



From the Desk of Deborah M. Felton

October 14, 2022

**Lounge is closed** on October 13<sup>th</sup> and October 19<sup>th</sup>.

**Emergency Pull Cord System** - The pull cords system is in excellent working order and will continue to work. We are discontinuing for residents' own safety the use of the bracelet and necklace system. I apologize for any confusion. If you have any questions, please contact me.

**Garage Parking** - Only residents may park in the garages at Brush Hill. All visitors must park outside.

**Lower Neponset River Superfund Site** is hosting a meeting at the Milton Council on Aging on November 10<sup>th</sup> at 5:30 pm. If you are interested in the clean-up plans for the Neponset River this meeting will cover all the details of the plan for the river.

**Thanksgiving** - Please see the attached flyer in this packet. We will accept reservations beginning on October 17<sup>th</sup> from 10:00 a.m. to 1:00 p.m. There will be two seatings. Large parties will be seated in the Activity Room. For reservations call Joey DiGiano at 617-361-3231. If you cancel after Monday, November 14<sup>th</sup> you will be charged.

**General Election in Massachusetts is November 8<sup>th</sup>**. The last day to Register to Vote is Saturday, October 29<sup>th</sup>. Early voting will take place at Town Hall from Saturday, October 22<sup>nd</sup> through Friday, November 4<sup>th</sup>. You may also vote by mail. Mail-in ballots must be received by Tuesday, November 1<sup>st</sup> at 5:00 p.m. to be counted.

**We will host the Town of Milton's new Town Administrator, Nick Milano** at a special coffee hour on Monday, October 17<sup>th</sup> at 10:00 a.m. in the Brush Hill Function Room. If you need a ride, please call Muriel at 617-361-7778.

**Celebrating Girls' Education in East Africa** - Join Mary Ann Milsap and the staff of Growth Through Learning will be holding its 25<sup>th</sup> Anniversary celebration here in the Function room on Friday evening, October 21<sup>st</sup> from 7:00 – 8:00 pm. GTL provides full scholarships for bright East African girls to attend and graduate from high quality residential secondary schools. Since its inception 25 years ago, GTL has enabled 1800 young women to attend and graduate from high school. This year, about 50 Fuller Village residents are contributing to this program.

**Stairwell Landings** - The Milton Fire Department has advised that there must not be any shopping carts or other items stored on any landing in the stairwells. Please remove any items that belong to you by November 20<sup>th</sup>.

SUN	MON	TUE	WED	THUR	FRI	SAT	
2:30 Blue Hill Bridge (BL) 7:00 Santiago Lopez Duo (BR)	16 8:30 Pickleball 10:00 Coffee w/ Nick Milano, New Milton Town Administrator (BR) 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) 2:00 Wakefield Tour 3:00 Library Book Club (BL) 7:00 Metropolitan Opera on Demand (BL)	17 10:00 Seated Zumba Gold (BL) 10:00 Trader Joe's/Market Basket Hanover 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 3:00 Restorative Justice in Milton Public Schools (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	18 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) 2:00 Catholic Mass (BL) 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR) 7:00 Milton Family Portrait Project (BL)	19 8:30 Pickleball 10:00 Coffee and Conversation (BL) 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:00 Ron's Bowling & Ice Cream 1:30 Crafts with Cindy (BL) 2:00 Rich Travers (BR) 2:30 Needlepoint Group (BR) 3:30 400 Souls (BR) 7:00 Brush Hill Bingo (BR)	20 10:30 Chair Yoga with Carol (BL) 10:30 Zumba Gold (BR) 12:30 Line Dancing with Cris (BR) 2:00 Game On! (BR) 3:00 Bocce (BR) 6:30 Cribbage (BR) 7:00 Celebrating Girls' Education in East Africa (BR) 7:00 The Long Lost String Band (BL)	21 8:30 Pickleball 7:00 Movie Night (BR/BL)	22

**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 10/19 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  
LIFE @ FULLER LIFE

## Weekend Highlights: Thursday 10/13 - Sunday 10/16

### See what's happening this weekend!

#### Thursday, October 13<sup>th</sup>

##### **Fall Festival from 6-8 pm** (Brush Hill Function Room, Café, & Patio)

Join us for the Fall Festival, featuring entertainment from the John Baptista Quartet and *complementary* food from two amazing local food trucks! Beer and wine will be served from the bar, which will be billed to resident accounts. The Function Room will be fully set up with tables where you can enjoy the evening and we will have tents outside to keep you covered as you order from the food trucks. We look forward to seeing you all for this fun evening!

