Fuller Village
in Milton

September 23, 2022

Welcome Robert Wright to Depoyan 311.

Happy and Sweet **Jewish New Year**!

Retirement News! A letter was sent this week to all residents announcing my retirement effective **June 2023** from our Board President Chris Heavey. We will advertise the position of Executive Director in the next few weeks and the search process will be extensive and thorough. Chris Heavey, our Board President will chair the search along with the Executive Committee and members of the Board. If you have any questions, do not hesitate to contact me.

Weekend Emergency Number - Please call 617-361-7900 for emergency maintenance issues only. If you need to call the concierge desk, call the weekend numbers on the back of your directory.

The Café area is closed this weekend beginning Friday at 2:00 p.m. until Monday morning at 9:00 a.m. We will be finishing the back wall of the café. Thank you for your cooperation.

Wednesday, September 28th all day, Fuller Village is having professional video and photography done of the community, both interior and exterior spaces. This is for use on our website and in our marketing materials. Some of the common areas will be unavailable for resident use for a short period, we appreciate your patience and understanding. We have a beautiful community and want to show it off. The Café will be open for lunch.

Promissory notes and Repayment Agreements - Please check either the promissory note or repayment agreement you signed upon moving to Fuller Village to make sure the monies will be returned to the correct person(s), trust or named estate. Fuller Village is obligated to return the monies strictly by what is written in the document.

Special Pool hours on Tuesday, September 27th due to the replacement of the lights in the pool. The pool will be closed for the morning and reopen at 1:00 p.m.

Fitness Center hours - According to the monthly calendar the Fitness Center opens at 8:00 a.m. daily. The opening time has not changed. Thank you for your cooperation.

Sunday night dinner - The menu has changed for Sunday, September 25th. The dining room will be serving Brisket or Cod with roasted potato wedges and green beans. The soup will be chicken soup with matzah balls. Enjoy!

Thank you again to all the residents who worked the Fair and the staff who helped make the day a success!

SUN	MON	TUE	WED	THUR	FRI	SAT
Happy New Year! **25** **Rosh Hashanah** 2:30 Blue Hill Bridge (BL) 7:00 The Continentals - Guitar & Drum Duo (BR)	**Rosh Hashanah** **26** 8:30 Pickleball 10:00 Coffee with Staff (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)	**27** 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) 1:00 Watercolor Workshop (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	**28** 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) 3:00 Rosary (BL) 4:30 Blue Hill Book Club (BL) 7:00 Knitters and Sewers (BR) 7:00 Lifelong Learning (BR)	**29** 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) 11:00 Women's Lunch at Il Massimo 12:00 Mobility & Stability (BL) 1:30 Crafts with Cindy (BL) 2:30 Needlepoint Group (BR)	**30** 10:30 Chair Yoga with Carol (BL) 10:30 Zumba Gold (BR) 12:30 Line Dancing w/ Cris (BR) 1:00 Oma Communications 1-on-1 Tech Help (BL) 3:00 Bocce (BR) 6:30 Cribbage (BR) 7:00 Jack Coleman (BL)	**1** 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

September 2022

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

Fuller Village in Milton
— LIVE A FULLER LIFE —

Weekend Highlights: Friday 9/23 - Sunday 9/25

See what's happening this weekend!

Friday, September 23rd

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 (Brush Hill Function Room & Blue Hill Activity Room)
BRUSH 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.

BLUE 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.

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.

Weekly Highlights: Monday 9/26 – Sunday 10/2

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

Monday, September 26th

Rosh Hashanah – Happy New Year!

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 *Vasilia Kavadas*, our new Macro Social Work intern from Boston College School of Social Work. Come get to know Vasilia, learn the difference between Macro & Clinical Social Work, and hear more about the projects she'll be working on this year.

