



From the Desk of Deborah M. Felton
November 18, 2022

Happy Thanksgiving! Wishing staff and residents a peaceful and bountiful holiday.

An important message regarding the mail - Please wait until the mail person finishes putting mail into the boxes and closes the doors before retrieving your mail. It is illegal to grab your mail when the door to the mailboxes is wide open.

During the busy holiday season, we ask that you pick up your packages as soon as they arrive in our lobby. If you are ordering online, the deliverer notifies you when the package has been delivered.

Masks - Fuller Village no longer requires a mask during group activities and events. Please continue to follow CDC guidelines for Covid-19 illness and exposure. If you do not feel well, stay home. Many residents and employees may choose to continue to wear masks at their discretion. Please be respectful of their choice. If we experience another outbreak of Covid, we will reinstitute a mask mandate for group programs and fitness.

The Fitness Center and Pool are open on Friday, November 25th.

Thanksgiving Holiday November 24th & 25th The office will be closed on Wednesday, November 23, 2022 at 5:00 p.m., reopening Monday, November 28, 2022, at 8:30 a.m. We will be on the answering service for the holiday from Wednesday, November 23, at 5:00 p.m. until Monday morning, November 28, at 8:30 a.m. If you have a maintenance issue that needs to be taken care of immediately, please call (617) 361-7900 and the on-call person will help you with your problem. There will be security personnel at both desks between the hours of 10:00 a.m. to 10:30 p.m. on Friday, Saturday, and Sunday.

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 4:00 Thanks-for-Giving Service 7:00 Billy Thompson (BR)	8:30 Pickleball 10:00 Guest Star Coffee Hour (BL) 10:30 Water Aerobics (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 Trip	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) 3:30 Rich Travers (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	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) 7:00 Knitters and Sewers (BR)	Thanksgiving Office, Cafe, Pool, & Gym Closed 	Offices & Cafe Closed 10:30 Chair Yoga with Carol (BL) 12:30 Line Dancing with Cris (BR) 6:30 Cribbage (BR)	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 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 11/18 - Sunday 11/20

See what's happening this weekend!

Friday, November 18th

Rich Travers at 1 pm (Blue Hill Activity Room)

Strings and Things: This lecture looks at things that have strings – from members of the string family to the harp, guitar, piano and many other things with strings. Many types of different music from various periods of music will be presented.

Four Hundred Souls Discussion Group at 3 pm (Brush Hill Function Room)

The group will gather one more time for a cumulative conversation about the book and our takeaways. Please come prepared to discuss the essay that had the most impact on you and to weigh in on what we do next. Contact Julia with any questions at 617-361-2116.

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

Rabbi Benjamin will join us to lead the monthly service.

Rivers Between Duo at 7 pm (Blue Hill Activity Room)

Rivers Between is a Boston-based folk duo comprised of singer-songwriter Greg Kane and vocalist Kat Brooks. Greg's soulful compositions, engaging folk style guitar, and unique voice coupled with Kat's beautifully inventive harmonies, make them a local favorite.

Saturday, November 19th

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

BRUSH HILL showing: *Begin Again*

Cast: Keira Knightly, Mark Ruffalo, Adam Levine

After a young singer's boyfriend breaks up with her, a move to New York is turning disastrous until she meets a music producer who just lost his job and takes her on hoping she will get him on his feet again.

BLUE HILL showing: *Elvis*

Cast: Austin Butler, Tom Hanks, Helen Thomson

Elvis' story through the eyes of his complicated relationship with his manager Colonel Tom Parker.

Sunday, November 20th

Thanks-for-Giving Service at 4 pm (Online or in the BL Activity Room or BR Library)

We are honoring the sandwich makers for Father Bill's this year. This event, sponsored by the Milton Interfaith Clergy Association, will be at the First Congregational Church on Sunday, November 20th at 4 pm and will be livestreamed. Contact Julia for more information on how to join remotely.

Billy Thompson at 7 pm (Brush Hill Function Room)

We are excited to welcome another new act to Fuller Village! Billy Thompson is a singer/songwriter and guitarist from Boston. He has been a fixture on the Boston music scene for many years as a guitarist, producer, and songwriter. He plays everything from original music to the Beatles and specializes in classic rock, pop, and soul. He is sure to entertain!

Weekly Highlights: Monday 11/21 – Sunday 11/27

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

Monday, November 21st

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

This week will feature *Ann Kelleher, one of Fuller Village's Concierge's*. Ann will share a bit about her past clinical administrative background and experience (a large part of her heart), her time here at Fuller, as well as her "proud" mom status.

Wakefield Estate & Arboretum Trip at 2 pm

Join Mark Smith, Executive Director of the Mary May Binney Wakefield Arboretum, for a guided fall stroll around the property. You'll get an insider's look at the assortment of gorgeous trees on site and how they are transitioning through autumn. Suggested donation of \$5 (please bring cash). Call Muriel at 617-361-7778 to sign up.

