



From the Desk of Deborah M. Felton
January 6, 2022

Welcome Ashok and Meena Kapoor to Brush Hill F-207 and **Susan Degnan** to 8 Caroline Drive.

An important announcement! Molly Welch will begin her position as the Executive Director of Fuller Village in mid-February. Molly has spent her career working in the nursing home side of the senior industry. Molly and I will be working together to make sure the transition to new leadership will be seamless. I want to thank the leadership team at Fuller Village, led by Peggy Payton and Andrea Doherty, in taking on the responsibility to conduct initial interviews of candidates and then shepherding our finalists through their interview day with the Board's search committee, Residents Association current and past Presidents, and the entire management team.

New Maintenance Director - We want to welcome Clay Kotai to our team. Clay will join Fuller Village at the end of January. Clay is currently a facilities director at a local organization. He comes to Fuller with skills in construction and maintenance with a focus on customer care and customer service. We look forward to welcoming Clay!

COVID Vaccines - Dr. Cyrus Shaphar, the White House's COVID-19 data director, stated Dec. 23 that Americans can "maximize" their protection against XBB and the other variants of COVID by staying up to date with their vaccines. He also noted that the highest concentration of XBB can currently be found in the northeastern part of the country. Have you received your recent booster? We will be working with Walgreen's Pharmacy to arrange for boosters at their store. Please let Muriel know if you would be interested in taking the van to Walgreen's to get your Omicron booster.

Fuller Village Transportation Services – Please keep in mind that you must arrange for rides ahead of time in order to utilize our transportation services for hospital or grocery trips. We take trips to Milton Hospital on Mon/Wed/Fri beginning at 8:30 am, with the last pickup at 4:10 pm. We go to Stop & Shop on Mondays at 10 am & Fridays at 2 pm, and to Wegmans at 10 am on Wednesdays. To reserve a ride, call Muriel at 617-361-7778.

What is the Green Team? The Fuller Village Green Team is a group of residents who are working to promote a sustainable community and world through education and action. They will be holding monthly events on topics ranging from recycling to political activism. Join them on Thursday, January 12th at 2 pm for a screening of the documentary, Youth v. Gov, followed by an engaging dialogue.

Defibrillators - There was a lot of attention this week in the news about the use of defibrillators to save the life of NFL player Damar Hamlin. In that case, highly trained emergency personnel were on hand to respond. *In case of an emergency, summoning professional help should **always** be the first step.* In order to summon help, pull the emergency pull cord in the men's or women's room at Blue Hill. There are emergency pull cords in all of the bathrooms at Brush Hill, in the cafe and parlor. If you believe someone is having a heart attack, there is a defibrillator in the Blue Hill hallway near the rest rooms. If you take it off the wall it will walk you through how to use it. At Brush Hill, there is a defibrillator in the fitness center, pool and on the wall near the men's room outside of the Function Room.

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|--|--|--|--|---|---|
| 11:00 New Yorker Short Story Discussion (BR) 8 2:30 Blue Hill Bridge (BL) 7:00 Michael Goodwin (BR) | 8:30 Pickleball 9 10:00 Blue Hill Coffee Hour (BL) 10:00 Seated Zumba Gold (BL) 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 Birthday Breakfast (BL) 10 10:00 JFK Museum 12:30 Tai Chi (BR) 1:00 Intro to Meditation (BL) 2:30 Newcomers Club (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 History with Paolo (BR) 7:00 Men's Poker Club (BR) | 10:00 Mobility & Stability (BR) 11 10:00 Seated Zumba Gold (BL) 10:00 Wegman's 11:00 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:30 Chorus (BL) 2:00 Residents' Association Meeting (BL) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR) | 8:30 Pickleball 12 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) 1:30 Crafts with Cindy (BL) 2:00 Green Team Documentary (BR) 7:00 Brush Hill Bingo (BR) | 10:30 Chair Yoga w/Carol (BL) 13 6:30 Cribbage (BR) 7:00 Shelley Otis, Harp (BL) | 8:30 Pickleball 14 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 —

Weekend Highlights: Friday 1/6 - Sunday 1/8

See what's happening this weekend!

Friday, January 6th

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: The Life & 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 & his music; his songs, musicals & 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 (Brush Hill Function Room & Blue Hill Activity Room)

BRUSH HILL showing: *Footloose*

Cast: Kevin Bacon, Chris Penn, Lori Singer

This special edition is the movie that shot Kevin Bacon to stardom. A teenager has moved to a small midwestern town where dancing is outlawed. He recruits his best friend and a clergyman's daughter to start a revolution and move to the beat.

BLUE HILL showing: *Swing Time*

Cast: Fred Astaire and Ginger Rogers

Named by Time Magazine as one of the best in 100 all-time best movies! Lucky, a gambler, missed his wedding to a socialite and must come up with \$25,000. But once he meets Penny, a dance instructor, he wants to forget about the socialite.

