



From the Desk of Deborah M. Felton  
January 13, 2023

**Welcome John and Margaret Pender** to Brush Hill F-206.

**Functional Fitness** - Do you visit family and then must navigate climbing stairs? Functional Fitness will help in strengthening your mobility and make stair climbing easier. Check it out on Tuesdays at 10:30 a.m. in the Function Room at Brush Hill.

**Touchtown and Menus** – As many of you know, we are working hard to make information more accessible on Touchtown (the app and website), bulletin boards, and Channel 222. There will be some exciting updates and supports happening over the next couple of months as well. In the meantime, for those who prefer to have a paper copy of the menu, we will begin to leave copies in acrylic stands near the mailboxes. If we run out, just let the concierge know and they will print more.

**Swap Board** – As a reminder, Swap Boards are up on all Resident Association Bulletin Boards. These are great places to list items you are looking to give away, lend, borrow, or take. They have been getting more active so be sure to check them out! Our awesome Green Team volunteers have been checking them to make sure that items are posted on all boards.

**Pub Night** - Join us on January 19<sup>th</sup> for Pub Night with The Dave Burbank Orchestra. It will be a great night of entertainment with a variety of music and even line dancing! Free appetizers will be served and drinks will be charged to your account. Food starts at 6:30; music at 7 pm. Put on your dancing shoes!

**Hold the Date** - Tuesday, January 24<sup>th</sup> Dr. Regine Jean Charles will be our guest at 7:00 p.m. in the Function Room at Brush Hill. Dr. Charles, a scholar, author, and Milton resident, will be speaking to us 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. *The public is invited to attend.*

**Fire Prevention** - If you are cooking food on your stove, please do not go in another room and forget that the stove is on. We had a small fire this past week because a resident did just that! We will be hosting the Milton Fire Chief in the near future to discuss Fire Prevention. The public is invited to attend.



SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) <b>15</b>	<b>Martin Luther King Jr. Day 16</b> <i>Office &amp; Cafe Closed</i> 8:30 Pickleball 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 1:00 Bridge (BR) 1:00 Let's Play Cards (BR) 2:00 Handcrafters (BL)	10:30 Functional Fitness (BR) <b>17</b> 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 1:00 Fuller Craft Museum 3:30 Coloring and Cookies (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Mobility & Stability (BR) <b>18</b> 10:00 Seated Zumba Gold (BL) 10:00 Wegman's 10:30 Water Aerobics (BR) 11:00 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:30 Chorus (BL) 2:00 Catholic Mass (BL) 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)	8:30 Pickleball <b>19</b> 10:30 News, Coffee and Conversation (BL) 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 11:00 Sandi the Certified Therapy Dog (BR Parlor) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/Jean (BR) 2:00 Rich Travers (BR) 3:30 Writing Group w/Betsy (BL) 6:30 Pub Night (BR)	10:30 Chair Yoga with Carol (BL) <b>20</b> 1:00 Oma Communications 1-on-1 Tech Help (BR) 4:30 Friday Night Services (BR) 6:30 Cribbage (BR)	8:30 Pickleball <b>21</b> 2:00 Scavenger Hunt (BR) 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 1/25 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 1/13 - Monday 1/16**

**See what's happening this weekend!**

### **Friday, January 13<sup>th</sup>**

**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 14<sup>th</sup>**

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

**BRUSH 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.

**BLUE HILL showing: *LIZA***

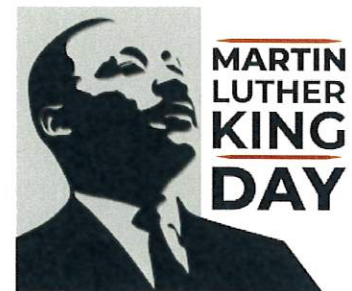
*Cast: All Liza Minnelli*

A great TV performance with Liza Minnelli. All her favorite songs from Cabaret, New York, New York, etc.

### **Monday, January 16<sup>th</sup>**

***Martin Luther King, Jr. Day***

***Office & Café Closed***



**Let's Play Cards at 1 pm** (Brush Hill Function Room)

Let's play cards, win prizes, and have a whole lotta fun! Registration has been extended through Friday, 1/13. Call Ellie Forman at 617-910-9225 or Anne Segal at 857-345-9933 to sign up. \$5 to pay; form your own group or ask to be seated with a group who needs an extra player.

Mahjong, poker, gin rummy, cribbage, bridge, whist, pinochle, spaces, hearts – we got it all!