Tuesday, November 22nd

Wowzitude Virtual Tour: New York City at 10 am (Channel 222 or BL Coffee Room)

Central Park's 843 acres are NYC's backyard and playground – but that's not all. This lush oasis in the valley of its skyscraper surroundings is also one of its crown jewels. On this livestreamed walking tour, we'll learn its history and discover its many secrets.

Trader Joe's/Market Basket in Hanover at 10 am

One trip with 2 grocery options – these two stores sit very close to each other so you will get to pick which one you go to. Call 617-361-7778 to sign up – there are still a few spots left!

Wowzitude Virtual Tour of Budapest, Hungary at 2 pm (Channel 222 or BL Activity Rm)

Come with us to Budapest, "the Paris of the East", and discover the Buda Castle Hill neighborhood – the oldest, most historic area of the city.

Rich Travers at 3:30 pm (Brush Hill Function Room)

Topic: Opera Mozart

Mozart travelled to Italy when he was in his teens and discovered opera.

Opera was the prestige genre of the time, and Mozart loved it dearly and counted on it heavily for personal, professional, artistic, and financial reasons. Just the thought of opera, as Mozart wrote, made him "beside myself at once". This lecture will include scenes from the Magic Flute, Don Giovanni, Cosi Fan Tutti and the Marriage of Figaro.

Thursday, November 24th

Happy Thanksgiving!

Office, Café, Pool, and Fitness Center Closed Today



Weekly Highlights: Monday 11/21 – Sunday 11/27

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

Friday, November 25th

Office & Café Closed Today

Saturday, November 26th

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

Sunday, November 27th

The Continentals Duo (Keys/Drums) at 7 pm (Brush Hill Function Room)

The Continentals are one of New England's longest running entertainment groups and have a repertoire that spans the decade from the '40s and up, covering most musical genres. They've played as a full band and in duo sets for us several times – come enjoy a great musical evening led by Jack Coleman on keys and Don McNeil on percussion.

Residents Association Notes

The Veterans Day Celebration was outstanding. Penny Knight conducted the Fuller Village Chorus through a beautiful array of patriotic songs. The readings and talks by some of our resident veterans were thought provoking. One resident shared, "I was moved to tears". The entire experience is one that we will remember.

Sunday evening, we had the wonderful string quartet from **musiConnects**. This was co-sponsored by the Fuller Village Residents Association. This group was founded in 2007 to bring chamber music to a wide range of people. The organization was founded by Betsy Hinkle. She wanted to use chamber music as a vehicle for social change by bringing people together from a variety of backgrounds. The professional players work in the Boston Public Schools as well as other schools in the area. They do private lessons, small group classes, workshops and more. Lessons are offered on a sliding scale. At Sunday's performance, we had pieces composed by Palestinian, American, Peruvian, and Indigenous composers. I hope residents will research this group further, and maybe contribute to help them succeed. Their contact information is musiConnects 20 Belgrade Avenue #1, Roslindale, MA 02131 info@musicconnects.org.

We are pleased to offer **Bob's Bird Prints** for sale. The displays will go up on Thursday, December 1st in the Function Room at Brush Hill and in the front hall heading toward Foster at Blue Hill. Artist Robert Seaman has sketched 12 different birds. Hal Pratt frames them. Each print sells for \$19.95. We will have order forms available right by the displays. These prints are ideal gifts for the holidays. Hal will contribute \$10 from each sale to the Residents' Association. The remainder goes to the artist, Robert Seaman.

- Pat Kelleher, Residents Association Vice President



— LIVE A FULLER LIFE —

DEBORAH M. FELTON, EXECUTIVE DIRECTOR

MANAGERS

PEGGY PAYTON, CONTROLLER

ANDREA DOHERTY, MARKETING AND OPERATIONS DIRECTOR

MARK BORNHEIM, MAINTENANCE DIRECTOR

JENNIFER DELEONARDIS, HEALTH & FITNESS DIRECTOR

JULIA MACMAHON, PROGRAM DIRECTOR

JOEY DIGIANO, ASSISTANT TO DEBORAH FELTON/OPERATIONS MANAGER

ELAINE SWALNICK, BOOKKEEPER

DANIEL MCGARR, PROJECT COORDINATOR/SECURITY SUPERVISOR

EDWARDS LYTTON, VAN DRIVER

CONCIERGE

CLAIRE LAWTON, BLUE HILL

ANN KELLEHER, BLUE HILL

MURIEL PELLEGRINO, BRUSH HILL

MAINTENANCE

JOHN ARANGO

BOB COOPER (LIVE IN
SUPERINTENDENT)

