



From the desk of Molly S. Welch

March 10, 2023

I would like to thank all the residents for your continued introductions during my 3<sup>rd</sup> week at Fuller Village. I am enjoying our meetings and learning more about your interests and lives. It is very clear to me that it is the wonderful, engaging residents and staff that make Fuller Village so special. Wishing you all a **Happy St. Patrick's Day!**

**Welcome to our newest Fuller Village resident:  
James Cawley, Depoyan 216**

**Daylight savings will start on Sunday March 12<sup>th</sup> at 2:00 am. A reminder to “spring ahead” one hour this weekend** and enjoy more daylight hours. As we get closer to spring and more residents enjoy our property for walks, please be aware of vehicles and ensure you use the sidewalks and avoid walking in the middle of any of the roads on the property.

**Residents also use the Access Road for walking.** A reminder that *the Access Road is available for resident vehicle use to drive up to Blue Hill from Brush Hill during the hours of 4:00 pm to 8:00 pm.* Cars are not allowed to drive down to Brush Hill at any time of the day. This applies to staff as well as residents. *We appreciate your understanding that the Access Road is very narrow and needs to remain a one-way access road at the permitted times.* There are conduits buried underneath the ground on the right side and a gas line on the left side of the Access Road.

There will be no entertainment on Sunday, March 12<sup>th</sup>. We hope to see you all at our **Pub Night with The Black Velvet Band in the Brush Hill Function Room on Thursday March 16<sup>th</sup> at 6:30 pm.** The Gordon House Lounge will be closed.

During **Fire Chief Madden's presentation on Fire Prevention** this week we learned an important reminder to not open your apartment door to the hallway if you burn something and to open your windows or sliding glass door instead. Opening your apartment door to the hallway will set off the alarm in the entire building. *Chief Madden stressed that Fuller Village is a shelter in place community and that the Fire Department wants all residents to stay in your apartment if there is a fire alarm in your building.* This is very important. When the Milton Fire Department arrives, they will then make the determination if an evacuation is needed and assist in notifying each resident apartment which stairwell has been designated as the evacuation stairwell to use. They will also assist any residents in physically evacuating as indicated. We want to thank the residents that were able to attend his presentation and for your thoughtful questions and discussion points. I found it very informative myself!

When participating in any program or fitness activities in the Blue Hill Activity Room be sure to use our **Water Filtration System** located in the Activity Room to fill your water bottles!

*Condolences to the family and friends of Fran Bolos. Fran lived a Fuller life at Brush Hill.*

*Condolences to Jeanne Bronk and family on the death of her husband Mitchell, an avid walker.*

*Condolences to family of Lucia Arciniegas. Lucia lived with her husband Arturo (deceased) at Brush Hill.*

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>2:30 Blue Hill Bridge (BL)</p> <p>5:00 Hamilton Hall Lecture Series (BR)</p> <p>Daylight Savings Time Begins</p>	<p>8:30 Pickleball</p> <p>10:00 Seated Zumba Gold (BL)</p> <p>10:30 Water Aerobics (BR)</p> <p>10:30 Blue Hill Coffee Hour</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>11:00 Touchtown Drop-in Hours (BR)</p> <p>12:00 Chair Yoga w/ Carol (BR)</p> <p>1:00 Wakefield Estate Trip</p> <p>1:00 Bridge (BR)</p> <p>2:00 Handcrafters</p> <p>3:00 Touchtown Drop-in Hours (BL)</p>	<p>10:00 Frugal Fannie's</p> <p>10:30 Functional Fitness (BR)</p> <p>12:00 Back to Basics (BL)</p> <p>1:00 Group Meditation (BR)</p> <p>1:00 Tai Chi (BR)</p> <p>4:00 Restorative Yoga (BR)</p> <p>7:00 Bingo! (BL)</p> <p>7:00 Men's Poker Club (BR)</p>	<p>10:00 Mobility &amp; Stability (BR)</p> <p>10:00 Seated Zumba Gold (BL)</p> <p>10:30 Water Aerobics (BR)</p> <p>11:00 Cornhole (BL)</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>12:00 Chair Yoga w/ Carol (BR)</p> <p>12:45 Chorus (BL)</p> <p>2:00 Catholic Mass (BL)</p> <p>2:45 Treats &amp; Tea (BL Dining Room)</p> <p>3:00 Rosary (BL)</p> <p>7:00 Knitters and Sewers (BR)</p>	<p>8:30 Pickleball</p> <p>10:00 Towel Cardio (BR)</p> <p>10:30 Bible Study (BR)</p> <p>10:30 News, Coffee and Conversation (BL)</p> <p>11:00 Core on the Floor (BR)</p> <p>12:00 Mobility &amp; Stability (BL)</p> <p>12:30 Line Dancing w/ Jean (BR)</p> <p>6:30 Pub Night with The Black Velvet Band (BR Function Room)</p>	<p>St. Patrick's Day</p> <p>10:30 Chair Yoga with Carol (BL)</p> <p>6:30 Cribbage (BR)</p>	<p>8:30 Pickleball</p> <p>11:00 Hamilton Hall Lecture Series (BL)</p> <p>7:00 Movie Night (BR/BL)</p>

