



From the desk of Molly S. Welch

March 3, 2023

I am very pleased to be writing my first weekly letter as your Executive Director! My first days at Fuller Village provided me with a wonderful introduction to your vibrant and warm community. I am learning a tremendous amount from Deborah along with the management team and staff about the day-to-day operations of Fuller Village. I have been so impressed with their dedication to ensure the services and amenities offered are of the best quality possible to enhance the lives of the residents they serve. I have enjoyed getting to meet some of the residents during my touring of both campuses and lunch at the Café and hearing from you all what makes Fuller Village so special. I was able to attend Brush Hill's Coffee Hour this week and look forward to attending the Blue Hill's Coffee Hour next week. I look forward to meeting each resident in the near future and welcome you to stop by my office to say hello. Thank you all for the warm welcome. I am very privileged and delighted to be your Executive Director.

**Welcome to our newest Fuller Village residents:**

**Barry Hynes of Depoyan 207**

**Maria "Cathy" and Stephen Golas of Villa - 3 Weld**

Thank you for attending the **Touchtown** orientations. We are here to support you in accessing information via Touchtown as we streamline our community communication. In addition to the use of your own phone, laptop, or tablet, you can currently find a Touchtown-enabled touch screen located outside of the Blue Hill's Activity Room. We are pleased to share that **additional Touchtown-enabled touch screens will be installed** in the next couple of weeks: One in the Foster Building and two on the Brush Hill campus.

Please see the attached menu for **St. Patrick's Day!** Reservations begin on Monday, March 6<sup>th</sup> and end on Friday, March 10<sup>th</sup> – OR when we have reached the dining room seating capacity. Please call the dining reservation number at 617-361-6958 from 11:30 am to 1:00 pm. Any cancellations after Monday, March 13<sup>th</sup> will be charged to your account. We look forward to seeing you there!

The **Hamilton Hall Lecture Series** continues on Saturday March 4<sup>th</sup> at 11:00 am in the Blue Hill Coffee Room and Sunday March 5<sup>th</sup> at 5:00 pm in the Brush Hill Library. Thomas M. Nichols, Staff Writer at The Atlantic and retired Professor of Security Affairs at the U.S. Naval War College will speak on "The Global Threat to Democracy." Reminder this is a recording of a live lecture.

Please welcome **Milton Fire Chief, Chris Madden**, on Tuesday March 7<sup>th</sup> at 1:00 pm in the Function Room at Brush Hill for a discussion on **Fire Prevention**.

**On Wednesday March 8<sup>th</sup>, the lounge will be closed** and no reservations for the Gordon House Dining Room will be available due to the annual Board of Directors meeting and dinner.

*Heartfelt sympathy to the family of Edward J. Smith, an original resident of the Villas.*

SUN	MON	TUE	WED	THUR	FRI	SAT							
2:30 Blue Hill Bridge (BL) 5:00 Hamilton Hall Lecture Series (BR) 7:00 Kevin Scollins and Andrew Smith Duo (BR)	5	8:30 Pickleball 10:00 Seated Zumba Gold (BL) 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) 7:00 Metropolitan Opera on Demand (BL)	6	10:30 Functional Fitness (BR) 11:00 Market Basket - Brockton 11:00 Touchtown Drop-in Hours (BL) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Fire Chief Madden (BR) 1:00 Intro to Meditation (BL) 1:00 Tai Chi (BR) 3:00 Touchtown Drop-in Hrs (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	7	10:00 Mobility & Stability (BR) 10:00 Seated Zumba Gold (BL) 10:30 Water Aerobics (BR) 11:00 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 11:00 Touchtown Drop-in Hrs (BL) 12:00 Chair Yoga w/Carol (BR) 12:45 Chorus (BL) 2:00 Residents' Assoc. Board Meeting (BL) 3:00 Rosary (BL) 3:00 Touchtown Drop-in Hrs (BR) 7:00 History with Paolo (BL) 7:00 Knitters and Sewers (BR)	8	8:30 Pickleball 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 10:30 News, Coffee and Convo (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/Jean (BR) 1:30 Crafts with Cindy (BL) 2:00 Rich Travers (BR)	9	10:30 Chair Yoga with Carol (BL) 6:30 Cribbage (BR) 7:00 Michael Goodwin (BL)	10	8:30 Pickleball 10:30 Technology Help by Appointment (BR) 11:00 Hamilton Hall Lecture Series (BL) 12:30 iPhone/iPad 101 w/ Oma Communication (BR) 7:00 Movie Night (BR/BL)	11

**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 be here on Wed 3/8 & 3/22 at 1 pm. Please call 781-986-3668 to schedule an appointment.

**The Wellness Clinic** will be on **Wednesday** 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.

**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

# March 2023

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

*Fuller Village*  
in Milton  
— LIVE A FULLER LIFE —

## Weekend Highlights: Friday 3/3 - Saturday 3/5

### See what's happening this weekend!

#### Friday, March 3<sup>rd</sup>

**Rich Travers at 1 pm** (Blue Hill Activity Room)

*Topic: Sláinte! Music from Ireland*

We'll take a close look at the culture and history of music in Ireland. The 'American Wake' will be discussed as well as the spirit and determination of maintaining Irish heritage through difficult times of political repression. A look at music and social impact of the Irish Showbands of the 1950-60's and the growth of the Irish music of the present time.