MATT LUONGO

JOHN MCDUGALL

SANDRO MARCELIN

AONCE FELICIEN

SECURITY

JAELYN CREECH MOISE

JAVAL EDWARDS

BRANDON GARRICK

KENNY GUSCOTT

JOHN KAMANDE

LISA BARBOSA-RICHARDS

LIFEGUARDS

CHRISTOPHER VERAS

OLIVIA DISANDRO

EMILY KING

ABBY COGGINS

TYLER DONOHOE

CLAIRE KELLY (substitute)

Gordon House

Dining Room Dinner Menu

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

Monday, November 21st

Hearty Beef and Vegetable Soup (GF)
Or Salad du Jour
Grilled Italian Sausages (GF)
Baked Cod with Olives & Artichokes (GF)
Creamy Polenta (GF), Broccoli
Chocolate Chip Cookie or
Fall Apple Crisp

Friday, November 25th

Cream of Mushroom Soup (GF) (V)
or Salad du Jour
Memphis-Style Pulled Pork (GF)
Swordfish w/ Pineapple Salsa (GF)
Mac & Cheese, Coleslaw
Carnival Cookie or
Mango Cobbler

Tuesday, November 22nd

Carrot, Orange & Ginger Soup (GF) (VG)
or Salad du Jour
American Chop Suey w/ Macaroni
Maryland Crab Cakes (GF)
Sweet Potato Fries, Kale Green Beans
Sugar Cookie or
Chocolate Pudding

Saturday, November 26th

Butternut Squash Bisque (GF) (V)
or Salad du Jour
Beef Stew with Root Veg (GF)
Lobster Raviolis
Sautéed Rainbow Chard
Snickerdoodle Cookie or
Strawberry Rhubarb Pie

Wednesday, November 23rd

Leek and Potato (GF) (V)
or Salad du Jour
Grilled Boneless Pork Chop (GF)
Fisherman's Pie
Mashed Potatoes, Carrots
M & M Cookie or
Pineapple Upside Down Cake

Sunday, November 27th

Corn & Clam Chowder (GF)
or Salad du Jour
Meatloaf with Mushroom Gravy (GF)
Lemon Garlic Shrimp (GF)
Mashed Potatoes, Spinach
Double Chocolate Cookie or
Chocolate Torte (GF)

Thursday, November 24th



Special pricing-reservations only

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)

we create

authentic food

FROM SCRATCH

we use fresh, responsibly sourced, seasonal ingredients & culinary creativity. We are guided by environmentally fold practices, avoid additives, chemicals and preservatives

experience the difference

with J-d'ne



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 Tuna or Chicken salad...5.00

DESSERTS

a la carte...4.00

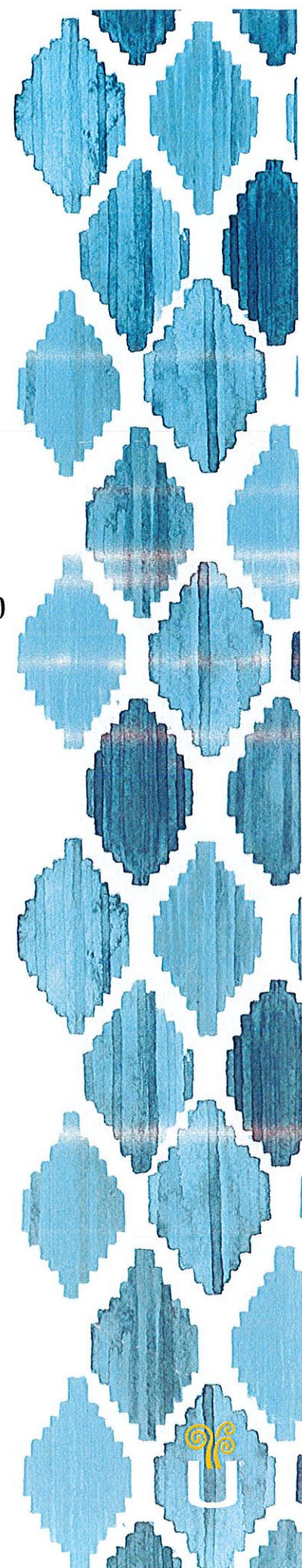
Cookie of the Day...3.00
Fresh Fruit Cup...3.00
Sugar-Free Jell-O...3.00
Ice Cream...3.00

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...14.99

monday, November 21

Ham & Cheese Quesadilla
Salsa and Sour Cream

tuesday, november 22

Poached Salmon & Arugula Salad
Fresh Berries and Toasted Almonds

wednesday, november 23

BBQ Chicken & Bacon Wrap
Swiss Cheese, Lettuce & Tomato

thursday, november 24

CLOSED

friday, november 25

CLOSED

