



From the Desk of Deborah M. Felton

Welcome Eileen Millane to G-204.

Martin Luther King and the Trumpet of Conscience Today, an Author Talk by Milton resident Dr. Regine-Jean Charles will be held in the Function Room on Tuesday, January 24th at 7:00 pm. This event is open to the public so please feel free to invite friends and family. If you need a ride, please call 617-361-7778.

The Hamilton Hall Lecture Series is offering a series of national experts on world affairs. These lectures are being offered to senior communities under a special program and will be shown at Fuller Village on Saturdays at 10 am and Sundays at 5 pm. The series begins on Saturday, February 3rd. We will post the lecture topics on the week that they are scheduled. If you would like to check out the entire series, please go to hamiltonhall.org/2023speakers.org.

Town of Milton Recycling Center is open to all Milton residents on the 1st Saturday of every month from 9 am to 12 pm. You can find complete information on what items can be dropped off, as well as the accompanying fees, on our Touchtown App under Resident Resources. We will also post the information on our bulletin boards.

History of Friendly's - This is a not-to-be-missed lecture by our Brush Hill resident Bill Lane at 3 pm. on Tuesday, January 24th at Brush Hill. If you need a ride, please call 617-361-7778.

How do people who have immigrated to this country learn English? Claudia Greene, Executive Director for English for New Bostonians will speak on Friday, January 27th at 2 pm. in the Function Room at Brush Hill about her program. This will kick off our monthly Community Organization Series, featuring non-profit leaders from across Greater Boston.

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|---|---|--|--|---|---|---|
| 11:00 New Yorker 22 Short Story Discussion (BR) 2:30 Blue Hill Bridge (BL) 7:00 Ann & Steve Ryan (BR) | 8:30 Pickleball 23 10:00 Seated Zumba Gold (BL) 10:30 Water Aerobics (BR) 10:30 Blue Hill Coffee Hour (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL) 3:00 Library Book Club (BR) 7:00 Metropolitan Opera on Demand (BL) | 10:30 Functional Fitness (BR) 24 11:00 Women's Lunch at Stockholder's 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 3:00 The History of Friendly's with Bill Lane (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR) 7:00 Regine Jean-Charles on <i>MLK & the Trumpet of Conscience Today</i> | 10:00 Mobility & Stability (BR) 25 10:30 Water Aerobics (BR) 11:00 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:45 Chorus (BL) 2:30 "Youth v. Gov." Film (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR) 7:00 Lifelong Learning (BR) | 8:30 Pickleball 26 10:00 Roche Brothers 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/Jean (BR) 2:00 Music Lovers Club (BL) 4:30 Blue Hill Book Club (BL) 7:00 History with Paolo (BL) | 10:30 Chair Yoga w/Carol (BL) 27 2:00 Community Organizations Series: Supporting Immigrant Communities through English Classes (BR) 6:30 Cribbage (BR) 7:00 Lenny Weiner "Pop Songs of the Past" (BL) | 8:30 Pickleball 28 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 1/20 - Monday 1/23

See what's happening this weekend!

Friday, January 20th

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

Appointments are full – please be sure to arrive on time if you've already signed up!

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

Saturday, January 21st

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 (Brush Hill Function Room & Blue Hill Activity Room)

BRUSH 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.

BLUE HILL showing: *Top Gun: Maverick*

Cast: Tom Cruise, Jennifer Connelly, Miles Teller

Maverick returns after 30 years of being away to lead a new class of navel graduates on a mission that brings back a ghostly presence. This is a 2022 movie that is getting 5 star reviews.

Sunday, January 22nd

The Pancake Breakfast originally scheduled for today has been rescheduled to next Sunday, 1/29!

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

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: 1/22, 2/5, & 2/19. If interested, call Ruth Segal at (617) 910-9207 or Pat Kelleher at (857) 703-8908.

