



From the Desk of Deborah M. Felton
November 4, 2022

Welcome Noreen Begin to Depoyan 303 and Jan Fiske to Depoyan 314.

Please join the family of Rita Agnes in a celebration of her life on Monday, November 14th from 1 - 3 pm in the Function Room at Brush Hill. Rita would have turned 94 on the 14th. The family invites you to share light refreshments with your friends at Fuller Village in honor of Rita.

Our Maintenance Director, Mark Bornheim is moving to Florida! Mark will be here until the end of the year. We sincerely thank Mark for his 24/7 commitment to Fuller Village these past almost 9 years! Mark is a devoted manager to his staff and the residents. We will miss him but wish him all the best in his new adventure.

Walking around our campus - Please do not walk in the middle of the road. Roads are for cars. If you do walk on the road, stay to the side of the road, and make sure you can hear vehicles coming behind you! Sidewalks are also good!

Search for new Executive Director - We have just started our search. The committee is chaired by Chris Heavey, President, Milton Fuller Housing Corporation. If you have any questions, please contact me directly. I will be here until July 1, 2023.

Not feeling well? Please do not come to the common areas, if you do not feel well.

Fuller Village transportation - If you would like a ride to the café, you must call in advance so that it may be scheduled into our van driver's day. We are not an on-demand service.

Textiles and shoes are not allowed in the trash - As of November 1, Massachusetts is expanding its waste bans of any textiles and shoes. Recycling bins can be found at each school in Milton. We have posted flyers on the Boards which provide more information or watch the public service announcement on our Touchtown App under resident resources.



Last call for Lost and Found - Have you lost keys, glasses, or sweatshirts? Please check the lost and found at either Brush Hill or Blue Hill. We will be disposing of these items soon.

Covid - We have had two reported covid cases at Brush Hill this week.

Do you need a ride to the polls on Election Day, November 8th? We will be providing transportation to the polls at 10:30 a.m. Please call Muriel to arrange for a ride at 617-361-7778.

Coyotes - There are two healthy coyotes that I have seen walking on the property. Please bring a whistle with you when you are walking.

Thanksgiving - If you are recovering from a hospital stay or home due to an illness, and would like a Thanksgiving dinner to go, please call Daniel McGarr at 617-361-8947. The cost per dinner is \$45.00 and limited to residents. Thanksgiving menu only, no substitutions or special requests.

SUN	MON	TUE	WED	THUR	FRI	SAT	
<div>Daylight Savings Time Ends - Set your clocks back!</div> <div>2:30 Blue Hill Bridge (BL)</div> <div>7:00 Broadway: The American Musical (Documentary Film) (BR)</div> <div></div>	<div>6</div> <div>8:30 Pickleball</div> <div>10:00 Guest Star Coffee Hour (BL)</div> <div>11:00 Floor Yoga w/ Carol (BR)</div> <div>12:00 Chair Yoga w/ Carol (BR)</div> <div>1:00 Bridge (BR)</div> <div>2:00 Handcrafters (BL)</div>	<div>7</div> <div>10:00 Seated Zumba Gold (BL)</div> <div>10:30 Functional Fitness (BR)</div> <div>10:30 Van to the Polls</div> <div>12:00 Back to Basics (BL)</div> <div>12:30 Tai Chi (BR)</div> <div>1:00 Group Meditation (BR)</div> <div>2:30 Newcomers Club (BL)</div> <div>4:00 Restorative Yoga (BR)</div> <div>7:00 Bingo! (BL)</div> <div>7:00 Men's Poker Club (BR)</div>	<div>8</div> <div>Pool Closed from 1-5 pm</div> <div>10:00 Birthday Breakfast (BL)</div> <div>10:00 Mobility & Stability (BR)</div> <div>10:30 Water Aerobics (BR)</div> <div>11:00 Floor Yoga w/ Carol (BR)</div> <div>11:15 Cornhole (BL)</div> <div>12:00 Chair Yoga w/Carol (BR)</div> <div>12:45 Chorus (BL)</div> <div>2:00 Residents' Association Board Meeting (BL)</div> <div>3:00 Rosary (BL)</div> <div>7:00 Knitters and Sewers (BR)</div>	<div>9</div> <div>Pool Closed from 7 am-12 pm</div> <div>8:30 Pickleball</div> <div>10:00 News, Coffee & Conversation (BL)</div> <div>10:00 Towel Cardio (BR)</div> <div>10:30 Bible Study (BR)</div> <div>11:00 Core on the Floor (BR)</div> <div>12:00 Mobility & Stability (BL)</div> <div>12:30 Line Dancing w/Jean (BR)</div> <div>1:00 Ron's Bowling and Ice Cream</div> <div>3:00 Anthony Sammarco (BR)</div> <div>7:00 Brush Hill Bingo (BR)</div>	<div>10</div> <div>Veterans Day</div> <div>10:30 Chair Yoga w/Carol (BL)</div> <div>10:30 Zumba Gold (BR)</div> <div>11:00 General Interest Meeting: Hiking Adventure Club (BR)</div> <div>12:30 Line Dancing w/Cris (BR)</div> <div>1:30 Veterans Day Program (BR)</div> <div>6:30 Cribbage (BR)</div> <div>7:00 John Polino (BL)</div> <div></div>	<div>11</div> <div>8:30 Pickleball</div> <div>10:00 Oma Communications 1-on-1 Tech Help (BL)</div> <div>7:00 Movie Night (BR/BL)</div>	<div>12</div>

