

From the Desk of Deborah M. Felton October 20, 2022

Have you lost an item? Please check the lost and found at Brush Hill in the drawer under the clock. We will be emptying the drawer soon to make room for other lost and found items. Blue Hill also has a lost and found basket.

**Covid and your health:** You may now obtain Covid tests at a CVS or Walgreen's or anywhere you obtain your prescriptions. They are covered by Medicare. It is good to have a few tests at home if you ever are exposed to COVID. I hope you have received the most recent Covid booster for the Omicron variant. I am pleased to report that our community has remained healthy with one COVID case reported last week.

**Dementia Caretaker Support Group** – There is a fiee caretaker support group for those caring for loved ones with dementia that meets on Zoom every other Monday at 3 pm. Their next meeting is on Monday, 10/31. The group is led by Phil Solomon, Licensed Mental Health Counselor. The group focuses on education of the stages of dementia as well as offering comfort and reassurance to each other through this shared experience. For more information, please reach out to Jeanne Bronk at 617-910-9936.

**Halloween** - We are celebrating with a special opening of the Bar on Monday, October 31<sup>st</sup> from 5:30 p.m. to 7:00 p.m. Reservations only; limited seating. Costume required. See attached flyer.

**Packages** - Please remember this holiday season to pick up your packages promptly. If you have ordered online, you are notified when your package arrives. For oversized packages,

please arrange for a friend or family member to assist you!

**Holiday wreaths and trees** cannot be live in the buildings at Brush Hill or Blue Hill. The Villas can have live wreaths on the outside of their front doors. This is a Milton Fire

Department request.

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10.00

**Condolences to the family and friends of Rita Agnes**. Rita lived at Brush Hill and her warmth and kindness was felt by many!

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R	SUN	NON	TUE	WED	THUR	FRI	SAT
	9:00 Pancake Breakfast (BL) 2:30 Blue Hill Bridge (BL) 7:00 David Won & Tim Steele (BR)	8:30 Pickleball 24 10:00 Guest Star Coffee Hour (BL) 10:30 Water (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:00 Chair Yoga W/Carol (BR) 12:00 Chair Yoga Sammarco: The Halloween Traditions in Boston (BR) 2:00 Handcrafters (BL) 7:00 Singo (BR)	<ul> <li>10:00 Seated Z5 Zumba Gold (BL)</li> <li>10:30 Functional Fitness (BR)</li> <li>11:00 Women's Lunch at Mr. Chan's East Milton</li> <li>12:00 Back to Basics (BL)</li> <li>12:30 Tai Chi (BR)</li> <li>1:00 Group Meditation (BR)</li> <li>1:00 Watercolor Class (BL)</li> <li>4:00 Restorative Yoga (BR)</li> <li>7:00 Bingol (BL)</li> <li>7:00 Bingol (BL)</li> <li>7:00 Men's Poker Club (BR)</li> </ul>	<ul> <li>9:00 Oma</li> <li>9:00 Oma</li> <li>Communications</li> <li>Communications</li> <li>9:45 Comhole</li> <li>(BL)</li> <li>10:00 Mobility &amp;</li> <li>(BL)</li> <li>10:30 Water</li> <li>(BL)</li> <li>10:30 Water</li> <li>(BL)</li> <li>10:30 Water</li> <li>(BR)</li> <li>11:00 Floor Yoga</li> <li>w/Carol (BR)</li> <li>12:00 Chair Yoga</li> <li>w/Carol (BR)</li> <li>12:00 Rosary (BL)</li> <li>3:00 Rosary (BL)</li> <li>7:00 Lifelong</li> <li>Learning (BR)</li> </ul>	8:30Pickleball 27 10:00 Frugal Fannie's 10:00 News, and Conversation (BL) 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 11:00 Core on the Floor (BR) 11:00 Core on the Floor (BR) 11:00 Music Lovers Club (BL) 2:30 Needlepoint Group (BR) 4:30 Blue Hill 8:00 Club (BL) 7:00 Adam Bergeron (BR)	<ol> <li>10:30 Chair Yoga w/ Carol (BL)</li> <li>10:30 Zumba Gold (BR)</li> <li>12:30 Line Dancing w/ Cris (BR)</li> <li>2:00 The Rise &amp; Fall of the Pirate Golden Age (BL)</li> <li>2:00 Game On! (BR)</li> <li>4:30 Friday Night Services (BR)</li> <li>5ervices (BR)</li> <li>7:00 Terry</li> <li>5anger (BL)</li> </ol>	8:30 Pickleball <b>29</b> 7:00 Movie Night (BR/BL)
	The Silver Linings Hair Salon at th 617-361-8746 to make an appointment. Massage Therapist, Jen Borges, is ava can be reached at 508-535-5675.	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.	on House is open Thu { on Tuesday and Thursd	& Fri starting at 9 am. ] ays at Blue Hill from 9	lease call 30 am to 1 pm. She	<b>Gordon House Dining:</b> To schedule a dinner reservation or to-go order please call 617-361-6958	<b>ise Dining:</b> ler reservation or please call -6958
1. Martin	The Podiatrist will n appointment.	The Podiatrist will next be here on Wed 11/9 & 11/30 at 1 pm. appointment.	9 & 11/30 at 1 pm. Pleas	Please call 781-986-3668 to schedule an	schedule an	<b>Bank of Canton</b> Tuesdays Brush Hill 9 - 10 am Blue Hill 11 am - 12 pm	<b>Canton</b> lays 9 - 10 am am - 12 pm
	Line Wellness Clinic Blood Pressure Clin Stop & Shop Trips are to sign up.	Ine wellness Climic 1s every wed 8:50 - 11 am. Flease call 61/- Blood Pressure Climics are Wed 12 - 1 pm at Blue Hill and 1 - Stop & Shop Trips are on Mondays at 10 am, Wednesdays at 2 pm, to sign up.		361-7900 for an appointment. 2 pm at Brush Hill. , and Fridays at 10 am. Please call 617-361-7778	nt. e call 617-361-7778	<b>Sign Ups</b> To sign up for rides between campus, grocery trips or any other scheduled trips, please call 617-361-7778	<b>Ups</b> rides between rips or any other s, please call -7778
	October f you need trar campuses pleas	October 20 If you need transportation between campuses please call 617-361-778	ween 1778	Futier Du	lage Milton		