## **Weekly Highlights: Tuesday 1/17 – Sunday 1/22**

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

### **Tuesday, January 17<sup>th</sup>**

#### **Trip to Fuller Craft Museum at 1 pm**

Join us for a guided tour of the Fuller Craft Museum. The Museum's tagline – Let the Art Touch You – illustrates the tactile, accessible, physical, and emotional experience visitors can have at the Fuller Craft Museum. Spend the afternoon exploring this hidden jewel, right down the street in Brockton. Pick up at Brush Hill at 1 pm; Blue Hill at 1:10 pm. Approximate return time will be 3:30 pm. Call 617-361-7778 to sign up – there are just a few spots left!

#### **Coloring & Cookies at 3:30 pm (Blue Hill Activity Room)**

Drop-in for a relaxing afternoon of coloring with friends – not to mention Girl Scout Cookies! Markers, colored pencils, and other supplies will be provided. This is also a great place to share your ideas on other programs you would like to see at Blue Hill!

#### **Men's Poker Club at 7 pm (Brush Hill Function Room)**

The Men's Poker Club meets every Tuesday evening and is always excited to welcome new members! Contact Bob Gorfinkle at 617-910-9006.

### **Wednesday, January 18<sup>th</sup>**

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

Please note that Chorus will start early again this week, then return to its regular schedule.

#### **Catholic Mass at 2 pm (Blue Hill Activity Room)**

Father Andreas will be on site to celebrate Mass.

#### **Treats & Tea at 2:45 pm (Blue Hill Dining Room)**

Come enjoy some tea, coffee, and sweets with your neighbors.

#### **Caring Committee at 3 pm (Brush Hill Function Room)**

Caring Committee gathers monthly to discuss topics important to your physical, social, and emotional health throughout the aging process. Led by Betsy Buchbinder.

### **Thursday, January 19<sup>th</sup>**

#### **News, Coffee, and Conversation at 10:30 am (Blue Hill Coffee Room)**

Same great conversation; new time! News, Coffee, and Conversation will begin at 10:30 am every Thursday!

#### **Sandi the Certified Therapy Dog at 11 am (Brush Hill Parlor)**

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

## **Weekly Highlights: Tuesday 1/17 – Sunday 1/22**

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

### **Thursday, January 19<sup>th</sup> (Continued)**

**Rich Travers at 2 pm** (Brush Hill Function Room)

*Topic: Opera Verdi*

Giuseppe Verdi was an Italian Romantic composer primarily known for his operas. He is considered, with Richard Wagner, the preeminent opera composer of the 19th century. Verdi dominated the Italian opera scene after the eras of Bellini, Donizetti, and Rossini. His works are frequently performed in opera houses throughout the world. This lecture includes scenes from Aida, Macbeth, Rigoletto, La Traviata and Nabucco.

**Memoir Writing Group with Betsy Abrams at 3:30 pm** (Blue Hill Activity Room)

In this group, led by Betsy Abrams, LICSW, 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. **There is room for 1 more participant** in this group, which will meet every two weeks for a total of six sessions. To sign up, call Julia at 617-361-2116.

**Pub Night with the Dave Burbank Orchestra at 6:30 pm** (Brush Hill Function Room)

Join us for our first Pub Night of 2023, with entertainment provided by The Dave Burbank Orchestra! There will be a unique repertoire of musical styles for your listening and dancing pleasure, including line dancing with instruction! Food at 6:30; music at 8. Appetizers are free; drinks will be billed to your account. As always, you are also welcome to bring your own food.

### **Friday, January 20<sup>th</sup>**

**1-on-1 Tech Help with Oma Communications from 1-4 pm** (Brush Hill Function Room)

Liz Flaig of Oma Communications will join us again, offering 20-minute 1-on-1 appointments to help with your technology needs, whether for your iPhone, Android, tablet, or laptop. To sign up for an appointment, please call Julia at 617-361-2116.

**Friday Night Services with Rabbi Benjamin at 4:30 pm** (Brush Hill Function Room)

### **Saturday, January 21<sup>st</sup>**

**Tabletop Scavenger Hunt at 2 pm** (Brush Hill Function Room)

This activity is fun & easy with prizes for the winning table! Simply pack a grocery/tote bag with at least 20 small items from any or all rooms from your home and bring it with you to the Brush Hill Function Room. Each table of residents is a team and will be asked to produce an item. **If at least one person at your table has that item, then your table/team wins a point!** The table with the most points will win prizes!

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

Milton Residents' Fund  
535 Canton Avenue  
Milton, MA 02186

January 3<sup>rd</sup>, 2023

To Fuller Village Community,

**On behalf of the Trustees of the Milton Residents Fund, I want to send a sincere thank you for the very generous donation of \$1475 from the Fuller Village Community to the Milton Residents Fund** this December, Your gifts were so appreciated, and allowed us to provide a winter coat, boots or gift for every Milton youth whose family reached out for help.

