

SUN	MON	TUE	WED	THUR	FRI	SAT
9:00 Pancake Breakfast (BR) 29 2:30 Blue Hill Bridge (BL) 7:00 Stagedoor Canteen (Riverside Theatre Works) (BR)	8:30 Pickleball 30 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) 1:00 Erika Reitshamer Opera Talk (BL) 2:00 Handcrafters (BL)	10:30 Functional Fitness (BR) 31 12:00 Back to Basics (BL) 12:00 Men's Lunch at Not Your Average Joe's 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 1:00 Painting Class (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Mobility & Stability (BR) 1 10:00 Seated Zumba Gold (BL) 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) 2:00 Catholic Mass (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)	8:30 Pickleball 2 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 10:30 News, Coffee & Conversation (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/ Jean (BR)	10:30 Chair Yoga w/Carol (BL) 3 10:30 Zumba Gold (BR) 1:00 Rich Travers (BL) 2:00 Game On! (BR) 6:30 Cribbage (BR) 7:00 Steve King (BL)	8:30 Pickleball 4 11:00 Hamilton Hall Lecture Series (BL) 1:00 Stamping Workshop (BL) 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 2/8 & 2/22 at 1 pm. Please call 781-986-3668 to schedule an appointment.

The Wellness Clinic will be on *Tuesday* from 8:30 - 11 am this week. Please call 617-361-7900 for an appointment. The hours may change over the coming month, so please check your packets and Touchtown for updates each week.

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

February 2023

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —



Weekend Highlights: Friday 1/27 - Sunday 1/29

See what's happening this weekend!

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 a cappella 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 (Brush Hill Function Room & Blue Hill Activity Room)

BRUSH 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.

BLUE HILL showing: *Ticket to Paradise*

Cast: George Clooney, Julia Roberts

Love is in the air in Bali where Lily is preparing to marry a local guy, and her friend Wren is falling for a local doctor, but not so fast as Lily's divorced parents are racing to the island to stop it.

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. Co-sponsored by the Fuller Village Residents Association.

Weekly Highlights: Monday 1/30 – Sunday 2/5

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

Monday, January 30th

Erika Reitshamer Opera Talk at 1 pm (Blue Hill Activity Room)

Topic: The Three Tenors Sing Out

Erika Reitshamer is an engaging teacher whose knowledge and love of opera will inspire you. She has lectured on opera and great singers of opera for many years and was active in the formation of the Boston Lyric Opera Company. This will be the first of 3 monthly talks she will give at Fuller Village. She is also helping select the Monday night Opera showings, to pair with her lecture topics. This special program is generously co-sponsored by the Fuller Village Residents Association.

Tuesday, January 31st

Men's Lunch at Not Your Average Joe's at 12 pm

Join the fellas for a lunch out at Not Your Average Joe's in Westwood. Serving classic American fare, this place has something for everyone! There are still a few spots available, so call 617-361-7778 to reserve yours!

Painting Class with Sheila Cohen at 1 pm (Blue Hill Activity Room)

Art from the Heart! Art fuels our creative energy and spirit! Come paint with acrylics on canvas with all materials and instruction provided. Be inspired by the shape of a heart and your own colors. The designs we create will make a lovely Valentines Day gift! Spaces are limited, so call 617-361-7778 to sign up today!

Wednesday, February 1st

Catholic Mass at 2 pm (Brush Hill Function Room)

Father Bennett will be on site to celebrate Mass.

Friday, February 3rd

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: Elements of Music

What is music made of? These lectures are to help the listener gain a deeper appreciation for music – from form to melody, from motif to harmony. These lectures answer everything you wanted to know about music. The lecture will include musical examples demonstrating melody, harmony and rhythm as well as exploring string quartet, concerto, symphony, orchestration, and basic rudiments of musical terms.

Game On! from 2-4 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!