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 11/9 & 11/30 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

November 2022

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

Fuller Village
in Milton
—LIVE A FULLER LIFE—

Weekend Highlights: Friday 11/4 - Sunday 11/6

See what's happening this weekend!

Friday, November 4th

First Friday: *Game On!* at 2 pm (Brush Hill Function Room)

The First Friday of every month 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. Moving forward, we will only host this event on the first Friday of the month, so be sure not to miss it!

Pianist Sean Hurley at 7 pm (Blue Hill Activity Room)

Milton native Sean Hurley has been playing piano for audiences since he was 14. An energetic and engaging performer, his repertoire includes classical, Broadway, standards and pop music all with a distinctive style. He is also happy to take requests!

Saturday, November 5th

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

BRUSH HILL showing: *Hocus Pocus #1*

Cast: Bette Midler, Sarah Jessica Parker, Kathy Najimy

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

BLUE HILL showing: *Mr. Smith Goes to Washington*

Cast: Jimmy Stewart, Jean Arthur, Claude Reins, Eddie Arnold

Jefferson Smith is a junior senator with big plans. He tries to maneuver his ideals in spite of the corruption of his colleagues with the help of his secretary. A wonderful Academy Award Winning Classic movies by Frank Capra.

Sunday, November 6th

Broadway DVD at 7 pm (Brush Hill Function Room)

Join us for the next segment of PBS's **Broadway: The American Musical. Episode Five: Tradition (1957-1979)**. In the late 50s and early 60s, Broadway continued producing enduring hits, including the groundbreaking *West Side Story*, but in the era of rock & roll and tumultuous social change, Broadway reinvented itself and established new traditions. The conceptual theater of **John Kander & Fred Ebb's** *Cabaret*, as directed by **Hal Prince**, was followed by the tribal love-rock musical *Hair* and the urban angst of **Stephen Sondheim's** *Company*. **Bob Fosse** showcased sexy cynicism in *Chicago*, and **Michael Bennett** created the blockbuster, *A Chorus Line*. With **Prince and Sondheim's** production of *Sweeney Todd*, the musical reached unexpected heights in style and material.

Don't forget to set your clocks back!!



Weekly Highlights: Monday 11/7 – Sunday 11/13

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

Monday, November 7th

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

This week will feature *Jen DeLeonardis*, Fuller Village's Fitness & Aquatics Director. Jen will share a bit about her professional background and experience, the fitness programming here at Fuller Village, as well as her interests outside of work (including her impressive hiking resume!).

Tuesday, November 8th

Wowzitude Virtual Tour: Cannes, France at 10 am (Channel 222 or BL Coffee Room)

Cannes, France is known for its luxury properties and yacht-filled harbor, but the city's history and culture goes back much further. Uncover the top sights and hidden gems of Cannes on this virtual city walking tour and tick off important landmarks such as Marche Forville, Le Suquet, and the Palais des Festivals.

