



From the Desk of Deborah M. Felton
February 3, 2023

Welcome Margaret and Jack Pender to Brush Hill F-206.

Insurance Notice - Fuller Village requires all residents to carry an HO-4 policy. This type of policy must carry a minimum of \$300,000 liability coverage. You will choose the dollar value of contents and the deductible amount. Fuller Village must be listed as an interested party. Your lease provides that if you are negligent and cause damage to your unit, another resident's unit, or Fuller Village common area property, you are responsible for the cost of repairs. Some examples of negligence could include you leave something unattended on the stovetop and it catches fire, you leave your faucet running and it overflows causing a flood. In these cases (and others like it) you (the resident) would be responsible for all repairs.

Hamilton Hall Lecture Series - There is a change in the lecturer. The speaker is Sung-Yoon Lee. This Saturday at 11 am (Blue Hill Activity Room) and Sunday at 5 pm (Brush Hill Library), we will be showing a recording of a lecture about North Korea's growing nuclear threat.

Maintenance Director Clay Kotai will be visiting the Blue Hill Coffee Hour on Monday morning at 10:30 and Brush Hill Coffee Hour on Thursday morning. Come meet Clay (if you have a specific maintenance issue, please see the concierge desk).

The February **Birthday Breakfast** has been rescheduled to Tuesday, February 21st.

Valentine's Day reservations are filled, there is still some room available in the Lounge at 6:00 p.m. Please call 617-361-3231. If you make a reservation in the lounge, it cannot be changed to the dining room.

Walking on our property - When walking at dusk or dawn, please wear bright colors and stay on the side of the road. Roads are for cars, pedestrians should always stay to the side. Having a small flashlight would be a good safety precaution! Pedestrians should pay attention but also drivers on our property must drive slowly.

Maintenance Fee and Rental Assistance - If you need financial assistance, please contact me or Peggy Payton.

Villa residents - During this extra cold weekend, please open the cabinet under your kitchen sink, as a precaution, let the kitchen faucet drip cold water overnight to help prevent any freeze up.

SUN	MON	TUE	WED	THUR	FRI	SAT
11:00 New Yorker Short Story Discussion (BR) 5	8:30 Pickleball (BL) 6	10:30 Functional Fitness (BR) 7	10:00 Mobility & Stability (BR) 8	8:30 Pickleball (BR) 9	10:30 Chair Yoga with Carol (BL) 10	8:30 Pickleball (BL) 11
1:00 Stamping Workshop (BR)	10:00 Seated Zumba Gold (BL)	12:00 Back to Basics (BL)	10:00 Seated Zumba Gold (BL)	10:00 Towel Cardio (BR)	10:30 Zumba Gold (BR)	10:30 iPhone/iPad 101 Class (BL)
2:30 Blue Hill Bridge (BL)	10:30 Water Aerobics (BR)	12:30 Tai Chi (BR)	10:30 Water Aerobics (BR)	10:30 Bible Study (BR)	2:30 Valentine's Sing-Along with Judy Cobble (BL)	11:00 Hamilton Hall Lecture Series (BL)
3:00 Girl Scouts Cookie Sale (BL)	10:30 Blue Hill Coffee Hour	1:00 Intro to Meditation (BL)	11:00 Cornhole (BL)	10:30 News, Coffee and Conversation (BL)	6:30 Cribbage (BR)	11:30 Oma Communications 1-on-1 Tech Help (BL)
5:00 Hamilton Hall Lecture Series (BR)	11:00 Floor Yoga w/Carol (BR)	2:00 Fire Chief Madden: Fire Prevention (BR)	11:00 Floor Yoga w/ Carol (BR)	11:00 Core on the Floor (BR)	7:00 Matt Browne, Guitar and Vocals (BL)	7:00 Movie Night (BR/BL)
7:00 Portrait in Jazz Trio (BR)	12:00 Chair Yoga w/Carol (BR)	4:00 Restorative Yoga (BR)	12:00 Chair Yoga w/ Carol (BR)	12:00 Mobility & Stability (BL)		
	1:00 Bridge (BR)	7:00 Bingo! (BL)	12:45 Chorus - ALTOS ONLY (BL)	12:30 Line Dancing with Jean (BR)		
	1:15 Wakefield Estate Trip	7:00 Men's Poker Club (BR)	3:00 Rosary (BL)	1:30 Crafts with Cindy (BL)		
	2:00 Dementia Friends Info Session (BL)		7:00 History with Paolo (BR)	7:00 Brush Hill Bingo (BR)		
	2:00 Handcrafters (BL)		7:00 Knitters and Sewers (BR)			
	7:00 Metropolitan Opera on Demand (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



Weekend Highlights: Friday 2/3 - Saturday 2/4

See what's happening this weekend!

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!

