



From the Desk of Deborah M. Felton
December 23, 2023

Welcome **Anna McTernan** to Depoyan 111.

Merry Christmas and Happy Hanukkah! The staff wishes you a wonderful holiday season.

Fuller Village Chorus - A huge thank you to our singers and piano accompaniment of Judy Cobble. There was a standing room crowd of masked residents and guests at our beautiful holiday concert under the direction of Penny Knight.

Hamilton Hall Lectures Series on World Affairs - We have the opportunity to view a series of lectures by experts on World Affairs sponsored by Hamilton Hall in Salem. Each hour-long lecture is recorded then replayed either Saturday mornings at 11 am or Sunday afternoons at 5 p.m. We would like to judge the interest in this program and what time would be best time to show the lectures at Fuller Village. Please go to <https://www.hamiltonhall.org/2023speakers> to view the guest speakers. Let Julia know which day you think would be best.

Tested positive for COVID-19? Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment with Paxlovid. You can access telehealth services by calling 833-273-6330, or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8:00 AM to 10:00 PM EST. This service is not for medical emergencies or those who have severe chest pain or shortness of breath.

Please check your Eversource Bill to make sure you supply charge is coming from Nextera Energy. The Town of Milton entered into an agreement with Nextera Energy, to "Supply" energy to residents of Milton at a discounted prices. This is the aggregate supplier to the Town of Milton residents. Residents save money on their electric bill as long as Nextera is listed as the designated energy supplier. If you have questions, please contact the concierge desk.

Monday, December 26th is the legal holiday for Christmas. The office will be closed for the Christmas Holiday weekend through Tuesday, December 27th. We will close at 5:00 p.m. on Friday, December 23rd and will be on the answering service for the holiday from Friday, December 23rd at 5:00 p.m. until Tuesday morning, December 27th 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 daily between the hours of 10:00 a.m. to 10:30 p.m.

How to Access Menus – We encourage residents to use electronic versions of the Café and Dining Room menus whenever possible. These are available on Channel 222, the Touchtown website, the Community application on smart phones, and in the email sent out with the packet each week. In order to see the menus on the email, you must click on the link in the body of the email that starts with "Week at Fuller" – that will then open an attachment and you can scroll to the end to see the menus. If you prefer a paper copy, you may request it from the concierge at either front desk.

Condolences to the friends and family of Isabel Pinkus. Isabel lived at Brush Hill; we will miss her.

SUN	MON	TUE	WED	THUR	FRI	SAT
Christmas Day 25 	Last day of 26 Hanukkah; Christmas Observed Office & Cafe Closed Pool Open from 7 am -12 pm & 1-5 pm 8:30 Pickleball 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 2:00 Handcrafters (BL) 7:00 Metropolitan Opera on Demand (BL)	10:00 Seated Zumba 27 Gold (BL) 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 12:00 Men's Lunch to the Eire Pub 12:30 Tai Chi (BR) 1:00 Painting Class (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	9:45 Cornhole 28 (BL) 10:00 Mobility & Stability (BR) 10:00 Wegman's 10:30 Water Aerobics (BR) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 3:00 Investigating the Nativity: Historical Background of Jesus's Birth (BL) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)	8:30 Pickleball 29 10:00 News, Coffee and Conversation (BL) 10:00 Towel Cardio (BR) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability 4:30 Blue Hill Book Club (BL)	10:30 Chair Yoga 30 w/Carol (BL) 6:30 Cribbage (BR)	New Year's Eve 31 8:30 Pickleball 7:00 Sound Investment (Men's Acapella) (BR)  New Year

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 1/11 & 1/25 at 1 pm. Please call 781-986-3668 to schedule an appointment.

The Wellness Clinic is on Wednesday from 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 & Fridays at 2 pm. Wegman's trips are on Wednesdays at 10 am. Please call 617-361-7778 to sign up.

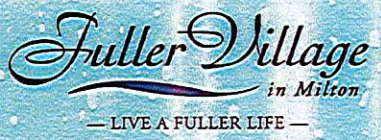
Gordon House Dining:
 To schedule a dinner reservation or to-go order please call 617-361-6958

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

December 2022

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



Weekend Highlights: Friday 12/23 - Sunday 12/25

See what's happening this weekend!

Friday, December 23rd

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

Rabbi Benjamin will be here for a special Hanukah service.

Saturday, December 24th

Christmas Eve

No Movies Tonight

Sunday, December 25th

Merry Christmas

Pool, Fitness Center, and Dining Room Closed

Weekly Highlights: Monday 12/26 – Sunday 1/1

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

Monday, December 26th

Last Day of Hanukah; Christmas Observed

Office & Café Closed

Pool Open Regular Hours (7 am – 12 pm; 1-5 pm)

Fitness Center Open Regular Hours (8 am – 5 pm)

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

Apologies for the confusion last time – the Metropolitan Opera website was down for an extended period of time. We have double checked and everything is back up and running!