Sunday, January 8th

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

Do you enjoy reading Short Stories? Consider joining a Short Story Group. We will read & discuss stories from the New Yorker Magazine. Stories are written by established authors as well as newcomers. The 4 stories that have been chosen, vary in length and content. Stories will be available online, in print & audio format. Meetings will be on the following Sundays: 1/8, 1/22, 2/5, & 2/19. If interested, 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!

Weekly Highlights: Monday 1/9 – Sunday 1/15

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

Monday, January 9th

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

Showing: *Hansel and Gretel from 2008*

This deliciously dark take on the beloved Brothers Grimm fairy tale, appealing to audiences of all ages, was part of the Met's popular English-language holiday series. *Alice Coote* and *Christine Schafer* star as the famous siblings lost in the woods, who battle the ravenous Witch – a zany portrayal by tenor *Philip Langridge* – while the Met orchestra, under the baton of *Vladimir Jurowski*, glories in the rich, folk-inspired score. (Run time: 2 hours)

Tuesday, January 10th

Birthday Breakfast at 10 am (Blue Hill Activity Room)

The Birthday Breakfast is moving to Tuesdays! All are welcome to join us to celebrate January birthdays. Fresh fruit, pastries, and coffee will be provided. Generously co-sponsored by our friends at Bank of Canton.

Trip to JFK Presidential Library & Museum at 10 am

Call 617-361-7778 to sign up. Van leaves from Brush Hill at 10; Blue Hill at 10:10, and will return to Fuller Village by 2:30 pm. Accounts will be charged \$12 to cover ticket price. Please bring additional money for lunch on your own at the JFK Café. **Deadline to sign up is Friday, 1/6 at 3 pm.**

Intro to Meditation at 1 pm (Blue Hill Activity Room)

Andy Kelley, the Boston Buddha, will be expanding his offerings to the Fuller Village community. In addition to his regular Tuesday guided Group Meditation sessions in the Brush Hill Yoga Studio (Tuesday 1/17, 1/24, & 1/31 at 1 pm), Andy will begin offering a monthly workshop at Blue Hill which will mix teaching about meditation techniques with practice and time for questions. This month's topic will be **Focus Meditation** and will meet in the Blue Hill Activity Room on Tuesday, 1/10 at 1 pm.

Newcomer's Club at 2:30 pm (Brush Hill Function Room)

All newcomers to Fuller Village will receive an invitation to join for this quarterly gathering. Please contact Marty Allen at 617-312-8058 with any questions.

History with Paolo at 7 pm (Brush Hill Function Room)

Paolo DiGregorio returns with a special talk which he will present at both campuses this month: *On the Road: A 99 Day Adventure Across Western Europe*. Travel can be a revelation, a symphony for the senses. I recently returned from a three-month trip with my family. From September to December 2022, we made our way from London to Florence to Valencia, with stops in Germany, Switzerland, Austria, and France. Along the way, we visited museums, cathedrals, monuments, and castles. These travelogue/history lectures will highlight my journey, and let you share in my family's European adventure.

Weekly Highlights: Monday 1/9 – Sunday 1/15

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

Wednesday, January 11th

Chorus at 12:30 pm (Blue Hill Activity Room)

Please note that for the next two weeks (1/11 & 1/18), Chorus will start early at 12:30 pm.

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

This meeting is open to all and will include reports from committee chairs and an opportunity to engage with the Board members who represent you.

Thursday, January 12th

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

Happy New Year! For our craft this month, you will enjoy making a fresh winter greens and berry centerpiece for your table. Spots are limited; please call 617-361-7778 to sign up.

Green Team Event: *Youth v. Gov* Screening & Discussion at 2 pm (BR Function Room)

Come join us for a screening of a portion of this moving and enlightening documentary about the young people involved in the historic court case, *Juliana v. United States*. We will follow the film with a discussion about the case itself and our roles in supporting young people as they fight for a safer and healthier world.

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, January 13th

Shelley Otis (Harp) at 7 pm (Blue Hill Activity Room)

As a performer and arranger for the harp, Shelley Otis plays an unexpected variety of music on the harp, including original compositions, covers of newly released music, jazz standards, traditional Celtic tunes, and original compositions. She provides music at more than 100 weddings and private events per year and has been featured in concerts as a soloist, and in several ensembles including the Celtic band Ulster Landing, and with the children's music group the Jumping Monkeys. She maintains a five-star rating on the Bash, WeddingWire, the Knot, and Gig Salad, and has been a recipient of the Couple's Choice award and the Best of Weddings award.

Saturday, January 14th

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

Celebrate...

The beauty of the season,
and a New Year of peace,
health and happiness.

With warm wishes from the
entire Fuller Village Staff

Thank you for your kindness
to the Staff.

Happy 2023!

Dorothy M. Felton

Upcoming Events

Please read below for details on The Card Party and some additions/changes to the January calendar!