Van to the Polls at 10:30 am

The Fuller Village van will be taking voters to the polls on Election Day! Please call 617-361-7778 to sign up. If this time fills, we will offer another trip in the afternoon as well.

Wowzitude Virtual Tour of Vancouver at 2 pm (Channel 222)

Vancouver, a bustling west coast seaport in British Columbia, is among Canada's densest, most ethnically diverse cities. Surrounded by mountains, Vancouver has incredible views from every angle. From the mountains to the beaches, to the city, Vancouver has everything. Join us on this livestreamed walking tour as our guide shows us what makes Vancouver so special.

Newcomers Club at 2:30 pm (Blue Hill Activity Room)

Come get to know other new (or new-ish!) residents at Fuller Village! Invitations will be delivered to the mailboxes of all eligible residents. Please contact Marty Allen at 617-312-8058 with any questions.

Wednesday, November 9th

Pool Hours: The pool will be OPEN from 7 am – 12 pm and CLOSED from 1-5 pm.

Birthday Breakfast at 10 am (Blue Hill Activity Room)

All are welcome to come celebrate our November birthdays with fresh fruit, coffee, and breakfast pastries! Generously sponsored by our friends at Bank of Canton.

Weekly Highlights: Monday 11/7 – Sunday 11/13

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

Wednesday, November 9th (Continued)

Cornhole at 11:15 am (Blue Hill Activity Room)

Please note the change of time for this week's cornhole players!

Residents' Association Board Meeting at 2 pm (Blue Hill Activity Room)

All are welcome to attend the monthly Residents' Association Board Meeting.

Thursday, November 10th

Pool Hours: The pool will be CLOSED from 7 am – 12 pm and OPEN from 1-5 pm.

Ron's Bowling and Ice Cream at 1 pm

Join your friends for our monthly trip to Ron's, 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 sign up.

Anthony Sammarco at 3 pm (Brush Hill Function Room)

Presenting: Inferno: The Great Boston Fire of 1872

Esteemed local historian, Anthony Sammarco, will present on his book *Inferno: The Great Boston Fire of 1872*, which was written to commemorate the 150th anniversary of a devastating fire that destroyed sixty-five acres of land in the city, from Washington Street, between Summer Street and Milk Street, fanning eastward towards the wharves projecting into Boston Harbor. The fire was said to have destroyed 776 buildings in Boston's downtown, causing over \$73 million [1872 dollars or \$1,682,000,000.00 in 2022 dollars] in damage, killing an estimated twenty people and leading to stricter building regulations in Boston.

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, November 11th

Happy Veterans Day



General Interest Meeting: Hiking & Adventure Club at 11 am (Brush Hill Yoga Studio)

Join Jen and fellow Fuller Village hikers to learn more about what our group of Adventurers sets out to do on a weekly basis in the Blue Hills. See attached flyer for more information.

Weekly Highlights: Monday 11/7 – Sunday 11/13

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

Friday, November 11th (Continued)

Veterans Day Program at 1:30 pm (Brush Hill Function Room)

The Fuller Village Chorus and several residents who have served in the Armed Forces will lead this program to honor our veterans. All are welcome for this special program. See attached flyer for more information.

John Polino at 7 pm (Blue Hill Activity Room)

We are excited to welcome another new performer to Fuller Village! John Polino is a guitarist/vocalist who specializes in providing popular, upbeat music for all occasions. From Elvis to Imagine Dragons, he's got it covered. Come check him out for some familiar tunes as well as some new ones!

Saturday, November 12th

Oma Communications 1-on-1 Technology Help (Blue Hill Activity Room)

Liz Flaig from Oma Communications specializes in helping older adults communicate with today's technology. Bring any of your technology questions and receive 1-on-1 targeted support with your smartphone, iPad or tablet, computer, Alexa device, social media, or specific app or computer program. Sign-up is required, 8 spots available. Call 617-361-2116 to sign up.

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

Sunday, November 13th

musiConnects at 7 pm (Brush Hill Function Room)

We are thrilled to welcome staff and students from musiConnects - a local non-profit organization offering accessible string education and performances in Roslindale and Mattapan - for their first performance at Fuller Village! This Sunday evening, they will present a string quartet program featuring composers influenced by Arabic, Native American, and Peruvian musical traditions. This performance is generously co-sponsored by the Fuller Village Residents' Association.