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 topic has been updated* – the speaker is **Sung-Yoon Lee**, Kim Koo-Korea Foundation Professorship of Korean Studies and Assistant Professor, The Fletcher School, Tufts University He will be speaking on “**Kim Jong Un's Growing Nuclear Threat**”.

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 (Brush Hill Function Room & Blue Hill Activity Room)

BRUSH 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.

BLUE HILL showing: *Darling Companion*

Cast: Diane Keaton, Kevin Kline, Diane Weist

Dealing with an empty nest and a self absorbed husband, Beth picks up a dog at an animal shelter. When her husband loses the dog, she joins a search team which leads to unavoidable twists.

Weekly Highlights: Sunday 2/5 – Sunday 2/12

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

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 Library)

See Saturday (previous page) for this week's lecturer and topic. *Please note the location change for Brush Hill.*

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.

Monday, February 6th

Blue Hill Coffee Hour with Guest Star Clay Kotai at 10:30 am (Blue Hill Coffee Room)

Join us for a special coffee hour featuring our new Maintenance Director, Clay Kotai. Hear about Clay's experience prior to Fuller Village and get to know this great new member of our community!

Wakefield Estate Trip at 1:15 pm

We will enjoy a private tour of the inside of the mansion, with an insider's look at the historic wallpaper restoration, led by Executive Director, Mark Smith. There is a suggested donation of \$5 for these tours. Call 617-361-7778 to reserve one of the few remaining spots!

Dementia Friends Information Session at 2 pm (Blue Hill Activity Room)

Become a Dementia Friend! Join us for this information session, where you'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia. By becoming a Dementia Friend, you will support the movement to change the way people think, act, and talk about dementia. Note we will also provide this information session at Brush Hill on February 14th at 2 pm.

Weekly Highlights: Sunday 2/5 – Sunday 2/12

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

Monday, February 6th (Continued)

Mondays at the Met! Opera On Demand at 7 pm (Blue Hill Activity Room)

Showing: Massenet's Werther Acts I & II

Star tenor **Jonas Kaufman** brings aching intensity and vocal charisma to the tortured title hero of Massenet's Goethe adaptation. **Sophie Koch**, in her Met debut, is an appealing and elegant Charlotte, the object of Werther's passionate affection that will lead to tragedy. **Lisette Oropesa** as Sophie, **David Bizic** as Albert, and **Jonathan Summers** as Le Bailli co-star. **Richard Eyre's** atmospheric production is conducted by rising maestro **Alain Altinoglu**. We'll show the remainder of *Werther* on February 27th. (*Act I & II run time: 1 hour, 16 minutes*)

Tuesday, February 7th

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

Andy Kelley, the Boston Buddha, continues his series of introduction workshops on meditation at Blue Hill, with this month's focus on Mindfulness Meditation. Mindfulness refines our attention so that we can connect more fully with the present moment, whether it's pleasant, unpleasant, or neutral. Mindfulness helps us drop the filter of the story and connects us with the facts of our direct experience. In mindfulness we use the senses and body scans to connect, by listening, observing, and opening our hearts. Our mantra becomes, Being, Feeling, Thinking, Doing. These meditations include: body scans, breath awareness, and meditations on using our thoughts and emotions.

Fire Prevention Talk with Chief Madden at 2 pm (Brush Hill Function Room)

We are looking forward to welcoming special guest, Malden Fire Chief Christopher Madden, who will share expert tips on fire prevention.

Wednesday, February 8th

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

While most of Chorus will take a break this week, the Altos will still gather to rehearse. Contact Rosemary Zander with any questions: 617-361-4201.

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

Topic: The Quest for Peace: War, Internationalism and the Creation of the United Nations

The United Nations arose out of the carnage and destruction of World War II, with the aim of promoting peace, human rights, and international justice. For more than 70 years, the organization has played an important role in countries across the world. Yet, the ideas that shaped the UN have their roots in the political turmoil of the 19th century. This lecture will explore the origins of internationalism and the creation of the United Nations.

Thursday, February 9th

Brush Hill Coffee Hour with Guest Star Clay Kotai at 9 am (Brush Hill Café)

Join us for coffee hour featuring our new Maintenance Director, Clay Kotai. Hear about Clay's experience prior to Fuller Village and get to know this great new member of our community!

Weekly Highlights: Sunday 2/5 – Sunday 2/12

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

Thursday, February 9th (Continued)

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

Join Cindy for a fun Valentine's Day craft! Group is limited to 8 people, so sign up now by calling 617-361-7778!

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, February 10th

Valentine's Day Sing-Along with Judy Cobble at 2:30 pm (Blue Hill Activity Room)

Come sing your favorite love songs with Judy at the piano!

Matt Browne at 7 pm (Blue Hill Activity Room)

Matt is a guitar and piano instructor who performs in the Greater Boston area and teaches on the South Shore. His earliest influences began with The Beatles and Irish folk music, and he started playing guitar at age 11. He's been playing nearly every day since!