Weekly Highlights: Monday 1/30 – Sunday 2/5

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

Friday, February 3rd (Continued)

Steve King at 7 pm (Blue Hill Activity Room)

Join Steve, a Fuller Village favorite, for an hour of great music, singing, and laughing!

Saturday, February 4th

Hamilton Hall Lecture Series at 11 am (Blue Hill Activity Room)

Each weekend in February, we will screen replays of this lecture series on world affairs at both Blue Hill and Brush Hill. This weekend's speaker is Stephen M. Walt, the Robert and Renee Belfer Professor of International Affairs at Harvard University's Kennedy School. He will be speaking on "What World Leaders Keep Forgetting About World Politics".

Stamping Workshop at 1 pm (Blue Hill Activity Room)

Fellow residents Peg Riley & Gail Zaslow will share their hobby of card-making using stamps. Come learn this fun craft and leave with handmade Valentines Day cards to share with your friends and loved ones. Limited to 8 participants at each site (Brush Hill on Sunday!) – please call (617) 361-7778 to sign up.

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

Sunday, February 5th

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

It's not too late to join our Short Story Group. We will read & discuss stories from the New Yorker Magazine. Stories are written by established authors as well as newcomers. The stories that have been chosen, vary in length and content. Stories will be available online, in print & audio format. There are two remaining meetings – 2/5 & 2/19. If interested, call Ruth Segal at (617) 910-9207 or Pat Kelleher at (857) 703-8908.

Stamping Workshop at 1 pm (Brush Hill Function Room)

See Saturday (above) for more info. Limited to 8 participants – call (617) 361-7778 to sign up.

Girl Scout Cookie Sale from 3-5 pm (Blue Hill Lobby)

Girl Scouts will be onsite selling cookies! Come and get them before they're gone. Cash only, please. \$5 per box. If you are unable to come at this time but want to order a box (or boxes), please be in touch with Jane Thornton at (857) 654-7808.

Hamilton Hall Lecture Series at 5 pm (Brush Hill Function Room)

See Saturday (above) for this week's lecturer and topic.

Portrait in Jazz Trio at 7 pm (Brush Hill Function Room)

Fuller favorites Portrait in Jazz will perform creative originals and time-honored jazz Standards ranging from the traditional period of the 1920's New Orleans all the way to present-day jazz.



Valentine's Day!

Tuesday, February 14, 2023

6:00 PM Gordon House Dining Room or Lounge

\$29.95 per person – Reservations Required

Starting Tuesday, February 1st

from 11:00 am to 1:00 pm

Please call Joey at 617-361-3231

Baby Arugula, Spinach and Strawberry Salad (GF)

Raspberry Balsamic and Toasted Almonds

Surf & Turf (GF)

(Grilled Filet Mignon with Lobster Scampi)

OR

Herb Roasted Atlantic Salmon (GF)

Served with Creamy Beet Risotto (GF)

Sauteed Spinach (GF) and Asparagus (GF)

Cherry Kahlua Tiramisu OR Flourless Chocolate Torte (GF)

****Delivery and Take-out are not available***

*****Cancellations after February 9th will be charged to your account.***

**Fuller Village
Communication Update**

Touchtown Orientation

**Learn the ins and
outs of
Touchtown
&
our new
approach to
centralizing
communication**

Our new approach will:

- Streamline communication
- Reduce waste by only printing the paper you need & want
- Build new ways to connect with your neighbors



**Attend a session with your
building neighbors!**

Sessions

February 21 - Blue Hill & Villas

February 27 - Brush Hill

February 28 - Brush Hill

**For specific timing, check on Touchtown
or with your building representative**

For any questions beforehand, please contact jmacmahone@fullervillage.org

Touchtown Orientation!

As part of Fuller Village's mission to improve communication, we will be updating our practices and holding a Touchtown Orientation at the end of February! With our new approach, we will streamline communication via more digestible newsletters alongside our one-stop-shop for all information on Touchtown. This way, all updates are centralized in one location for ease of access. Additionally, Fuller Village will be able to vastly reduce our paper waste and follow industry best practices among our peer communities. Paper materials will still be available.

