


SUN	MON	TUE	WED	THUR	FRI	SAT
New Year's Day 2:30 Blue Hill Bridge (BL) 	New Year's Holiday Observed Office & Cafe Closed 8:30 Pickleball 10:00 Seated Zumba Gold (BL) 1:00 Bridge (BR) 2:00 Handcrafters (BL)	10:00 Trader Joe's Patriot Place 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Mobility & Stability (BR) 10:00 Seated Zumba Gold (BL) 10:00 Wegman's 11:00 Cornhole (BL) 11:00 Floor Yoga w/Jayne (BR) 12:00 Chair Yoga w/Jayne (BR) 12:45 Chorus (BL) 2:00 Catholic Mass (BR) 3:00 Rosary (BL) 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) 2:00 Ron's Bowling and Ice Cream	1:00 Rich Travers (BL) 2:00 Game On! (BR) 6:30 Cribbage (BR) 7:00 Adam and Marcia Feldman (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 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

January 2023

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —

Fitness & Aquatics Update for January 2023

Our new Line Dancing class with Jean Long is in full swing (pun intended of course)! If you haven't had a chance to join in the fun, her class meets every Thursday in the Yoga Studio @ 12:30pm. As Jean says, "two left feet required!"

Speaking of dancing... due to low participation, the Zumba Gold that was being held on Fridays @ 10:30 in the Yoga Studio has been canceled. But, we have added a second class of Seated Zumba Gold at Blue Hill. Seated Zumba Gold @ Blue Hill will now take place on Mondays & Wednesdays at 10am.

While the pool will be open, there will be no Water Aerobics on the following dates:
Monday, January 2nd – in observance of the New Year holiday
Wednesday, January 4th
Monday, January 9th
Wednesday, January 11th
Monday, January 16th – in observance of MLK Day holiday

There will also be no Functional Fitness or Back to Basics on Tuesday, January 10th



Weekend Highlights: Saturday 12/31 - Sunday 1/1

See what's happening this weekend!

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



Weekly Highlights: Monday 1/2 – Sunday 1/8

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

Monday, January 2nd

New Year's Day Observed

Office & Café Closed

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

Fitness Center Open Regular Hours (8 am – 5 pm); Seated Zumba Gold at 10 am at Blue Hill

Tuesday, January 3rd

Trip to Trader Joe's Patriots Place at 10 am

Call 617-361-7778 to sign up. Van leaves from Brush Hill at 10; Blue Hill at 10:10.

Wednesday, January 4th

Trip to Wegman's at 10 am

It's Wegman's Wednesday! Call 617-361-7778 to sign up.

Cornhole at 11 am (Blue Hill Activity Room)

Same game; new time – Cornhole will now be every Wednesday at 11 am.

Chorus at 12:45 pm (Blue Hill Activity Room)

Chorus is starting back up right away in 2023! New members are always welcome; contact Julia at 617-361-2116 for more information.

Catholic Mass at 2 pm (Brush Hill Function Room)

Father Bennett will be on site to celebrate Mass.

Weekly Highlights: Monday 1/2 – Sunday 1/8

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

Thursday, January 5th

Trip to Ron's Bowling & Ice Cream at 2 pm

Join your friends at 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 reserve a spot!

Friday, January 6th

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: The Life and Music of George Gershwin: The music of George Gershwin has been part of the fabric of Popular American Music for 100 years. The lecture will look at his life and his music; his songs, musicals and his collaborations with his brother Ira throughout his short but well lived life.

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 join us!

Adam & Marcia Feldman at 7 pm (Blue Hill Activity Room)

We are pleased to welcome back our favorite musical married couple! Adam is a professional pianist, arranger, and composer, while Marcia brings the vocal talent. They are sure to entertain!

Saturday, January 7th

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

Sunday, January 8th

New Yorker Short Story Discussion at 11 am (Brush Hill Library)

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. Meetings will be on the following Sundays: 1/8, 1/22, 2/5, & 2/19. 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.

Michael Goodwin at 7 pm (Brush Hill Function Room)

Michael will wow you with his fun and interactive presentation of The Golden Age of Musical Theater (Part 1). What makes a classic a classic? You'll have fun finding the answer together in this program made up of singing, lecture, video clips from various shows, and many opportunities to participate!

Gordon House

Dining Room Dinner Menu

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

Monday, January 2nd

Split Pea & Bacon Soup (GF)
Or Salad du Jour
Salisbury Steak (GF)
Stuffed Sole (GF)
Truffled Tater Tots, Garden Peas
Chocolate Chip Cookie or
Rice Pudding (GF)

Friday, January 6th

Clam Chowder (GF)
or Salad du Jour
Prime Rib au Jus (GF)
Grilled Swordfish (GF)
Baked Potato, Baby Carrots
Carnival Cookie or
Grape Nut Custard

Tuesday, January 3rd

Tomato Orzo Soup
or Salad du Jour
Franks and Beans
Fish & Chips
French Fries, Coleslaw
Sugar Cookie or
Double Chocolate Brownie

Saturday, January 7th

French Lentil Soup (GF)
or Salad du Jour
Chicken Broccoli & Ziti
Or: Bacon Swiss Quiche
Sweet Potato Fries, String Beans
Peanut Butter Cookie or
Apple Lattice Pie

Wednesday, January 4th

Mushroom Barley Soup
or Salad du Jour
Chicken Statler Breast (GF)
Glazed Salmon (GF)
Mashed Potatoes, Asparagus
M & M Cookie or
Flourless Chocolate Torte

Sunday, January 8th

Chicken Wild Rice Soup (GF)
or Salad du Jour
Roast Chicken Leg (GF)
Baked Stuffed Shrimp
Rice Pilaf, Roasted Zucchini
Double Chocolate Cookie or
Assorted Desserts

Thursday, January 5th

Cheddar Broccoli Soup (GF)
or Salad du Jour
Grilled Boneless Pork Chop
With Mashed Sweet Potato and Spinach
Lobster Ravioli Alfredo
Oatmeal Raisin Cookie or
Key Lime 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 undine

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 in Milton | **undine**
— 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
Grilled Cheese & Tomato
Panini...14.00

Served with Choice of Side

Salad of the Month...10.00
Bleu Cheese, Pear, Walnut and
Cranberry Salad
Tossed with Mixed Greens and Lemon
Dijon Dressing

Fuller Village
Hamburger/Cheeseburger...13.00
On a Toasted Brioche Bun with
Lettuce, Tomato, and Onion.
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, january 2
CLOSED FOR THE HOLIDAY

tuesday, january 3
The “Denise” Breakfast Wrap
Scrambled Eggs, Cheddar and Pastrami

wednesday, january 4
Grilled Chicken Pesto Panini
With Lettuce and Tomato on Brioche

thursday, january 5
Roast Beef on Rye
With Horseradish Cream and Swiss

friday, january 6
Shrimp Cocktail
House Cocktail Sauce