More about musiConnects: musiConnects is a non-profit organization created to model and teach self-expression, peer leadership, and community development through the transformative power of chamber music. musiConnects was founded in 2007 on a unique residency model in which professional musical activity is conceived as a means for building socially just, equitable, and vibrant communities. Now in its 15th season, musiConnects encompasses two thriving educational initiatives -- the Residency Program, offered in partnership with schools & community centers in Mattapan; and the Roslindale Community Program, based at the musiConnects studio in Roslindale Village -- and a full season of accessible live performances. Its mission is carried out by a dedicated team of Resident Musicians and affiliated faculty, and an engaged community of parents, supporters, and volunteers.

BAKERS NEEDED!

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 pmroos@aol.com or leave a message in her mailbox H-207 Brush Hill.



The Power of Silence

Silence is often the very best response that can be given! It is a powerful tool as a non-response to a provocation which could lead to further an argument. Silence can help contain anger and restore calm. Remaining silent often gives us time and clarity needed to evaluate a more appropriate response.

The poet Emily Dickinson said, "saying nothing sometimes says the most". Silence is not weakness, but rather it serves as a harness in a heated moment, keeping unnecessary issues at bay while more rational responses are weighed.

"Speech is silver, silence is golden", is a familiar proverb extolling the virtue of silence over speech and is considered a theme of ancient Eastern origin. Some historians believe it was a theme used as early as in the 9th century.

Professor David Wasserman has traced the concept to Arabic culture and it most likely entered Western culture through the work of a 14th century Spanish writer Sanob de Carrion, a Hebrew translator of Arabic texts. A similar saying, "discourse is silver; silence is gold", is attributed to a Greek proverb.

Author and translator Richard Jente believes the proverb became popular in Germany in the early 19th century then spread through German immigrants to the United States.

Albert Einstein once noted that "Quiet can stimulate the creative mind." We live in a world filled with noise and chatter from a multitude of sources all serving as distractions to our creative thinking.

The impact of silence is formidable. It allows us to channel our thinking; it is calming and helps us focus on our thoughts and responses. It is an exercise in self control! Science tells us our brain is evaluating information during periods of silence.

The Yale book of quotes has the following entry: "Better to remain silent and be thought a fool than to speak out and remove all doubt", attributed to Abraham Lincoln.

It has been said that the quieter you are the more you can hear and understand.

Stay safe and stay well.

Betsy Buchbinder
Chair

Residents' Association Corner

Thank you to all Board members who are continuing in their positions and welcome to new members. Thank you to those serving as chairs of the many committees and their members. I am sure all residents appreciate your time and commitment. A full list is available on TouchTown. Please feel free to contact anyone of us.

Approved minutes of Board Meetings will continue to be posted at Blue Hill and Bruh Hill as well as posted on TouchTown. I encourage all to review and contact us with any comments and suggestions.

As a reminder, the 'Project Review Form for Fuller Village Residents' Association' is available on TouchTown. If you have any suggestions for activities, please complete form and email directly to me at johnjosephgallagher06@gmail.com If you need any assistance, your building representative will be glad to help.

The board wants to thank Mimi Roos for heading up a bake sale during a very busy time in December. Proceeds will go the Residents' Association. Please contact Mimi directly if you can assist in the baking.

Deborah Felton has requested the Residents' Board send her questions residents would like the search committee to consider asking candidates for the Executive Director position. Please email any suggestions to Pat Kelleher, Vice President by Tuesday, November 8th at patkell607@comcast.net. .

John Gallagher November 3, 2022



**Please join us for a
Special Program
In Honor of our Veterans**

**Veterans Day
Friday, November 11th
At 1:30 pm
Brush Hill Function Room**

**Featuring a special performance
by the Fuller Village Chorus**

If you need a ride, please call 617-361-7778.

Fitness & Aquatics Update for November 2022

Fall is finally in full swing!

Here is some important information that you might want to have handy as we enjoy the beauty of a New England fall.