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

Showing: Cinderella

The Met rang in 2022 with a little bit of operatic magic, presenting the New Year's Day matinee performance of Cinderella to audiences worldwide as part of the Live in HD series of cinema transmissions. An abridged, English-language version of Massenet's enchanting fairy-tale opera, this performance stars beloved mezzo-soprano *Isabel Leonard* as the rags-to-tiches title princess, with *Emmanuel Villaume* on the podium to lead a witty and whimsical production by *Laurent Pelly.* The spellbinding cast also features mezzo-soprano *Emily D'Angelo* as the love-struck Prince Charming, soprano *Jessica Pratt* as the spunky Fairy Godmother, mezzo-soprano *Stephanie Blythe* as the wicked Madame de la Haltiere, and bass-baritone *Laurent Naouri* as Cinderella's compassionate but meek father, Pandolfe. *(Run time: 1 hour, 47 minutes)*

Tuesday, September 27th

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

This Mediterranean jewels is the second largest city in Croatia and it has a rich and intriguing history, beautiful monuments, and breathtaking nature. On this tour, you will see the Riva promenade, substructures of Dicletian's palace, Peristyle Square, Vestibule, the Golden gate of Diocletian's palace, Gregory of Nin's statue, and so much more!

Abstract Watercolor Class at 1 pm (Blue Hill Activity Room)

Do you have a favorite color? Come learn about color blocking technique! Inspired by well-known artist, Piet Mondrian, have fun with the use of tape and paint mediums. Join experienced teacher Sheila Cohen for a free one-hour class open to all levels of experience! Sheila will give plenty of instruction and tips while also leaving plenty of room for your own interpretation. You will walk away with a completed piece of art and a lot of learning and fun memories! All materials provided. *Space is limited - call 617-361-7778 to sign up!*

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

Come join us as we virtually explore Milan with our guide, Mirella! You'll see its iconic monuments, hear about the long and complicated history of the city and learn about the society and the habits of the Milanese.

Wednesday, September 28th

Blue Hill Book Club at 4:30 pm (Blue Hill Library)

The Blue Hill Book Club will resume for the fall – for more information, please contact Roz Spigel at (617) 690-3611.

Weekly Highlights: Monday 9/26 – Sunday 10/2

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

Wednesday, September 28th *(Continued)*

Lifelong Learning at 7 pm (Brush Hill Function Room)

Showing: *World War II: Saving the Reality*

For more than five decades, Kenneth W. Rendell has been on a mission. His objective, "Saving the Reality" of man's greatest conflict, World War II. With over 6,000 original WWII artifacts and rare documents on display, Rendell has, for the first time, allowed a documentary film crew to chronicle his Museum of World War II's incredible gathering of the most comprehensive items anywhere depicting the war years. Narrated by legendary Hollywood actor Dan Aykroyd.

Thursday, September 29th

Women's Lunch to Il Massimo at 11 am

This trip is full with a waitlist.

Crafts with Cindy at 1:30 pm (Blue Hill Activity Room)

This month's theme is *Whimsical Glass*! Using vintage dishes and stemware, you will create a stacked dessert dish. Add touches of gold, fabric trim pieces, and assorted embellishments to make it all your own. *Space is limited so call 617-361-7778 to sign up while you can!*

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. Please call Julia at 617-361-2116 to sign up!

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 (BL & BR) – *Titles to be announced*

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 Carleton 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.

THE CARING COMMITTEE CORNER

Optimism vs. Pessimism

The results are in: An optimistic attitude is best for our health!

Researchers from the Harvard Chan School of Public Health found a trend that indicated a relationship between health and optimism. Hahami Koga, the lead author of the study, suggested that there is value to focus on positive factors as a way to promote healthy aging.

Many studies have shown the effectiveness of an optimistic attitude as it relates to our mental and physical health, our coping skills and quality of life. Further studies on the effects of an optimistic attitude are continuing.

Some studies suggest that a positive attitude often helps regulate emotions and behavior and has a healthier effect on the body than continued pessimism. Dr. Alan Rozanski, a cardiologist and professor of medicine at Mt. Sinai Hospital in New York, suggests that an optimistic outlook does have positive effects on our bodies.

Optimism promotes the tendency to be hopeful and to emphasize the good. It is an attitude reflecting a belief or hope that the "best" will happen.

Positive correlations have been found between optimism and physical/mental states. Optimistic people seem to be more resilient to stress and are more inclined to use more appropriate coping strategies.

Lifestyle factors such as regular exercise, healthy eating, a good night's sleep, keeping hydrated and socialization all remain significant factors towards healthy aging!