#### Friday, October 14<sup>th</sup>

##### **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!

##### **Steve King at 7 pm** (Blue Hill Activity Room)

Join Steve, a Fuller Village favorite, for an hour of great music, singing, and laughing!

#### Saturday, October 15<sup>th</sup>

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

##### **BRUSH HILL showing: *Mrs. Harris Goes to Paris (2022)***

*Cast: Leslie Manville, Isabelle Huppert, Lambert Wilson*

Ada Harris, a cleaning lady, is tired of her work. She decides to go to Paris for a Christian Dior dress. It isn't easy meeting elite people but her charm just might save the house of Dior.

##### **BLUE HILL showing: *Where The Crawdads Sing***

*Cast: Daisy Edgar Jones, Taylor John Smith, Harris Dickinson*

Kia is left on her own in the marshes of North Carolina when she is a little girl. Being smart and astute, she grows up in the marshes where most everyone calls her the marsh girl and shuns her. She meets two men in her life and when one is found dead, she is the immediate suspect. Then there is a trial.

#### Sunday, October 16<sup>th</sup>

##### **Santiago Lopez Duo at 7 pm** (Brush Hill Function Room)

Born in Quito, Ecuador, Santiago Lopez is a versatile, expressive guitarist with many years of study and performance experience, skilled in a range of styles including rock, jazz, blues, pop and funk. Santiago performs regularly with his main band Orchid Reed and as a session and side musician for other artists and projects.

## **Weekly Highlights: Monday 10/17 – Sunday 10/23**

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

### **Monday, October 17<sup>th</sup>**

#### **Coffee Hour with Nick Milano, New Milton Town Administrator at 10 am** (BR Function Room)

Join us for a special Guest Star Coffee Hour with Milton's new Town Administrator, Nick Milano. Nick will share a bit about himself and his impressions from his first several weeks on the job and engage the group in conversation. Please note that we will hold this Guest Star Coffee Hour in the Brush Hill Function Room to accommodate a larger group.

#### **Wakefield Arboretum & Estate Private Tour at 2 pm**

Join the staff at the Wakefield Estate and Arboretum for a private tour, including a sneak peak at the restoration work being done on the 19<sup>th</sup> century mural wallpaper inside the mansion. We will then take a walk through the formal area outside to see the colors in bloom and understand the impacts of this summer's drought. Please call Muriel at 617-361-7778 to reserve your spot.

#### **Library Book Club at 3 pm** (Blue Hill Library)

Will Adamczyk from the Milton Public Library will lead this month's discussion on *Trial by Fire* by Scott James. He will also give out copies of November's book, *Trial of Lizzie Borden* by Cara Robertson. If you can't make this month's meeting but would like a copy of next month's book, please contact Julia at 617-361-2116.

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

##### ***Showing: Macbeth from October 2014 (Acts I & II)***

Star soprano *Anna Netrebko* created a sensation with her riveting performance as the malevolent Lady Macbeth, the central character in Verdi's retelling of Shakespeare's tragedy. She is joined by *Zeljko Lucic*, who brings dramatic intensity and vocal authority to the title role of the honest general driven to murder and deceit by his ambitious wife. The great *Rene Pape* is Banquo and *Joseph Calleja* gives a moving performance as Macduff. *Adrian Noble's* powerful production provides an ideal setting for this dark drama, which is masterfully presided over by Met Principal Conductor *Fabio Luisi*. (Run time: 1 hour, 26 minutes. Acts II & IV will be shown on October 31<sup>st</sup>.)

## **Weekly Highlights: Monday 10/17 – Sunday 10/23**

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

### **Tuesday, October 18<sup>th</sup>**

#### **Trip to Trader Joe's and Market Basket in Hanover at 10 am**

This trip is currently full. To add your name to the waitlist, please call Muriel at 617-361-7778.