Showing: La Boheme

As classic as opera gets: the most-performed work in Met history, in Franco Zeffirelli's beloved staging, the most-performed production in Met history. An archetypal tragedy filled with gorgeous and deeply affecting music, Puccini's timeless tale of love, camaraderie, jealousy, and loss in the garrets and cafés of bohemian Paris has reliably enchanted audiences and left them in tears since its 1896 premiere. (*Run time: 2 hr 20 min*)

Tuesday, December 27th

Men's Lunch to Eire Pub at 12 pm

Located in the heart of one of Boston's oldest neighborhood, the Eire Pub has been a fixture for over 50 years. Originally opened as a traditional "Men's Bar", the Eire has evolved into a world class eating and drinking establishment. With boisterous regulars, a jovial proprietor, and a generous and satisfying menu, the Eire Pub is a place you will remember whether you stop there once, or once a day. Call 617-361-7778 to sign up.

Weekly Highlights: Monday 12/26 – Sunday 1/1

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

Tuesday, December 27th (Continued)

Painting Class at 1 pm (Blur Hill Activity Room)

Come join experience teacher, Sheila Cohen, to paint circles and squares; inspiration from Wassily Kandinsky. We are going to create a festive and decorative ornamental abstract piece of artwork using acrylics. Kandinsky was the pioneer of modern abstract painting and we will be playing with color mixing to cap off 2022! Spots are limited; call 617-361-7778 to sign up.

Wednesday, December 28th

Trip to Wegman's at 10 am

It's Wegman's Wednesday! Please note that this trip will now be a *morning* (10 am) trip. Call 617-361-7778 to sign up.

Nate Ramsayer Biblical Archaeology Lecture at 3 pm (Blue Hill Activity Room)

Topic: Investigating the Nativity Story: Historical Background of Jesus' Birth

We've heard this story all our lives—a carpenter from Nazareth and his pregnant wife travel to Bethlehem to be counted during a census, but are turned away at the inn, leaving them to give birth in a lowly stable. Yet, there are likely many fascinating details about this prodigious event found within the Bible itself that you may not remember! Who was present for the birth of Jesus? In which city do Mary and Joseph actually live? It is well known by historians that King Herod died in 4 BCE, so if Herod is an active player in the story, how could Jesus be born at the turn of the millennium? If you read the narrative in its entirety, you'll find it is full of contradictions. Join biblical scholar and archaeologist Nate Ramsayer as he leads audience members through an introduction to the biblical story, as well as a guided tour of how historians make sense of its conflicting details.

Thursday, December 29th

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

Contact Roz Spigel at 617-690-3611 for more information.

Saturday, December 31st

New Year's Eve

Sound Investment (Men's Acapella Group) at 7 pm (Brush Hill Function Room)

Sound Investment is back with their popular New Year's Eve show, a Fuller Village tradition! This accomplished group is a throw-back to the days of college octets and glee clubs, performing timeless favorites and appealing to a variety of musical tastes and generations.

Sunday, January 1st

New Year's Day



Thank you for supporting the Holiday Cookie Bake Sale!

The 2022 Holiday Cookie Bake Sale was a great success. We had a new profit of \$1422. That money will benefit the Fuller Village Residents Association, the Milton Community Food Pantry, and Father Bill's. I want to thank all of my bakers for the wonderful sweets they baked, which made our sale a great success. I'm hoping you will all be willing to contribute again next year.

I want to thank all of the volunteers who helped set up on Friday and worked behind the table selling on Saturday. And I want to send out a special thank you to Lois Wasserman, who came to my apartment every day during the week of the sale to help decorate the Christmas and Hanukah cutout sugar cookies and the ginger men cookies, help set up on Friday, and worked selling our baked goods on Saturday. I also want to thank all of the residents from Fuller Village who turned out with friends and family to make our sale such a great success by buying out EVERYTHING we had to sell within 2 hours. Thank you all.

- Mimi Roos

New Short Story Group starting in January!

Do you enjoy reading Short Stories? Haven't read any recently? Consider joining a New Short Story Group. We will read and discuss stories from the New Yorker Magazine. The New Yorker publishes a new piece of fiction each week. Stories are written by established authors as well as newcomers. The four stories that have been chosen vary in length and content. Stories will be available online, in print and audio format. We will meet in the Brush Hill Library at 11:00 am on the following Sundays: January 8, January 22, February 5, February 19. Come to one meeting or many and let's share our thoughts and opinions. If interested or have questions, please call Ruth Segal at (617) 910-9207 or Pat Kelleher at (857) 703-8908.

TWO Writing Groups starting in January 2023

This January, we will have two opportunities for writers of all levels – please see below for more information and reach out to Julia to sign up for either group.

Memoir Writing Course with Sister Ann Daly:

Writing a memoir allows us to relive memories and share them with loved ones. In fact, this process supports growth in wisdom and offers closure for the events in our life. Join Sister Ann Daly, Ed. D. in a Fuller Village memoir writing course where you will be able to workshop and grow your personal writing skills. Sister Ann is an experienced writing instructor who will provide a mix of group instruction and individual feedback to support the writing process. The group will have a maximum of 6 participants. Starting on Tuesday, January 24th from 2-3:30 pm, the group will meet every two weeks for a total of six sessions.