Ann & Steve Ryan at 7 pm (Brush Hill Function Room)

Ann & Steve Ryan have been singing Standards from The Great American Songbook, Broadway and Popular 60, 70's & 80's music for 25+ years. Their approach has always been to share their love of music with their audiences. As an interesting sidenote, Ann & Steve are the parents of Bren Ryan who some of you enjoyed his musical style this past December at Fuller Village. You could say "The Apple Doesn't Fall Far From the Tree".

Weekly Highlights: Monday 1/23 – Sunday 1/29

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

Monday, January 23rd

Blue Hill Coffee Hour at 10:30 am (Blue Hill Coffee Room)

Same great conversation; new time! Blue Hill Coffee Hour will begin at 10:30 am every Monday, starting this week!

Library Book Club at 3 pm (Brush Hill Function Room)

Join Will Adamczyk, Director of the Milton Public Library, for a discussion of *Travels with George* by Nathaniel Philbrick. He will also be giving out copies of next month's book - *Black Radical: The Life and Times of William Monroe Trotter* by Kerri Greenidge. If you are unable to make the meeting but would like a copy of the February book, please contact Julia at 617-361-2116.

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

Showing: *Un Ballo in Maschera* from 1991

This atmospheric production by *Piero Faggioni*, conducted by *James Levine*, captures all the brooding power and elegance of Verdi's drama of love and politics. *Luciano Pavarotti* stars as Riccardo, the unlucky ruler in love with his best friend's wife, Amelia (*Aprile Millo*). *Leo Nucci* is the husband torn between loyalty and his thirst for revenge, and *Florence Quivar* sings Ulrica, the fortune teller who prophesizes the tragic ending. (Run time: 2 hours, 15 minutes)

Tuesday, January 24th

Women's Lunch at Stockholders at 11 am

This trip is full with a waitlist.

The History of Friendly's with Bill Lane at 3 pm (Brush Hill Function Room)

Fuller Village's very own Bill Lane will present a program on the History of Friendly's he created just for you! Learn about the history of one of the East Coast's most popular restaurant chains complete with a variety of photos he's collected. Bill started with the company as a trainee and retired after 35 years as Vice President of Operations, Training, Franchising and Administration. Bill will conclude his talk with a special treat – a Friendly's ice cream cup!

Author Talk: Regine Jean-Charles on *MLK & The Trumpet of Conscience Today* at 7 pm (Brush Hill Function Room)

Fuller Village is excited to welcome scholar, author, and Milton resident Regine Jean-Charles to speak with our community. Her groundbreaking book 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 make sense of MLK's legacy and what it means for our modern world.

Weekly Highlights: Monday 1/23 – Sunday 1/29

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

Wednesday, January 25th

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

Please note that Chorus will return to its regular schedule this week.

***Youth v. Gov* Documentary (in Full) at 2:30 pm** (Brush Hill Function Room)

We showed a portion of this documentary at the Green Team event earlier this month and got requests to show it in full at a later date – you asked, we answered! *Youth v. Gov* is the story of the *Juliana v. The United States of America* constitutional lawsuit and the 21 American youth, ages 14 to 25, who are taking on the world's most powerful government. Since 2015, the legal non-profit Our Children's Trust has been representing these youth in their landmark case against the U.S. government for violating their constitutional rights to life, liberty, personal safety, and property through their willful actions in creating the climate crisis they will inherit. (Run time: 1 hr, 40 min)

Lifelong Learning at 7 pm (Brush Hill Function Room)

Showing: *The Pioneers of Prime Time*

They were the Kings and Queens of Comedy: Milton Berle, Red Skelton, Sid Caesar, Burns and Allen, Lucille Ball, Jack Benny, and Bob Hope. They brought laughter and fun into our lives and we loved them for it! *Pioneers of Primetime* is a documentary that features rare interviews and treasured film clips with famous legends of radio and TV comedy, all blended into a program that chronicles the best of comedy entertainment from vaudeville through radio to the Golden Age of TV as these legendary entertainers provide a fascinating firsthand account of their journey to success.