Saturday, February 11th

iPhone/iPad 101 Class at 10:30 am (Blue Hill Coffee Room)

Liz Flaig, Pres. of Oma Communications, specializes in helping older adults communicate with today's technology. Join her for an introduction to using your Apple products - iPhone and/or iPad! Class is limited to 5 people. Sign up at 617-361-7778.

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 Dr. Benjamin K. Sovacool, Director of the Boston University Institute for Global Sustainability (IGS) and Professor in the Department of Earth & Environment. He will be speaking on "Climate Change – What are Our Sustainable Choices?".

Oma Communications 1-on-1 Tech Help from 11:30-1:30 pm (Blue Hill Coffee Room)

We are scheduling 20-minute appointments for technology help. Bring any of your technology questions and receive 1-on-1 targeted support with your smartphone, iPad or tablet, computer, Alexa device, social media, or specific app or computer program. Sign-up is required, 5 spots available. Call 617-361-7778 to sign up.

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

Sunday, February 12th - Happy Super Bowl Sunday!!

Hamilton Hall Lecture Series at 5 pm (Brush Hill Library)

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

Touchtown Orientation Date Clarification

Apologies for the confusion regarding the times for the Touchtown Orientations for our Blue Hill & Villa residents. They are correct on the flyer that went out last week but were printed incorrectly on the monthly calendar. Please be sure you have the following times marked on your calendars for **Tuesday, February 21st in the Blue Hill Activity Room:**

Depoyan: 2-3 pm

Foster: 3-4 pm

Villas: 4-5 pm

Residents' Association Corner

This past month, the Residents' Association has gladly paid for three wonderful events. **Bill Lane** gave an informative slide presentation on Friendly's Ice Cream. Bill worked for Friendly's, and he shared great slides and personal stories. Following his presentation, residents were treated to a Friendly's Sundae. On Sunday, January 29, we were entertained by the **Riverside Theatre**. The talented young women entertained our residents with powerful music from the Golden Era. On Monday, January 30th, **Erica Reitshamer** shared her love and passion for opera. Erica will be coming two additional times to educate us on this genre.

The Residents' Association was excited to bring these events to Fuller Village. We would like to thank all the residents who contributed to the Fair and other activities. Monies earned make it possible for us to sponsor events which enhance our lives. If you have ideas for future events, please let us know.

Patricia Kelleher, Vice President

Gordon House

Dining Room Dinner Menu

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

Monday, February 6th

Cream of Asparagus Soup (GF)
Or Salad du Jour
Grilled Tenderloin Tips (GF)
Crab Cake (GF)
Cajun Rice, Sautéed Zucchini
Chocolate Chip Cookies or
Pineapple Upside Down Cake

Friday, February 10th

Manhattan Clam Chowder (GF)
or Salad du Jour
Roasted Turkey Breast w/ Gravy (GF)
Lemon Garlic Grilled Swordfish (GF)
Sage Stuffing, Brussels Sprouts
Carnival Cookies or
Chocolate Pudding

Tuesday, February 7th

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

Saturday, February 11th

Tomato Lentil Soup (GF)
or Salad du Jour
Grilled Pork Chop (GF)
Tuscan Baked Cod (GF)
Creamy Polenta, Broccolini
Peanut Butter Cookies or
New York Cheesecake

Wednesday, February 8th

Tuscan White Bean & Kale Soup (GF)
or Salad du Jour (GF)
Franks and Beans
Basil Pesto Salmon (GF)
Wedge Fries, Roasted Asparagus
Coconut Key Lime Cookies or
Carrot Cake

Sunday, February 12th

Chicken Noodle Soup
or Salad du Jour
Rigatoni Pasta Bolognese
Or: Sole Meuniere (GF)
With Baked Potato, Sautéed Spinach
Mint Chocolate Cookies or
Assorted Desserts

Thursday, February 9th

Squash Bisque (GF)
or Salad du Jour
Chicken Fancese (GF)
Pan Roasted Trout (GF)
Mashed Potatoes, Glazed Carrots
Oatmeal Raisin Cookies 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

Cuban Panini 14.00

Pressed Sub Roll with Pork, Ham,
Swiss and Pickles.

Served with Choice of Side

Salad of the Month...12.00

Crispy Buffalo Chicken Salad

Romaine, Celery, Carrots and Blue
Cheese 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...14.00

monday, february 6

Ballpark Sausage Sub w/ Peppers and Onions

tuesday february, 7

California Chicken Wrap

Avocado, Lettuce, Tomato & Cheddar

wednesday, february 8

BBQ Pulled Brisket

Brioche Roll, Swiss Cheese, Coleslaw

thursday, february 9

Pepperoni or Plain Pizza

Tossed Green Salad

friday, february 10

Tuna Melt Deluxe

Bacon and Tomato on Marble Rye