Writing Our Way Home Memoir Writing Group with Betsy Abrams, LICSW:

In this group, participants are able to use writing as a tool for reflection, to share stories, and write essays and poems about their life experiences. The group develops a sense of community and appreciation for each person's journey, using writing prompts and poetry to inspire us and to further explore and write about our lives. This writing group will follow the practices and philosophy of AWA (Amherst Writers and Artists), which is an organization of writing group facilitators that is rooted in the belief that "a writer is someone who writes and that every writer has a unique voice". The group will have a maximum of 10 participants. Starting on Thursday, January 19th from 3:30-5 pm, the group will meet every two weeks for a total of six sessions.

Residents' Association Corner

It has been a wonderful couple of weeks here at Fuller Village. Fuller hosted Holiday Treats and Champagne both at Blue Hill and Brush Hill. The Fuller staff added to the festivities by graciously serving. The Birthday Breakfast at Blue Hill, sponsored by the Bank of Canton, and Coffee Hour at Brush Hill, sponsored by the FVRA, gave us a chance to thank Mark Bornheim for his contribution to Fuller Village and wish him well on his new venture. The FVRA gave Mark a \$200.00 gift card as token of our appreciation.

The Fuller Village Chorus, under the direction of Penny Knight accompanied by own Judy Cobble, again entertained us with a spectacular Holiday Concert. What a treat to have Edwards join in with his band.

The musical entertainment sponsored by Fuller Village was among the best. Julia's selection of musicians was top shelf. Just one example, Sunday night with Tim Steele and David Won gave a wonderful holiday performance.

The Holiday Cookie Bake Sale was a marvelous success. Thanks to you, Mimi Roos, and your helpers and bakers. The display of goods could compete with Montilio's. Mimi's efforts netted \$1413.00 for the FVRA. At Mimi's request a donation was made for \$300 to Father Bill's and \$300 to the Milton Community Food Pantry. We hope you are back next year!!

And thanks to Marty Allen for organizing a number of activities for residents and the Staff Appreciation Breakfast. Thank you for all you do.

On behalf of the FVRA board its committee chairs and members we wish a blessed holiday and healthy new year to all our friends at Fuller Villages.

John Gallagher, President FVRA



Holiday Fitness Center & Pool Schedule

December 24 – December 26 and December 31 – January 2

Saturday, December 24 Fitness Center is open 10am-4pm

Pool is open 10am-2pm

Sunday, December 25 Fitness Center & Pool are closed

Monday, December 26 Fitness Center is open 8am – 5pm. No classes

Pool is open 7am-12pm and 1pm-5pm. No classes

Saturday, December 31 Fitness Center is open 10am – 4pm

Pool is open 10am – 2pm

Sunday, January 1 Fitness Center & Pool are closed

Monday, January 2 Fitness Center is open 8am – 5pm. No classes

Pool is open 7am – 12pm and 1pm – 5pm. No classes



Brush Hill Café Specials

– daily specials –

all served with one side...14.99

monday, december 26
CLOSED FOR THE HOLIDAY

tuesday, december 27
Blueberry Pancakes w/ Bacon
Vermont Maple Syrup

wednesday, december 28
Pastrami Reuben
Sauerkraut, Swiss and 1000 Island

thursday, december 29
Italian Sausage Sub with Peppers and onions

friday, december 30
Tuna Melt Deluxe
Marble Rye, Swiss and Bacon

Gordon House

Dining Room Dinner Menu

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

Monday, December 26th

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

Friday, December 30th

Chicken Noodle Soup
or Salad du Jour
Yankee Pot Roast (GF)
Grilled Swordfish (GF)
Loaded Baked Potato, Asparagus
Carnival Cookie or
Strawberry Rhubarb Pie

Tuesday, December 27th

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

Saturday, December 31st

NEW YEAR'S EVE DINNER
2PM
RESERVATIONS
REQUIRED

Wednesday, December 28th

Cream of Mushroom Soup (GF)
or Salad du Jour
Southern Fried Chicken & Gravy (GF)
Cajun Shrimp (GF)
Potato Salad, Carolina Slaw
M & M Cookie or
Pecan Pie

Sunday, January 1st 2023

3 Bean Soup (GF)
or Salad du Jour
Glazed Smokehouse Ham (GF)
Veggie Chili (GF)
Baked Sweet Potato, Broccoli
Double Chocolate Cookie or
Assorted Desserts

Thursday, December 29th

Clam Chowder GF)
or Salad du Jour
Grilled Pork Tenderloin
Trout Almondine (GF)
Roasted Red Bliss, Sautéed Spinach
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 Unidine

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 in Milton | **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

add Tuna or Chicken Salad...5.00

Sandwich of the Month

BLT Wrap with Avocado...14.00

Applewood Smoked Bacon, Lettuce,
Tomato and Avocado Wrapped in a
Tortilla with Choice of Side

**Fuller Village
Hamburger/Cheeseburger...13.00**

On a Toasted Brioche Bun with
Lettuce, Tomato, and Onion.
Choice of Side

Salad of the Month...15.00

Poached Salmon and Arugula Salad

Fresh Berries, Toasted Almonds and
Raspberry Balsamic Dressing

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.