**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.

**Pianist Larry Matthews at 7 pm** (Blue Hill Activity Room)

Larry Matthews is a longtime friend of Fuller and a favorite Milton entertainer! Join him for toe-tapping songs and amazing piano skills.

#### Saturday, March 4<sup>th</sup>

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

Continuing through March, we will screen replays of this lecture series on world affairs at both Blue Hill and Brush Hill. This weekend's speaker is Thomas M. Nichols, Staff Writer at The Atlantic and retired Professor of Security Affairs at the U.S. Naval War College. He will be speaking on "The Global Threat to Democracy".

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

**BRUSH HILL showing: *The Monuments Men***

*Cast: George Clooney, Matt Damon, Bill Russell and Cate Blanchette*

A group of scientists, art experts, and military men are sent to Europe to try to find millions of dollars' worth of art stolen by the Nazis before they are destroyed.

**BLUE HILL showing: *All That Jazz***

*Cast: Roy Schneider, Jessica Lange, Ben Vereen, Ann Reiking*

A famous choreographer's intensive work ethic is about to cause him to lose everything unless he changes. It gets down to his work or his life.

## Weekly Highlights: Sunday 3/5 – Sunday 3/12

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

### **Touchtown Drop-In Hours**

Did you miss Touchtown Orientation? Do you still have questions? Stop by Touchtown drop-in hours to learn more about Touchtown and receive one-on-one guidance. We would like to specifically invite our residents with vision impairments to attend a convenient drop-in hour and learn more about features that are particularly accessible. They will be held at the following times and locations this week:

- **Blue Hill Activity Room:**
  - Tue, 3/7 from 11 am - 12 pm
  - Wed, 3/8 from 11 am - 12 pm
- **Brush Hill Library:**
  - Tue, 3/7 from 3-4 pm
  - Wed, 3/8 from 3-4 pm

### **Sunday, February 26<sup>th</sup>**

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

See Saturday's description on page 1 for this week's lecturer and topic.

**Kevin Scollins & Andrew Smith Duo at 7 pm** (Brush Hill Function Room)

Guitarist Kevin Scollins attended Berklee College of Music and is an accomplished guitar player. Andrew Smith is a singer-songwriter from Boston. His deep background in jazz and love of pop music has helped him to create a unique sound.

### **Monday, March 6<sup>th</sup>**

**Blue Hill Coffee Hour with Molly Welch at 10:30 am** (Blue Hill Coffee Room)

Join Fuller Village's new Executive Director, Molly Welch, for a meet-and-greet over coffee. She looks forward to meeting you there!

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

*Showing: Don Pasquale (2010)*

Donizetti's timeless comedy shines in **Otto Schenk's** enchanting production, conducted by **James Levine** and featuring a remarkable cast. The incomparable **Anna Netrebko** is Norina, the young widow beloved by Ernesto (a suave **Matthew Polenzani**), who is about to be disinherited by his miserly uncle, Don Pasquale (**John Del Carlo**). It takes the clever scheming of Dr. Malatesta (**Mariusz Kwiecien**) to set things right and to teach the old curmudgeon a lesson – fits of temper, mistaken identities, and all kinds of comic confusion included.

## Weekly Highlights: Sunday 3/5 – Sunday 3/12

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

### Tuesday, March 7<sup>th</sup>

*Don't forget Touchtown Drop-In Hours (times and locations listed on p. 1, Weekly Highlights)!*

#### **Market Basket (Brockton) Trip at 11 am**

There are still a few spots left on the van for our monthly special grocery trip. Call 617-361-7778 to reserve your spot.

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

Andy Kelley, the Boston Buddha, will hold the last of three special Intro to Meditation workshops, which mix teaching about meditation techniques with practice and time for questions. This month's topic will be **Compassion Meditation**. Compassion opens up our attention and makes it more inclusive, transforming the way we view ourselves and the world around us. These meditations include self-compassion and loving kindness.

### Wednesday, March 8<sup>th</sup>

*Don't forget Touchtown Drop-In Hours (times and locations listed on p. 1)!*

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

The Residents' Association Board Meetings are open to all residents.

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

*Topic: The Wars of The Roses: Lancaster, York, and the Struggle for England's Crown*

During the 15th century, a dynastic dispute over who was the rightful King of England led to a protracted struggle that divided the English nobility and eventually gave rise to a new era in England's history. The story of the Wars of the Roses is full of ambition, revenge, betrayal, & murder.

### Thursday, March 9<sup>th</sup>

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

Which came first the chicken or the egg? The Egg! With beautiful craft paper, bows, flowers and trim we will make a colorful assortment of artificial decorated eggs. Call 617-361-7778 to sign up.