Starting on Thursday, November 3rd, we will be offering a new Line Dancing class with Jean Long. Jean teaches around the area, and some of you may know her from her classes at the COA. Her class will be every Thursday in the Yoga Studio @ 12:30pm. There is no fee for this class.

Yoga Studio TV Programming

Looking for a little exercise over the weekend or stuck inside because of the weather?

Then you should head to the Yoga Studio!

We have installed a Smart TV in the studio with instant access to all the YouTube videos that you have become acquainted with on the Fuller Village app and/or TouchTown. Plus, you can search for any other exercise videos like “seated exercises for older adults” or “balance exercises for people over sixty.”

There are instructions on the wall, directly underneath the TV, but if you are unsure about how to access the programming, please call Jen @ 617.361.7196 to set up an appointment to go over the steps.

The TV is available anytime the Studio is free of fitness classes or training programs. It is entirely open during the weekend. Fitness Center hours on the weekend are 10am-4pm.

From Betty Tamer, a Brush Hill resident – “It was so easy and fun!” and “It’s a great option for those that can’t make it to a class.”

Finally, Chris Veras, our full-time lifeguard will be taking some time off in November. In an effort to maintain both fitness & aquatics programming as much as possible,

the pool will be closed on the following dates & times:

Wednesday, November 9th 1pm-5pm

Thursday, November 10th 7am-12pm

Monday, November 14th 1pm-5pm

The Pool & Fitness Center will also be closed for the Thanksgiving holiday, Thursday, November 24th. The Fitness Center will be open on Friday, November 25th from 10am-4pm. The Pool will be open on Friday, November 25th from 9am-1pm

As a reminder, when we have weather that produces thunder & lightning, we are required to close the pool for 30 minutes after the last clap of thunder, and continue to monitor the weather until the storm passes

Happy Fall!





HIKING & ADVENTURE CLUB INFO MEETING

The Call of the Blue Hills...

Join Jen and fellow Fuller Village hikers to learn more about what our group of Adventurers sets out to do on a weekly basis in the Blue Hills. If you've ever wanted to experience the beauty and benefits of hiking, but have been reluctant due to various reasons, this is your opportunity to ask questions and find out if this could become a healthy habit! Some topics that we will cover include: year-round hikes & potential winter activities, proper equipment, clothing and footwear, the importance of safety, and the benefits of experiencing nature first-hand.

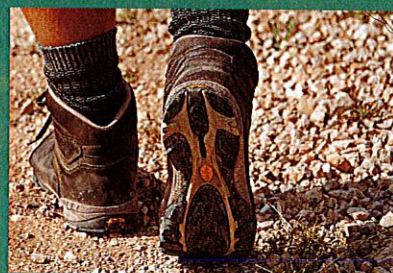
There will be time for questions too!