#### **Wowzitude Virtual Tour: Haunted Valencia, Spain at 10 am** (Channel 222 or BL Coffee Room)

Discover the side to Valencia that only locals know. Get ready to voyage into the dark underbelly of almost 2,200 years of history behind virtually every corner of the city. This livestreamed tour will uncover Valencia's myths, legends, and mysteries that are passed on from generation to generation.

#### **Wowzitude Virtual Tour of Santiago, Chile at 2 pm** (Channel 222 or BL Activity Room)

On this tour, our guide Myriam will showcase the excitement of the downtown area, as we discover its architecture, political lore, and dynamic street art!

#### **Restorative Justice in Milton Public Schools at 3 pm** (Brush Hill Function Room)

Adina Schecter will be presenting on the work she is doing as a Restorative Justice Coach in the Milton Public Schools. She will share the values and philosophy of Restorative Justice, what her work looks like day-to-day in the schools, and the intersection of restorative justice and racial justice.

### **Wednesday, October 19<sup>th</sup>**

#### **Catholic Mass at 2 pm** (Blue Hill Activity Room)

Father Andres will celebrate Mass. Please note that beginning today, Mass will start at 2 pm.

#### **Treats & Tea at 2:45 pm** (Gordon House Dining Room at Blue Hill)

Come enjoy some tea, coffee, and sweets with your neighbors. Please note the new start time.

#### **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.

#### **Artist Talk: Milton Family Portrait Project at 7 pm** (Blue Hill Activity Room)

Milton resident and amateur photographer, Deborah Milbauer, will join us to discuss the Milton Family Portrait Project, currently on display in the Blue Hill Art Gallery. The project features photographs and stories of 20 Milton families representing the diversity of our Town.

## Weekly Highlights: Monday 10/17 – Sunday 10/23

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

### Thursday, October 20<sup>th</sup>

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

Join this weekly Coffee Hour discussion group for a special timely focus: the discussion of the Massachusetts ballot initiatives! Whether you've done your research and have a point of view or you are just coming to listen and learn, all are welcome.

#### **Ron's Bowling & Ice Cream at 1 pm**

Join your friends at an old-fashioned (candlepin!) neighborhood bowling alley right around the corner from Fuller Village. Besides bowling, Ron's makes wonderful homemade ice cream that Presidents have stopped in to try! You can also enjoy reasonably priced lunch items such as pizza, hotdogs etc. Please bring cash to cover any food as well as shoe rentals (\$3/person) and bowling (\$4/person/game). Call 617-361-7778 to reserve a spot while there are still some left!

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

Cindy is back to run another fun craft – creating a fun fall scarecrow wall hanging! This class is limited to 8 people – please call 617-361-7778 to sign up.

#### **Rich Travers at 2 pm** (Brush Hill Function Room)

*Topic: The Life and Music of Aaron Copland*

Aaron Copland was an American composer, composition teacher, writer, and later in his career a conductor of his own and other American music. The open, slowly changing harmonies of many of his works are archetypical of what many people consider to be the sound of American music, evoking the vast American landscape and pioneer spirit. Instrumental in forging a distinctly American style of composition, in his later years Copland was often referred to as "the Dean of American Composers".

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

Join us for a discussion of Part 10 (1979-2019) of *Four Hundred Souls: A Community History of African America, 1619-2019*. **We will specifically discuss the following essays:** *The Crime Bill* by Angela Y. Davis, *The Shelby Ruling* by Karine Jean-Pierre, and *Black Lives Matter* by Alicia Garza. 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!

## **Weekly Highlights: Monday 10/17 – Sunday 10/23**

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

### **Friday, October 21<sup>st</sup>**

**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!

**Celebrating Girls' Education in East Africa at 7 pm** (Brush Hill Function Room)

Come celebrate the 25<sup>th</sup> 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. 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. For more information, please contact Mary Ann Millsap at [mary\\_ann\\_millsap@msn.com](mailto:mary_ann_millsap@msn.com) or leave a note in her villa mailbox (50 Caroline).

