueberry Cookie or NY
Cheesecake

Wednesday, September 21st

Tomato & Orzo Soup
or Salad du Jour
Lasagna Bolognese
Butternut Squash Raviolis in Sage Butter
Green Beans
M & M Cookie or Tiramisu Cake

Sunday, September 25th

Matzoh Ball Soup
or Salad du Jour
UDSA Prime Ribeye au Jus
Baked Tortellini Alfredo
Potato Wedges, Veg Medley
Double Chocolate Cookie or Lemon Cake

Thursday, September 22nd

Cream of Asparagus Soup
or Salad du Jour
Bacon Wrapped BBQ Meatloaf
Stuffed Eggplant Roulade
Yukon Mash, Zucchini
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 J.D. & Co.

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**
— 100% 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, September 19th

Pastrami Rueben

pastrami, sauerkraut, and swiss cheese on marble rye

Tuesday, September 20th

Cobb Salad

bacon, avocado, egg, and grilled chicken

Wednesday, September 21st

Bacon & Cheddar Quiche

Thursday, September 22nd

Grilled Chicken Pesto Panini

Friday, September 23rd

Shrimp Cocktail