Stay safe and stay well.

Betsy Buchbinder
Caring Committee Chair

Residents' Association Corner

"Picture perfect Fall weather" - the local meteorologists' prediction for September 17, 2022.

Last Saturday, under the energetic leadership of Nancy Kearns and Marty Allen, the Annual Fair was an amazing success in the "outdoor model". Julia MacMahon worked closely with the Chairs to ensure coordination with management.

Residents who are bakers, knitters, artists, photographers and crafters added their talents. Gently used or almost new items were sold. Donations to the Raffle Table were again most generous and more local businesses donated, in addition to residents and families. Fair visitors bought hundreds of chances to support the Raffle.

It is important to acknowledge that the enthusiastic support of the management team, led by Deborah Felton, is essential to this event. The managers and other employees worked seamlessly with more than 80 residents to collaborate in making the Fair a success.

Most importantly Fuller folks and their friends came out smiling to this year's Fair. Collaboration, friendship and caring were evident everywhere. The picture-perfect autumn day materialized.

Sincere gratitude to all volunteers, residents, donors and visitors who supported this endeavor to support the Fuller Village Residents' Association.

Peg Riley, 9-20-2022

Reminder to all Residents

On October 12, 2022 the Annual Meeting of the Association will be held in the Brush Hill Function Room at 2:00 pm.

If you served in the military, please contact Marty Allen, 617-312-8058.

We would like to feature a photo of you in the November issue of:

"The Voices of Fuller"

Many residents at Fuller Village are involved with volunteer work in various communities; assisting with a variety of projects! We would like to feature these volunteers in our November issue of "The Voices of Fuller." We have folks who tutor, help at hospitals, provide baby blankets to new mothers, etc. We would love to speak with you and share this with our community.

Please call Marty Allen at 617-312-8058 or email me at: martyallentours@gmail.com

Brush Hill Café Specials

– daily specials –

all served with one side...14.00

Monday, September 26th
Chicken Quesadilla with Salsa

Tuesday, September 27th
Mushroom Onion Swiss Burger

Wednesday, September 28th
Italian Cold Cut Wrap

Thursday, September 29th
Pasta Alfredo
with spinach and cherry tomatoes

Friday, September 30th
Beer Battered Fish & Chips

Fuller Village in Milton | UNIDINE

Gordon House

Dining Room Dinner Menu

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

Monday, September 26th
Hearty Beef and Vegetable Soup
Or Salad du Jour
Italian Sausages in Sunday Gravy
Haddock in Clam Sauce
Fettuccini Pasta, Zucchini
Chocolate Chip Cookie or
Fall Apple Crumble

Tuesday, September 27th
Carrot, Orange & Ginger Soup
or Salad du Jour
Cashew Chicken
Maryland Crab Cakes
Jasmine Rice, Broccoli
Sugar Cookie or
Chocolate Mousse

Wednesday, September 28th
Leek and Potato
or Salad du Jour
Chicken Marsala
Eggplant Parmigian
Diced Potatoes, Sauteed Spinach
M & M Cookie or
Lemon Ricotta Cake

Thursday, September 29th
Corn Chowder
or Salad du Jour
Coq au Vin
Roasted Salmon
Steamed Yukons, Garden Peas
Oatmeal Craisin Cookie or
Flourless Chocolate Torte

Friday, September 30th
Turkey Wild Rice Soup
or Salad du Jour
Carolina Pulled Pork
Shrimp and Chorizo
Creamy Mac & Cheese, Coleslaw
Carnival Cookie or Peach Cobbler

Saturday, October 1st
Garden Veg Soup
or Salad du Jour
Grilled Pork Tenderloin
Lobster Raviolis
Wild Rice Pilaf, Rainbow Chard
Snickerdoodle Cookie or
Pumpkin Pie

Sunday, October 2nd
Creamy Chicken & Rice
or Salad du Jour
Roast Turkey Dinner w/ Stuffing
Baked Manicotti
Mashed Potatoes, Green Beans
Double Chocolate Cookie or
Bread Pudding

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 — IT'S A FULLER LIFE — | UNIDINE

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.

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