# Weekend Highlights: Friday 10/21 - Sunday 10/23 See what's happening this weekend!

#### Friday, October 21st

#### 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.

#### 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) <u>in person</u>! 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.

#### 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 22nd

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

#### BRUSH 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.

#### BLUE HILL showing: Aquila and the Bee

#### Cast: Kiki Palmer, Angela Lansbury, Lawrence Fishburne

11-year-old Aquila Anderson hopes winning the National Spelling Bee will get her out of South Los Angeles. Now all she has to do is prove it to her pessimistic mother.

#### Sunday, October 23rd

Pancake Breakfast Fundraiser from 9-11 am (Blue Hill Activity Room)

Come enjoy a pancake breakfast served fresh all morning. \$5 will get you pancakes, coffee, and juice, with all proceeds going to Father Bill's Place. Contact Bob Lash with questions.

#### 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.

# <u>Weekly Highlights: Monday 10/24 – Sunday 10/30</u> Look out for these special events and offerings next week! (Page 1)

## Monday, October 24th

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

This week will feature *Peggy Payton*, Fuller Village's Controller. Peggy will share a bit about her professional background and experience, her time here at Fuller, as well as her interests outside of work.

**Anthony Sammarco: Halloween Traditions in Boston at 2 pm** (Brush Hill Function Room) In *Halloween Traditions in Boston*, Anthony Sammarco discusses the history of the Salem Witchcraft Trials which caused such tremendous anxiety and fear and the deaths of many innocent people in Massachusetts Bay Colony in 1692 to the decorating of Beacon Hill as a veritable neighborhood of whimsy, decorated with macabre skulls, bones and cobwebs to pumpkins and lighted Jack O'Lanterns, as well as costumes, parties and treats are discussed.

#### Singo! at 7 pm (Brush Hill Function Room)

Play **SINGO** (just like Bingo but with music titles instead of numbers! It's easy and fun! Hear music from the 40's to the 70's, and learn some info about famous singers, or just hum along! The DJ plays a few lines of the song and then gives you the title! If you have it listed on your Singo card then put an "X "on your card. We'll play three straight-in-a-row Singo games, then play one "X" Singo game and then a Coverall (just like Bingo!). You play 5 games on the one card. **WIN \$\$\$ Money and Prizes! One card is \$5. Buy more than 1!** 

## Tuesday, October 25th

**Wowzitude Virtual Tour: Dun Laoghaire at 10 am** (Channel 222 or BL Coffee Room) Join us for this special Halloween Spooktacular Tour! It is the scariest time of the year when the veil between the worlds is at its thinnest and those from the spirit world are said to be able to wander freely among us! Hear about Halloween's Irish origins and get ready to be scared silly with some spooky stories!

## Women's Lunch to Mr. Chan's in East Milton at 11 am

This trip is currently full with a long waitlist.

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

Join instructor Sheila Cohen for this month's session: *The COLORS of Fall!* Using dots and spots inspired by the impressionistic movement, you will create your own unique piece. All materials are provided and this class is FREE! Spots are limited; please call Muriel at 617-361-7778 to sign up.