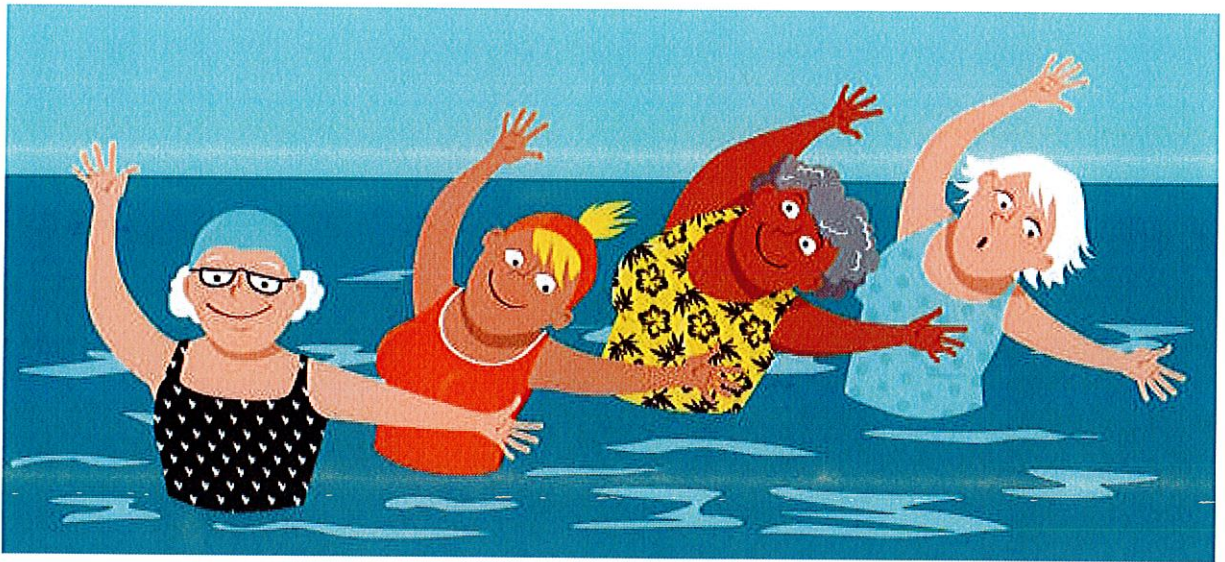
**Friday, November
11th**

**11am in the Yoga
Studio**

**Windows will be
open so masks will
not be required.**

**Please dress
accordingly (if you
get cold easily, bring
a light jacket or
sweater)**





POP-UP WATER AEROBICS CLASS!

**Join Jen and her Disco Hits
on
Thursday, November 10th
2 pm**

**Class is 30 minutes; the disco hits will
be pumping & class is open to
everyone!**

There will be no lap swim during class.



Brush Hill Café Specials

– daily specials –

all served with one side...14.99

monday, november 7
Corned Beef and Scrambled Eggs
Served with Choice of Toast

tuesday, november 8
Pesto Chicken Panini
On Ciabatta Roll w/ Lettuce and Tomato

wednesday, november 9
Fig & Prosciutto Flatbread Pizza
Arugula and Balsamic Reduction

thursday, november 10
BBQ Bacon Swiss Burger
Lettuce, Tomato and Onion

friday, november 11
Fish and Chips
House Tartar Sauce

Gordon House

Dining Room Dinner Menu

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

Monday, November 7th

Split Pea & Bacon Soup (GF)
Or Salad du Jour
Salisbury Steak
Stuffed Sole (GF)
Truffled Tater Tots, Asparagus
Chocolate Chip Cookie or
Honey Cake

Friday, November 11th

Clam Chowder (GF)
or Salad du Jour
Yankee Pot Roast (GF)
Grilled Swordfish (GF)
Country Mashed Potatoes, Carrots
Carnival Cookie or
Grape Nut Custard

Tuesday, November 8th

Tomato Orzo Soup
or Salad du Jour
Sesame, Ginger, Soy Chicken Thighs (GF)
Asian Salmon Cakes (GF)
Jasmine Rice, Broccoli Stir Fry
Sugar Cookie or
Chocolate Mousse (GF)

Saturday, November 12th

Bacon & Lentil Soup (GF)
or Salad du Jour
Chicken Pot Pie
Bacon Swiss Quiche
Baked Potato, String Beans
Peanut Butter Cookie or
Apple Lattice Pie

Wednesday, November 9th

Mushroom Barley
or Salad du Jour
Southern Fried Chicken
Lemon Garlic Shrimp (GF)
Biscuits & Gravy, Braised Greens
M & M Cookie or
Chocolate Cake

Sunday, November 13th

Chicken Wild Rice Soup (GF)
or Salad du Jour
Veal, Beef & Pork Bolognese (GF)
Linguine in Clam Sauce
Linguine, Roasted Zucchini
Double Chocolate Cookie or
Bread Pudding

Thursday, November 10th

Cheddar Broccoli Soup (GF)
or Salad du Jour
Greek Lemon Pork Stew over Rice (GF)
Butternut Squash Ravioli in Sage Butter
Dressed Arugula & Fennel Salad
Oatmeal Raisin Cookie or
Cookies & Cream Pie

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 21.95 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

APPETIZERS ... 5.00

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...21.95 (GF)

Baked with buttered GF crumbs

Sandwich of the Month

Patty Melt...14.00

Grilled Burger Patty and Swiss Cheese
on Choice of Bread with, Lettuce and
Tomato, Pickles and Choice of Side

Salad of the Month...10.00

Caprese Salad with Prosciutto

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.