As the fund coordinator of the Milton Residents Fund, I have been so thankful to again see the outpouring of support for our neighbors in need from every part of the Milton community. By the end of Calendar year 2022, The Milton Residents Fund distributed \$240,000 in financial gifts to help Milton Families and individuals prevent eviction, avoid gas and electric shutoff, purchase winter heating oil, pay emergency medical bills, complete urgent car repairs needed to maintain employment, pursue educational or employment advancement, purchase groceries, or provide holiday gifts & school supplies for their children. We have also assisted with funds to pay for Park and Rec camperships and pool passes for Milton youth, helped with town sports fees, and coordinated winter coat and snow boot donations/distributions across town. We could not have been able to assist in this manner without generous donations such as yours.

We are honored to be the recipient of your financial support, and will use it well to help those Milton youth and parents who need it most during the coming winter months. Your ongoing support and financial contribution are a huge help to us in providing all this assistance throughout the year.

Thank you once again. Wishing you a wonderful and healthy year ahead!

Sincerely,

*Noreen K Dolan*

Noreen Kearney Dolan, LCSW  
Fund Coordinator, Milton Residents Fund

*The Milton Residents Fund, through First Parish in Milton, Unitarian, is a 501(c)(3) organization and gifts are tax deductible to the extent permitted by law. No goods or services were provided to you in consideration of your gift. Tax ID 11606167; EIN 042 129 126*



# Gordon House

## Dining Room Dinner Menu

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

### Monday, January 16<sup>th</sup>

Hearty Beef and Vegetable Soup (GF)  
Or Salad du Jour  
Rotisserie Chicken (GF)  
Baked Cod with Olives & Artichokes (GF)  
Rice Pilaf, Broccoli  
Chocolate Chip Cookie or  
Fall Fruit Crisp

### Friday, January 20<sup>th</sup>

Wonton Soup (GF) (V)  
or Salad du Jour  
General Tso Chicken (GF)  
Garlic Shrimp (GF)  
Jasmine Rice, Asian Vegetable Stir-fry  
Carnival Cookie or  
Chinese Mango Pudding

### Tuesday, January 17<sup>th</sup>

Carrot, Orange & Ginger Soup (GF) (V)  
or Salad du Jour  
American Chop Suey w/ Macaroni  
Or: Maryland Crab Cakes (GF)  
Sweet Potato Fries, Kale Slaw  
Sugar Cookie or  
Chocolate Brownie a la Mode

### Saturday, January 21<sup>st</sup>

Chicken Noodle Soup  
or Salad du Jour  
Pastrami Reuben Sandwich  
Honey Garlic Glazed Salmon (GF)  
French Fries and Coleslaw  
Oatmeal Raisin Cookie  
or Pecan Pie

### Wednesday, January 18<sup>th</sup>

Leek and Potato (GF) (V)  
or Salad du Jour  
Grilled Marinated Pork Tenderloin (GF)  
w/ Red Bliss Mash, Asparagus  
Or: Squash Raviolis w/ Spinach & Walnuts  
M & M Cookie or Apple Pie

### Sunday, January 22<sup>nd</sup>

Cream of Tomato Soup (GF)  
or Salad du Jour  
Veal Schnitzel (GF)  
w/ New Potatoes, Baby Carrots  
Or: Squash Raviolis w/ Spinach & Walnuts  
Double Chocolate Cookie or  
Key Lime Pie

### Thursday, January 19<sup>th</sup>

Clam Chowder (GF)  
or Salad du Jour  
Beef Stew (GF)  
Creamy Garlic Shrimp  
Egg Noodles, Green Beans  
Mint Choc Chip Cookie or  
Poached Pear (GF)

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

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## APPETIZERS ... 5.00

Soup du Jour  
Fresh Garden Salad  
Fresh Fruit Salad

\* ask about our selection of house made dressings \*

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## 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**

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## 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

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## 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...14.00

monday, january 16

Closed for Holiday

tuesday, january 17  
Open Faced Roast Beef Sandwich  
*With Mashed Potatoes and Gravy*

wednesday, january 18  
Loaded Tater Tots  
*With Beef, Melted Cheese and Sour cream*

thursday, january 19  
BBQ Chicken & Bacon Wrap  
*With Cheddar Cheese, Lettuce and Tomato*

friday, january 20  
Chicken Fried Rice  
With Veggie Egg Rolls & Fortune Cookie