The Card Party on Monday, Jan. 16th from 1-4 pm (Brush Hill Function Room)

Fun Card Games & Prizes! Join to play a game of Mahjong, Poker, Gin Rummy, Cribbage, Bridge, Whist, Pinochle, Spades, Hearts, etc. Proceeds will be used for prizes and as a donation to the Fuller Village Residents Association.

*****In order to play, you MUST make a Reservation*****

Call Ellie Forman at 617-910-9225 or Anne Segal at 857-345-9933.

- \$5.00 to Register by Wednesday, 1/11. No payments at the door. Please pay cash by 1/11
- Form your own group or ask to be seated with a group who needs an extra player
- Bring your own cards, chips, etc.

Sandi the Therapy Dog on Thursday, January 19th at 11 am (Brush Hill Function Room)

Sandi the bernadoodle is a wonderful certified therapy/comfort dog. He and his owner, Kim, are coming back to visit us, this time at the Brush Hill campus. Please come to meet them!

Library Book Club on Monday, January 23rd at 3 pm (Brush Hill Function Room)

Join Will Adamczyk, Director of the Milton Public Library, for a discussion of this month's book: *Travels with George* by Nathaniel Philbrick. To get a copy of the book, please call Julia at 617-361-2116.

Prof. Regine Jean-Charles on Tuesday, January 24th at 7 pm (Brush Hill Function Room)

Fuller Village is excited to welcome scholar, author, and Milton resident Regine Jean-Charles to speak on her 2021 book *Martin Luther King & the Trumpet of Conscience Today*. Her groundbreaking work applies Dr. King's philosophy as described in a series of lectures he gave in the last year of his life to today's urgent social issues. This important talk will help the audience to make sense of MLK's legacy and what it means for the world we live in now. This event will be open to the public, so please feel free to invite friends and family members.

Stage Door Canteen on Sunday, January 29th at 7 pm (Brush Hill Function Room)

Riverside Theatre Works presents *Stage Door Canteen*, a musical tribute honoring the heroes of World War II and all American warriors, then and now. Presented by the ensemble Sweet Harmony, the show salutes the "Canteen Girls," who joined celebrities entertaining, serving food and comfort at the Stage Door Canteens or on the radio. Sweet Harmony is an ensemble featuring six young women. Their fresh vocal talent features the powerful music of the Golden Era, including: *Boogie Woogie Bugle Boy*, *I'll Be Seeing You*, *Come Rain Or Come Shine*, *This Joint Is Jumpin'* and much more.

The Continentals Duo (originally scheduled for the 29th) will return to Fuller Village for a performance later in 2023.



Brush Hill Café Specials

– daily specials –

all served with one side...14.00

monday, january 9

French Toast

With Blueberry Syrup, Bacon and Fruit

tuesday, january 10

Philly Cheesesteak

With Peppers, Onions, and Provolone Cheese

wednesday, january 11

Veggie Sandwich

*With Swiss Cheese and Mustard on Panini
Bread*

thursday, january 12

Mushroom & Onion Burger

With Swiss Cheese

friday, january 13

Seafood Salad

With Lettuce and Tomato on a Brioche Roll

Gordon House

Dining Room Dinner Menu

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

Monday, January 9th

Cream of Asparagus Soup (GF)
Or Salad du Jour
Grilled Tenderloin Tips (GF)
Fish Cake (GF)
Wild Rice Pilaf, Sautéed Zucchini
Chocolate Chip Cookie or
Carrot Cake

Friday, January 13th

Manhattan Clam Chowder (GF)
or Salad du Jour
Roasted Turkey Breast (GF)
Lemon Garlic Grilled Swordfish (GF)
Whipped Potatoes, Brussels Sprouts
Carnival Cookie or
Baked Rice Pudding

Tuesday, January 10th

Louisiana Gumbo (GF)
or Salad du Jour
BBQ Baby Back Ribs (GF)
Crispy Fried Shrimp
Potato Salad, Broccoli Slaw
Sugar Cookie or
Pecan Pie

Saturday, January 14th

Tomato Bisque Soup (GF)
or Salad du Jour
Chicken Fancese
Baked Cod (GF)
Polenta, Vegetable Medley
Peanut Butter Cookie or
Lemon Square

Wednesday, January 11th

Tuscan White Bean Soup (GF)
or Salad du Jour
Beef Tenderloin au Jus (GF)
Basil Pesto Salmon (GF)
Twice Baked Potato, Grilled Asparagus
Cranberry Cookie or
Cherry Cheesecake

Sunday, January 15th

Chicken Noodle Soup
or Salad du Jour
Spaghetti & Meatballs
Or: Stuffed Portobello Mushroom
With Baked Potato & Spinach
Mint Chocolate Cookie or
Assorted Desserts

Thursday, January 12th

French Onion Soup (GF)
or Salad du Jour
Grilled Pork Chop (GF)
Pan Roasted Trout (GF)
Sweet Potato Puree, Sautéed Cabbage
Oatmeal Raisin Cookie or
Ultimate Chocolate Cake

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 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

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.