We will hold separate sessions for each part of campus where we will review how to navigate Touchtown on phones and computers, utilize Channel 222, and unveil some new features of both. We will then provide 1:1 help to residents who need assistance with accessing Touchtown or building out their profiles. The goal of these sessions is for all participants to feel confident in their ability to access information and connect with their neighbors, Fuller Village programs and fitness offerings, and other amenities and services.

Schedule:

Depoyan: Tue, February 21st 2-3 pm in the Blue Hill Activity Room

Foster: Tue, February 21st 3-4 pm in the Blue Hill Activity Room

Villas: Tue, February 21st 4-5 pm in the Blue Hill Activity Room **Brush Hill A Building:** Mon, February 27th 1-2 pm in the Function Room

Brush Hill B Building: Mon, February 27th 2-3 pm in the Function Room

Brush Hill C Building: Mon, February 27th 3-4 pm in the Function Room

Brush Hill D Building: Mon, February 27th 4-5 pm in the Function Room

Brush Hill E Building: Tue, February 28th 1-2 pm in the Function Room

Brush Hill F Building: Tue, February 28th 2-3 pm in the Function Room

Brush Hill G Building: Tue, February 28th 3-4 pm in the Function Room

Brush Hill H Building: Tue, February 28th 4-5 pm in the Function Room

We will also be scheduling a special session for residents with visual impairments in early March - if you are interested in this, please contact Julia at (617) 361-7778.

Gordon House

Dining Room Dinner Menu

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

Monday, January 30th

Split Pea & Bacon Soup (GF)
Or Salad du Jour
Salisbury Steak (GF)
Crab Stuffed Sole (GF)
Truffled Tater Tots, Roasted Cauliflower
Chocolate Chip Cookie or
Vanilla Pudding w/ Fresh Berries (GF)

Friday, February 3rd

Clam & Corn Chowder (GF)
or Salad du Jour
Prime Rib au Jus (GF)
Grilled Swordfish (GF)
Baked Potato, Baby Carrots
Carnival Cookie or
Apple Cobbler

Tuesday, January 31st

Tomato Orzo Soup
or Salad du Jour
Chicken Marsala
w/ Spinach and Gnocchi
Or: Fish & Chips w/ Coleslaw
Sugar Cookie or
Chocolate Brownie a la Mode

Saturday, February 4th

French Lentil Soup (GF)
or S du Jour
Italian Sausage w/ Peppers & Onions
Or: Bacon Swiss Quiche Lorraine
Sweet Potato Fries, String Beans
Peanut Butter Cookie or
Blueberry Pie

Wednesday, February 1st

Mushroom Barley Soup
or Salad du Jour
Pizza Night
(Plain, Pepperoni or Gluten Free)
Or: Glazed Salmon (GF)
Mashed Potatoes, Asparagus
M & M Cookie or Flourless Chocolate Torte

Sunday, February 5th

Chicken Wild Rice Soup (GF)
or Salad du Jour
Rotisserie Chicken Leg (GF)
Baked Stuffed Shrimp
Rice Pilaf, Acorn Squash
Double Chocolate Cookie or
Assorted Desserts

Thursday, February 2nd

Cheddar Broccoli Soup (GF)
or Salad du Jour
Grilled Boneless Pork Chop
Grilled Rainbow Trout
German Potato Salad and Savoy Cabbage
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 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

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 30

Veggie Omelet w/ Swiss Cheese

tuesday, january 31

Pastrami Reuben

Marble Rye, Swiss and Sauerkraut

wednesday, february 1

Cobb Salad

Avocado, Bacon, Blue Cheese and Egg

Thursday, february 2 1

Pulled Pork Sandwich

Pickles and Slaw

friday, february 3

Grilled Marinated Shrimp

Served with Vegetable Medley