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

*Topic: The Life and Music of Elton John*

Sir Elton Hercules John is a British singer, pianist, and composer. Collaborating with lyricist Bernie Taupin since 1967, Elton John is one of the most successful artists of all time, having sold over 300 million records worldwide in a six-decade career in music. He is acclaimed by critics and musicians, particularly for his work during the 1970s, and his lasting impact on the music industry. Elton John's music and showmanship have had a significant impact on popular music.

## **Weekly Highlights: Sunday 3/5 – Sunday 3/12**

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

### **Friday, March 10<sup>th</sup>**

**Michael Goodwin at 7 pm** (Blue Hill Activity Room)

Michael is back with another fun and engaging Broadway program – it's always a spectacular mix of singing, lecturing, and getting the crowd to sing along! Everyone loves Michael!

### **Saturday, March 11<sup>th</sup>**

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

Continuing each weekend through March, we will screen replays of this lecture series on world affairs at both Blue Hill and Brush Hill. This weekend's speaker is Susan Eva Eckstein, Professor, Pardee School of Global Studies, Boston University. She will be speaking on "The Making of Immigrant Inequality in America: The Privileging of Cubans".

**Oma Communications 1-on-1 Tech Help from 10:30-12:30 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. Call 617-361-7778 to sign up.

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

### **Sunday, March 12<sup>th</sup>**

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

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

## **Program Updates**

### **Sudoku Group**

Charlie Stamm would like to get a Sudoku group going again! This group gives participants a chance to learn the activity and practice together – a great social way to engage in a fun “brain building” game. Please let him know if you're interested, and we'll identify a time and place to meet. Call, text, or email Charlie at: 717-398-8031; [crstamm35@gmail.com](mailto:crstamm35@gmail.com).

### **Distribution Changes for *The Voices of Fuller* newsletter**

In an effort to improve the environment by using less paper, the March issue of *The Voices of Fuller* newsletter will be e-mailed to all residents and staff. It is also available on the Touchtown Community App. Limited printed copies will be available at Brush Hill in the mail area and the Blue Hill lobby area for those who have no devices available to read the newsletter online.

*Fuller Village*  
*in Milton*

— LIVE A FULLER LIFE —



**Friday, March 17<sup>th</sup> 2023**

**6:00 PM Gordon House Dining Room**

**Colcannon Soup and Soda Bread**

*Leeks, Potatoes and Dublin Cheddar*

**Tender Braised Red Corned Beef (GF)**

*Or*

**Baked Finnan Haddie (GF)**

*Boston Scrod and Smoked Haddock with Buttery GF Crumbs*

**Served with Bacon Braised Cabbage, Carrots and Potatoes (GF)**

**Mint Chocolate Brownie Sunday with Irish Cream (GF)**

**Price: \$29.95**

**Reservations begin at 11:30am on Monday, March 6<sup>th</sup> and will end when we reach the dining room seating capacity OR on Friday, March 10<sup>th</sup>. PLEASE CALL 617-361-6958.**

**Cancellations after Monday, March 13<sup>th</sup>**

**will be charged to your account.**

# Gordon House

## Dining Room Dinner Menu

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

### Monday, March 6<sup>th</sup>

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

### Friday, March 10<sup>th</sup>

Manhattan Clam Chowder(GF)  
or Salad du Jour  
Roasted Turkey Breast w/ Gravy (GF)  
Lemon Garlic Grilled Swordfish (GF)  
Red Bliss Mash, Brussels Sprouts  
Carnival Cookie or  
Cherry Pie

### Tuesday, March 7<sup>th</sup>

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, March 11<sup>th</sup>

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

### Wednesday, March 8<sup>th</sup>

Bacon, White Bean & Kale Soup (GF)  
or Salad du Jour (GF)  
Italian Meatloaf  
Basil Pesto Salmon (GF)  
Wedge Fries, Roasted Asparagus  
Coconut Key Lime Cookie or  
Carrot Cake

### Sunday, March 12<sup>th</sup>

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

### Thursday, March 9<sup>th</sup>

Squash Bisque (GF)  
or Salad du Jour  
Chicken Francese (GF)  
Pan-Roasted Black Bass (GF)  
Ricotta Gnocchi, Glazed Carrots  
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)





# 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*

**Fuller Village  
Hamburger/Cheeseburger...13.00**  
*On a Toasted Brioche Bun with Lettuce,  
Tomato, and Onion.  
Choice of Side*

**Sandwich of the Month  
Italian Sub 14.00**  
*Prosciutto, Capicola and Soprasata  
with Provolone Cheese and Caponata  
Served with Choice of Side*

**Salad of the Month...14.00  
Grilled Chicken Greek Salad**  
*Lettuce, Tomato, Cucumber, Feta  
Cheese, Olives, and Oregano*

**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, March 6

Steak Hash and Eggs  
*Home fries and Fresh Fruit*

Tuesday, March 7

Pesto Chicken Wrap  
*Lettuce, Tomato and Provolone,*

Wednesday, March 8

Greek Salad with Grilled Chicken  
*Lettuce, Tomato, Cucumber, Feta Cheese  
and Olives*

Thursday, March 9

Double Bacon Smash Burger  
*Lettuce, Tomato, Pickles and Cheese*

Friday, March 10

Seafood Salad Roll  
*Served on a Buttered Croissant*