**The Long Lost String Band at 7 pm** (Blue Hill Activity Room)

Join us in welcoming back this innovative Appalachian roots music duo as they explore old time songs and fiddle tunes. They put on a fun and engaging show every time!

### **Saturday, October 22<sup>nd</sup>**

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

### **Sunday, October 23<sup>rd</sup>**

**David Won & Tim Steele at 7 pm** (Brush Hill Function Room)

Fuller favorite David Won (tenor) will be accompanied by Timothy Steele for this Sunday's special performance, "A Musical Expedition". The program will feature pieces from musical traditions across the world as well as well-known operas and musicals, including Wuthering Heights, La Boheme, Tosca, and West Side Story.

## The Caring Committee Corner

### Ockham's Razor

"Brevity is the soul of wit". This famous idiom is to be found in Shakespeare's play, Hamlet.

The concept of brevity is credited to the 14th century logician and theologian, William of Ockham, who advocated simplicity as the simplest way towards solutions. He encouraged the elimination of the unnecessary, thus shaving it off. Over time this became referred to as "*Ockham's razor*".

Ockham was a monk who created a great deal of controversy with many of his ideas and was once charged with heresy. But his views came to influence modern philosophy, science, theology, and logic. One consequence of brevity is that often the simplest, or most obvious explanation of several competing ones, is the preferred one until it is proven wrong.

Steve Jobs, Co-Founder, Chairman and CEO of Apple said in an interview, "Simple can be harder than complex: you have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains."

The most famous and well known equation in human history is  $E=mc^2$ , Einstein's theory of relativity in its simplest form. Einstein's equation shows the relationship between matter and energy.

With brevity and simplicity in mind, the periodic message from the Caring Committee towards healthy aging can be stated as:

- Eat healthy varied meals
- Listen more; speak less
- Sleep 7-8 hours nightly
- Express gratitude daily
- Maintain friendships
- Exercise

Stay safe and stay well.

- Betsy Buchbinder, Chairperson





As we approach the holiday season a few reminders about scams - **Don't respond**: If you're not 100% certain of the source of the call, email or text, then hang up the phone, don't click on the link in the email and don't reply to the text message; Don't trust caller ID or answer phone calls from unknown numbers: If you recognize the caller ID but the call seems suspicious, hang up the phone. Phone numbers and caller ID can be easily spoofed to appear to be from a legitimate caller. Don't give out your information: Never provide any personally identifiable information unless you're certain the person and reason are legitimate. Research and validate: If the individual or organization seems suspicious, make sure the request being made is legitimate by calling the organization through an official number from their website, the Better Business Bureau or consulting with a trusted family member or friend.



Please join us on  
**Thursday, November 24<sup>th</sup>, 2022**  
**Thanksgiving Buffet**

**Main Course**

Misty Knoll Farms Roast Turkey  
Giblet Gravy, Cranberry Sauce  
Herb Roasted Salmon  
Sage & Onion Stuffing (GF)  
Sweet Potato Casserole  
Whipped Potatoes  
Turnips & Rutabagas  
Greens Beans & Brussel Sprouts

**Dessert**

Pumpkin, Apple Pie, or Fruit Cup  
GF desserts available

\$45.00/per person & \$25.00/per child 12 or under

Seatings: 12:00 PM & 2:00 PM

Please call Joey DiGiano at 617-361-3231 to make your reservation starting  
Monday, October 17<sup>th</sup> from 10:00 AM to 1:00 PM.

\*We apologize, but any cancellations after  
November 14<sup>th</sup> will be charged to your account\*

# Gordon House

## Dining Room Dinner Menu

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

### Monday, October 17<sup>th</sup>

Pumpkin Soup  
Or Salad du Jour  
Grilled Steak Tips over Rice  
4 Cheese Ravioli w/ Tomato & Basil  
Sautéed Zucchini  
Chocolate Chip Cookie or  
Pineapple Upside Down Cake

### Friday, October 21<sup>st</sup>

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

### Tuesday, October 18<sup>th</sup>

Lobster Bisque  
or Salad du Jour  
General Tso's Chicken  
Teriyaki Salmon  
Egg Fried Rice, Green Beans  
Sugar Cookie or  
Rice Pudding