# <u>Weekly Highlights: Monday 10/24 – Sunday 10/30</u> Look out for these special events and offerings next week! (Page 2)

#### Tuesday, October 25th (Continued)

**Wowzitude Virtual Tour of Salem, MA at 2 pm** (Channel 222 or BL Activity Room) Skip the traffic and the crowds and join for a livestreamed tour as we explore the city of Salem, one of America's most "haunted" cities. Salem is famous for its 1692 witch trials, during which several locals were executed for allegedly practicing witchcraft.

## Wednesday, October 26th

**Oma Communications 1-on-1 Technology Help, 9 am - 12 pm** (Brush Hill Function 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!

## Lifelong Learning at 7 pm (Brush Hill Function Room) Showing: MacGillivray Freeman's Coral Reef Adventure (2003)

Joy. Ecstasy. A spiritual high. These words describe the exhilaration of diving a pristine coral reef in Coral Reef Adventure. Ocean explorers Howard and Michelle Hall turn their love for the ocean and their concern for the future of the world's coral reefs into action. With Hean-Michel Cousteau, deep reef scientist Richard Pyle and Fijian diver Rusi Vulakoro, the Halls explore and capture on film the dazzling underwater world of coral reefs, magical places here on Earth.

#### Thursday, October 27th

#### Frugal Fannie's Trip at 10 am

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

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

We will be watching "Rumble: The Indians who Rocked the World", a Canadian documentary film that profiles the impact of Indigenous musicians in Canada and the U.S. on the development of rock music. It premiered at the 2017 Sundance Film Festival. All residents are very welcome!

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

For more information, please contact Roz Spigel at 617-690-3611.

## Adam Bergeron at 7 pm (Brush Hill Function Room)

Pianist Adam Bergeron is a Fuller Favorite! Join him for a special performance of classical and contemporary pieces.

# <u>Weekly Highlights: Monday 10/24 – Sunday 10/30</u> Look out for these special events and offerings next week! (Page 3)

#### Friday, October 28th

The Rise & Fall of the Pirate Golden Age at 2 pm (Blue Hill Activity Room)

This 50-minute video takes us out to the high seas in search of the swashbuckling pirates of the golden age of piracy during the early 18<sup>th</sup> century, charting the devastating impact these pirates had during an era of colonial expansion. This video serves as a fun primer for next week's history talk by Professor Richard Brabander (friend of Paolo DiGregorio!) on The History of Piracy and Privateering (Monday, 10/31 at 2 pm in the Blue Hill Activity Room).

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

Join Rabbi Benjamin for monthly services in the Function Room.

## Terry Sanger at 7 pm (Blue Hill Activity Room)

What has three horns and sings all your favorite songs? Terry Sanger...that's who! An awardwinning saxophonist with a voice to boot. Singing (and playing) over 50 years of hit songs, this is an act that is sure to entertain you no matter when you were born. We are excited to welcome him to Fuller Village!

#### Saturday, October 29th

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

#### Sunday, October 30th

## Dwayne Haggins Duo at 7 pm (Brush Hill Function Room)

Dwayne is back again with his friend on bass. His silky voice, bluesy sound, and unusual repertoire of country, funk, blues, and soul make him a stand-out on the local live music scene. Not to be missed!

# **Notes from the Program Director**

# **Donating Used Medical Equipment**

Helping Hands in Quincy will accept used medical equipment like wheelchairs, walkers, etc. They are a resource for people in need who can't afford to purchase these things. It was started in 1991 by Representative Bruce Ayers. Contact number is: 617-472-9877. Thank you to Pat Kelleher for passing along this information.

# Fuller Village Holiday Cookie Sale

The Fuller Village Residents Association will be sponsoring a Holiday Cookie Sale on Saturday morning, **December 17, 2022**, in the Brush Hill Function Room, for Fuller Village residents, their families and their friends. It will be just in time for Christmas and Hanukah gifts and celebrations.

We are looking for people to bake their favorite holiday cookies and bars. Please think about baking an extra batch of that special treat for our sale. Or maybe you have a favorite recipe you'd like to make for us or bake that recipe you've been dying to try out. It will be just a cookie and bar sale; no cakes, pies or breads please. Baked items may be holiday themed, but that is not a requirement. All cookies and bars will be greatly accepted and appreciated.

Please contact Mimi Roos to join the list of our volunteer bakers. Call or text Mimi at 781-608-0552, email to <u>pmroos@aol.com</u> or leave a message in her mailbox H-207 Brush Hill.

Circle that date on your calendar and tell your family and friends to "save the date" for our cookie sale. Proceeds will benefit the Fuller Village Residents' Association.