Thursday, January 26th

Roche Bros. Westwood Trip at 10 am

Every month, we seek to offer a variety of grocery options so we are going to Roche Bros in Westwood this January! Roche Bros. is a local supermarket chain known for their helpful employees, quality fish and prepared food selection, and great weekly deals.

Music Lovers Club at 2 pm (Blue Hill Activity Room)

If you have a love and curiosity for music, this is the group for you! Every month, a fellow resident shares the history and songs of a particular artist or genre they love. There's always something new to learn and plenty of tunes to enjoy – all are welcome!

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

Once a month, the Blue Hill Book Club gathers to discuss their reading and enjoy dinner together. Contact Roz Spigel at 617-690-3611 for more information.

Weekly Highlights: Monday 1/23 – Sunday 1/29

Look out for these special events and offerings next week! (Page 3)

History with Paolo at 7 pm (Blue Hill Activity Room)

Paolo DiGregorio returns with Part 2 of his special talk: *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.

Friday, January 27th

Supporting Immigrant Communities through English Classes at 2 pm

(Brush Hill Function Room)

We are excited to welcome Claudia Green, Executive Director of English for New Bostonians, to kick off our Community Organization Speaker Series! The mission of English for New Bostonians is to ensure that immigrants can access high quality English classes to fully leverage their talents and voices across schools, workplaces, small business, and civic life. Claudia will share more about their innovative programs as well as the ways their organization engages the larger community!

Lenny Weiner “Pop Songs of the Past” at 7 pm (Blue Hill Activity Room)

Lenny has been singing since he was in his early 20s. He started in an acappella group with two friends. He loves singing all genres of music from Frank Sinatra to Elvis and lots of the standards from the 50's, 60's, & 70's. The audience is encouraged to sing right along with him!

Saturday, January 28th

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

Sunday, January 29th

Pancake Breakfast from 9-11 am (Brush Hill Function Room)

Come enjoy a pancake breakfast served fresh all morning. \$5 will get you pancakes, coffee, and juice, with all proceeds going to Growth Through Learning. Rides will be provided between Blue Hill and Brush Hill beginning at 10:15 am – please call during the week to schedule. Contact Bob Lash at 781-828-2657 with questions.

Stage Door Canteen 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.

Gordon House

Dining Room Dinner Menu

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

Monday, January 23rd

Butternut Squash Bisque (GF)
Or Salad du Jour
Rosemary Roasted Chicken (GF)
Broiled Cod (GF)
Sweet Potato Mash, String Beans
Chocolate Chip Cookie or
Boston Cream Pie

Friday, January 27th

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

Tuesday, January 24th

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, January 28th

Portuguese Kale Soup (GF)
or Salad du Jour
Shepherd's Pie (GF)
Or: Veggie Chili (GF)
Cornbread, Broccoli Slaw
Lemon Blueberry Cookie or
Mixed Berry Crisp

Wednesday, January 25th

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

Sunday, January 29th

3 Bean Soup (GF)
or Salad du Jour
Glazed Smokehouse Ham (GF)
Seafood Casserole (GF)
Corn on the Cobb, Swiss Chard
Double Chocolate Cookie or
Assorted Desserts

Thursday, January 26th

Clam Chowder (GF)
or Salad du Jour
Turkey Pot Pie
Or: Trout Almondine (GF)
With Roasted Red Bliss and Broccolini
Oatmeal Craisin Cookie or
Devil's Food 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)



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.



Brush Hill Café Specials

– daily specials –

all served with one side...14.99

monday, january 23

Pancake Breakfast

Bacon, Berries, Homefries and Maple Syrup

tuesday, january 24

Egg Salad Croissant

Lettuce, Tomato & Bacon

wednesday, january 25

Grilled Chicken & Proscuitto Panini

With Fig Jam and Provolone

thursday, january 26

BBQ Bacon Burger

Cheddar and Sauteed Onions

friday, january 27

Crispy Fish Tacos

Cabbage Slaw, Sour Cream and Salsa