### Saturday, October 22<sup>nd</sup>

French Lentil Soup  
or Salad du Jour  
Lamb Stew  
New England Baked Cod  
Wild Rice Pilaf, Broccoli  
Peanut Butter Cookie or  
Strawberry Cream Cake

### Wednesday, October 19<sup>th</sup>

Louisiana Sausage Gumbo  
or Salad du Jour  
BBQ Baby Back Ribs  
Cajun Shrimp and Fish Cakes  
Potato Salad, Braised Greens  
M&M Cookie or  
Dutch Apple Pie

### Sunday, October 23<sup>rd</sup>

Tuscan White Bean Soup  
or Salad du Jour  
Spaghetti and House Made Meatballs  
GF Eggplant Parmigiana  
Spaghetti, Sautéed Spinach  
Chocolate Cookie or  
Lemon Square

### Thursday, October 20<sup>th</sup>

Chicken Noodle Soup  
or Salad du Jour  
Grilled Pork Chop  
Pan Roasted Trout  
Sweet Potato Hash, 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 joy & care

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  
— LIVE A FULLER LIFE —



# Always Available Menu

Call 617-361-6958 between 11am & 1pm for take out orders

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## APPETIZERS ... 2.95

Soup du Jour  
Fresh Garden Salad  
Fresh Fruit Salad

\* ask about our selection of house made dressings \*

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## SIGNATURES

a non-alcoholic beverage is included with signature selections

**Baked Haddock...**17.95  
Baked with buttered Ritz crumbs

**Fuller Village Burger...**13.00  
With or without cheese, lettuce, tomato,  
pickles and choice of side

**Quesadilla with Peppers and  
Onions...**10.00

Served with Fresh Salsa, Sour Cream, and Avocado  
Add grilled chicken...5.00  
Add grilled flank steak...8.00

**Salad of the Month...**10.00

Grilled Chicken Waldorf Salad  
Chicken, Local Apples, Walnuts, Grapes, and  
Creamy Dressing over Mixed Greens with Tomato

**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

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## 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

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## BEVERAGES

Coke

Diet Coke

Ginger Ale

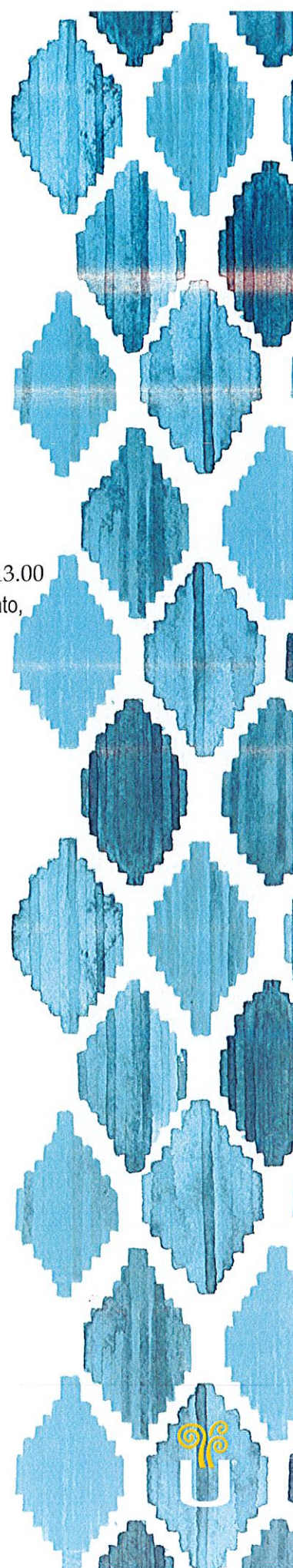
Diet Ginger Ale

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 17<sup>th</sup>  
Breakfast Wrap with Eggs, Bacon and Cheddar

Tuesday, October 18<sup>th</sup>  
Basil Chicken Panini with Fresh Mozzarella

Wednesday, October 19<sup>th</sup>  
Pizza Day  
veggie, pepperoni, or cheese

Thursday, October 20<sup>th</sup>  
Open Faced Roast Beef Sandwich

Friday, October 21<sup>st</sup>  
Baked Scrod