

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 7:00 The Continentals Duo (Key/Drum) (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) 7:00 Metropolitan Opera on Demand (BL)	10:00 Seated Zumba Gold (BL) 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Still Life Painting Class (Acrylic) (BL) 3:00 History Talk: Coconut Grove Fire (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 (BL) 12:45 Chorus (BL) 3:00 Rosary (BL) 7:00 Classical Pianist Olga Vinokur (BR) 7:00 Knitters and Sewers (BR)	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) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/Jean (BR) 1:30 Holiday Crafts w/Cindy (BL)	10:30 Chair Yoga with Carol (BL) 10:30 Zumba Gold (BR) 1:00 Rich Travers (BL) 2:00 Game On! (BR) 6:30 Cribbage (BR) 7:00 Sonny Barbato (BL)	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 12/7 & 12/21 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 and Wednesdays & Fridays at 2 pm. 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/December 2022

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



Weekend Highlights: Friday 11/25 - Sunday 11/27

See what's happening this weekend!

Friday, November 25th

Office & Café Closed Today

Fitness Center Open 10 am – 4 pm; Pool Open 9 am – 1 pm

Saturday, November 26th

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

BRUSH 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.

BLUE HILL showing: *The Courier*

Cast: Benedict Cumberbatch, Merab Ninze, Rachael Brosnahan

A British businessman and a Soviet operative team up to try to prevent a nuclear confrontation in one of the ongoing high risks during the Cuban crises conflict.

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.

Important Notes

Villa trash pick-up will remain on its regular day (Friday) this week, despite the holiday.

Starting next week, we will have an updated **Stop & Shop** trip schedule:

Mondays at 10 am; Wednesdays at 2 pm; Fridays at 2 pm (changed from 10 am)

We are also working to continue offering a variety of other grocery trips throughout the month.

Thank you for your ideas and input on this matter and keep an eye out for those options in the December calendar, which comes out next week.

Once again, we will be taking up a **holiday collection for the Milton Residents Fund during the week of December 5th**. This collection is an annual tradition at Fuller Village and is a wonderful way for our community to support young people across the greater Milton community. More information will be shared in next week's packet!

Weekly Highlights: Monday 11/28 – Sunday 12/4

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

Monday, November 28th

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

This week will feature *Josh Botsford*, Fuller Village's Executive Chef. Josh will share a bit about himself and his background over coffee and treats. He looks forward to connecting with you all! Please note that Josh will offer a similar Coffee Hour at Brush Hill at a later date.

Mondays at the Met (Opera On Demand) at 7 pm (Blue Hill Activity Room)

Showing: Aida (2018, Acts III & IV) Run time: 1 hour, 28 minutes

With its cast of hundreds, thrilling score, and sweeping tale of love and heroics in ancient Egypt, Verdi's *Aida* has long been a fixture on the stages at opera houses across the world. For the 2018 revival of Sonja Frisell's monumental production of this masterpiece, the Met assembled a truly all-star cast. Come enjoy the final acts of this epic performance!

Tuesday, November 29th

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

When the name "Salzburg" is mentioned, many people think about the wonderful music, the incredible architecture, breathtaking views or *The Sound of Music*! There will be something for everyone on this walk so join us as we take a relaxing stroll through the "Rome of the North".

Still Life Painting Class (Acrylic) at 1 pm (Blue Hill Activity Room)

Come paint a still life arrangement, with harvest fruits and vegetables for the holiday season! This month, we will use a fun new medium: acrylics! No experience necessary and it will be a whole lot of fun. Spots are limited so call Muriel first thing Monday to sign up: 617-361-7778.

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

Join us as we view the buildings and features that collectively paint a picture of the city's historical and cultural evolution of Toronto. On our live, virtual, walking tour Jane will show you all around Toronto, including some of the architecture that makes the city so special.

History Talk with Bob Begin: The Cocoanut Grove Fire at 3 pm (Brush Hill Function Room)

In November of 1942, America was feeling the full brunt of the War. In Boston, the effects of the war were very visible. Being a busy port, Boston was full of merchant and naval vessels destined for convoys across the Atlantic, and thousands of young men in uniform, arriving or departing for duty stations. There were escapes: a movie, a dance, a drink or two in one of the "hot spots." One such place was the Cocoanut Grove, a romantic, exotic, and popular nightclub. On the night of Nov. 28th, the place was packed when a fire broke out in the Melody Lounge. This fire would be one of the deadliest in America's history, claiming the lives of 492 people and scarring hundreds more. What caused it, how it spread, and who were the victims is what you will learn at this fascinating presentation.

Weekly Highlights: Monday 11/28 – Sunday 12/4

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

Wednesday, November 30th

Olga Vinokur, Classical Pianist at 7pm (Brush Hill Function Room)

We are excited to welcome back accomplished classical pianist Olga Vinokur for a special performance. The New York Times has described her playing as “exquisite” and BBC Magazine called her “superlative”. She’s played at Carnegie Hall and in concert halls worldwide. It is an honor to host her again here at Fuller Village!

Thursday, December 1st

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

It's time to trim the tree! Nothing but fun in this Santa's workshop making an assortment of ornaments and gift toppers. Spots are limited – call Muriel to reserve yours: 617-361-7778.