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— LIVE A FULLER LIFE —

## **CELEBRATE HALLOWEEN**

## LOUNGE AT BLUE HILL



RESERVATIONS and COSTUMES REQUIRED/ RESIDENTS ONLY/LIMITED SEATING (20)

MONDAY, OCTOBER 31<sup>ST</sup> – 6:00 PM

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Butternut Squash Soup with Toasted Pumpkin Seeds

## OR Salad of your choice

Pan Roasted Statler Chicken with Cider Glaze

#### <u>OR</u>

**Orange Fennel Salmon** 

**Pumpkin Risotto** 

**Chocolate Cake with Blood Orange Frosting** 

Funnel Cookie Cake with Powdered Sugar

6

Reservations begin on Friday, October 21<sup>st</sup> at 9:00 am – call Muriel at 617-361-7778 – No Deliveries

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

# **Main Course**

the entire menu is gluten-free except for where it says: "contains gluten"

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 <mark>(contains gluten)</mark>, Apple Pie <mark>(contains gluten),</mark> 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 <u>Monday, October 17th</u> from 10:00 AM to 1:00 PM.

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

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# - DATES TO HOLD -

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# Monday, October 24th 7:00 pm sharp

- Only \$5 per card to play. Buy 2!
- Be On Time Refreshments Served

Great songs! Sing along with us if you like! It's a **musical** bingo-like game. Over 35 people attended last SINGO game. All five games played on the same card!

Coverall is usually pays over \$100!



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Activities Committee Meeting: New Members are Welcome Wednesday, November 2<sup>nd</sup> at 7pm in Brush Hill Café

Agenda: Brainstorming ideas for fun games (like SINGO), programs and fundraisers! We have a budget to support us.

All suggestions are welcome. The Activities Committee also supports Julia McMahon with assistance for special programs. - Marty Allen 617-312-8058

# Newcomers Club – Revised Date

Tuesday, November 8th 2:30 Blue Hills Activity Room



All newcomers, and previous members from last two years, please come by for conversations, easy & fun quick games played by teams at your table, prizes and desserts! Great way to meet residents!

Any questions, please call Marty Allen at 617-312-8058



# Brush Hill Café Specials

- daily specials all served with one side...8.99

monday, october 25 Cobb Salad Grilled Chicken, Avocado, Egg, Bacon and Blue Cheese

> tuesday, october 26 Veggie Panini Served on a Focaccia Roll with Swiss Cheese

wednesday, october 27 Chicken Parm Sub Chicken Cutlet, Marinara and Provolone Cheese

thursday, october 28 Mushroom Swiss Burger With Sauteed Onions on a Brioche Roll

> friday, october 29 Shrimp Cocktail Served with Cocktail Sauce





#### Dining Room Dinner Menu 11:00 A.M.- 1:00P.M. Mon-Fri call at 617-361-6958

Monday, October 24th Hearty Beef and Vegetable Soup (GF) Or Salad du Jour Grilled Italian Sausages in Pomodoro (GF) Haddock Baked with Baby Clams (GF) Saffron Risotto (GF), Zucchini Chocolate Chip Cookie or Fall Apple Crisp

#### Tuesday, October 25<sup>th</sup> Carrot, Orange & Ginger Soup (GF) (VG) or Salad du Jour American Chop Suey w/ Macaroni Maryland Crab Cakes (GF) Baked Sweet Potato, Kale Slaw Sugar Cookie or Chocolate Pudding

Wednesday, October 26th Leek and Potato (GF) (V) or Salad du Jour Grilled Boneless Pork Chop (GF) Eggplant Rollatini (GF) (V) Rosemary Potatoes, Sauteed Spinach M & M Cookie or Lemon Ricotta Cake

#### Thursday, October 27<sup>th</sup>

Corn & Clam Chowder (GF) or Salad du Jour Coq au Vin (GF) Roasted Salmon (GF) Yukon Mash, Green Beans Oatmeal Raisin Cookie or Flourless Chocolate Torte (GF)

#### 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. *Juller Village* Vegetarian (V) Vegan (VG) Gluten Free (GF)

#### Friday, October 28th

Cream of Mushroom Soup (GF) (V) or Salad du Jour Carolina Pulled Pork (GF) Grilled Mahi Mahi w/ Pineapple Salsa (GF) Cheddar Cornbread, Coleslaw Carnival Cookie or Peach Cobbler

#### Saturday, October 29th

Butternut Squash Bisque (GF) (V) or Salad du Jour Beef & Guinness Stew (GF) Lobster Raviolis Wild Rice Pilaf, Rainbow Chard Snickerdoodle Cookie or Strawberry Rhubarb Pie

#### Sunday, October 30<sup>th</sup>

Creamy Chicken & Rice (GF) or Salad du Jour Turkey Loaf with Mushroom Gravy (GF) Baked Manicotti (V) Mashed Potatoes, Green Beans Double Chocolate Cookie or Tapioca w/ Berry Compote (GF)



we use fresh, responsibly sourced, seasonal ingradients & cultury creativity. We sre guided by environmentally held practices, avoid additives, chemicals and preservatives

experience the difference



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

#### 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.