Friday, December 2nd

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: Blow Ye Winds Blow

The lecture will feature music selections from the woodwind and brass families.

Listening examples will be taken from music composed in the Baroque, Classical, Romantic and 20th Century periods.

Game On! at 2 pm (Brush Hill Function Room)

There is something for everyone at Game On!, now held the first Friday of every month. The more the merrier for Wii Bowling, board games, cornhole, ping pong, and more!

Sonny Barbato at 7 pm (Blue Hill Activity Room)

Sonny Barbato has been teaching and playing the accordion and keyboard for over 30 years. He can be found all around New England playing with different bands and connecting with audience members, which is the main reason he does this: He loves the people. From an Oktoberfest program replete with lederhosen to jazz standards to modern day fare, Sonny's repertoire spans many genres and decades.

Saturday, December 3rd

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

Sunday, December 4th

The Peter Smith Trio at 7 pm (Brush Hill Function Room)

The Peter Smith Trio, featuring Jeff Williams on piano, John Hagerty on acoustic bass and Peter Smith on vocals, performs the songs of the *Great American Songbook*. The trio's program includes many of the best-known songs from the Golden Age of music.

The Caring Committee Corner

Happy Healthy Holidays Thanksgiving, Hanukkah, Christmas and the New Year

Hustle and bustle are part of the coming holidays.

Enjoying the wonderful array of foods, seeing old friends, family gatherings, the exchange of gifts, the rush to get from one event to another and deciding on yet another set of New Year resolutions, all converge and can contribute to feelings of stress.

Short term bouts of feeling stressed are often referred to as a coping mechanism, a good type of stress; chronic stress however can have negative results.

So many of these events can serve as triggers to set stress in motion.

Stress impacts the body in a variety of ways.

Stress can make it difficult to sleep soundly, or it can wreak havoc with our digestive system, our heart rate. Chronic stress can make our muscles tense, causing more frequent aches and pains.

Enjoy more of the holidays by doing all you can to minimize the impact of stressful situations:

- Move your body. Physical activity is known to help improve mood as well as reducing perceived level of stress.
- Choose an activity you enjoy doing between these many events.
- Prioritize having a good night's sleep.
- Eat in moderation.
- Keep a positive attitude.
- Reframe any negative thinking.

The poet Maya Angelo noted, "You are the sum total of everything you've ever seen, heard, eaten, smelled, been told, forgot - it's all there. Everything influences each of us, and because of that I try to make sure that my experiences are positive."

Happy Holiday wishes from the Caring Committee to all our friends and neighbors here at Fuller Village.

Betsy Buchbinder
Chair



Brush Hill Café Specials

– daily specials –
all served with one side... 14

monday, november 28
Blueberry Pancakes with Sausage
Maple Syrup Drizzle

tuesday, november 29
Egg Salad Sandwich on Croissant
Bacon, Lettuce and Tomato

wednesday, november 30
Chicken, Bacon, Ranch Wrap
Arugula, Tomato, Avocado & Ranch Dressing

thursday, december 1
Thanksgiving Calzone
Turkey, Stuffing and Cranberry Sauce

friday, december 2
Tuna Melt Deluxe
On Marble Rye with Bacon and Swiss Cheese

Gordon House

Dining Room Dinner Menu

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

Monday, November 28th

Butternut Squash Bisque (GF)
Or Salad du Jour
Roasted Chicken Leg (GF)
Cod Mornay (GF)
Sweet Potato Mash, String Beans (GF)
Chocolate Chip Cookie or
Devil's Food Cake

Friday, December 2nd

Turkey Noodle Soup
or Salad du Jour
USDA Prime Ribeye au Jus (GF)
Grilled Swordfish (GF)
Loaded Baked Potato, Asparagus
Carnival Cookie or
Strawberry Rhubarb Pie

Tuesday, November 29th

Curried Red Lentil Soup (GF)
or Salad du Jour
Beef Stroganoff (GF)
Creamy Tarragon Salmon (GF)
Egg Noodles, Garden Peas
Sugar Cookie Or
New York Cheesecake

Saturday, December 3rd

Portuguese Kale Soup (GF)
or Salad du Jour
Glazed Smokehouse Ham (GF)
Veggie Chili (GF)
Cornbread, Broccoli Slaw
Lemon Blueberry Cookie or
Mixed Berry Crisp

Wednesday, November 30th

Cream of Mushroom Soup (GF)
or Salad du Jour
Chicken Parmesan (GF)
Shrimp Scampi
Linguine, Spinach
M & M Cookie or
Lemon Ricotta Cannoli

Sunday, December 4th

3 Bean Soup (GF)
or Salad du Jour
Shepherd's Pie
Seafood Casserole (GF)
Corn on the Cobb, Swiss Chard
Double Chocolate Cookie or
Cherry Pie

Thursday, December 1st

Clam Chowder GF)
or Salad du Jour
Turkey Pot Pie
Trout Almondine (GF)
Roasted Red Bliss, Broccolini
Oatmeal Craisin Cookie or
Boston 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 us

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
— 100% A FULLER VILLAGE —



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

Sandwich of the Month...10.00

Patty Melt...13.00

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

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

Fuller Village Burger...13.00

With or without cheese, lettuce, tomato, pickles and choice of side

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.