**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**



— LIVE A FULLER LIFE —

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

# Weekend Highlights 3/10/23 – 3/19/23

## Friday, March 10, 2023

**7:00 PM:** Michael Goodwin (*BL*)

## Saturday, March 11, 2023

**10:30 AM:** **Technology Help by Appointment (*Brush Hill Function Room*)**  
Liz Flaig of Oma Communications will hold 20 minute appointments to help coach and troubleshoot all your technology needs, whether with your cell phone, tablet, or laptop. Please call 617-361-7778 to make an appointment.

**11:00 AM:** **Hamilton Hall Lecture Series (*BL*)**  
The Hamilton Hall Lecture Series continues Saturday, March 11th at 11:00 am in the Blue Hill Coffee Room. Susan Eva Eckstein, Pardee School of Global Studies, Boston University will speak on “The Making of Immigrant Inequality in America: The Privileging of Cubans.” A reminder this is a recording of a live lecture.

**12:30 PM:** **iPhone/iPad 101 w/ Oma Communications (*Brush Hill Function Room*)**  
Join Liz Flaig for an introduction to using your Apple products - iPhone and/or iPad! The class is limited to 5 people. Sign up at 617-361-7778.

**7:00 PM:** **Movie Night (*BR/BL*)**  
Function Room at Brush Hill: Neil Diamond's Hot August Night/NYC Recorded live from Madison Square Garden, Hot August Night captures Neil's 4 night sold out run and presents versions of his classic songs from Holly Holy to Forever in Blue Jeans, You Don't Bring me Flowers Anymore and 12 others.

Activity Room at Blue Hill: The Fablemens  
Inspired by his own childhood, Steven Spielberg takes us through this coming of age story when the power of film and imagination helps him overcome a family tragedy.

## Sunday, March 12, 2023

**5:00 PM:** Hamilton Hall Lecture Series (BR) Library at Brush Hill. See topic above.

## Monday, March 13, 2023

**11:00 AM:** **Touchtown Drop-in Hours (BR)**

Come to the Brush Hill Library for 1-on-1 help and answers to all of your questions about Touchtown!

**1:00 PM:** **Wakefield Estate Trip**

Join 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. Suggested donation: \$5. Call 617-361-7778 to sign up.

**3:00 PM:** **Touchtown Drop-in Hours (BL)**

Come to the Blue Hill Coffee Room for 1-on-1 help and answers to all of your questions about Touchtown!

## Tuesday, March 14, 2023

**10:00 AM:** **Frugal Fannie's**

The Fuller Van is going to Frugal Fannies for shopping on your own. The van will depart Brush Hill at 10:00 am and Blue Hill at 10:10 am. Call 617-361-7778 to sign up.

## Wednesday, March 15, 2023

**2:00 PM:** **Catholic Mass (BL)**

Catholic Mass

**2:45 PM:** **Treats & Tea (BL Dining Room)**

Join neighbors and Interim Program Director Jayne Ogata for a cup of tea or coffee and some sweet treats!

## Thursday, March 16, 2023

- 6:30 PM:** **Pub Night with The Black Velvet Band (*BR Function Room*)**  
Come celebrate St. Patrick's Day a little early with The Black Velvet Band, known for their Irish tunes and classic American hits! Free appetizers will be served starting at 6:30 and the band will play at 7. The bar will be open and drinks will be charged to your account.

## Friday, March 17, 2023

- 6:00 PM:** Saint Patrick's Day dinner in the Gordon House Dining Room. By reservation only. The Lounge will be closed this evening.

## Saturday, March 18, 2023

- 11:00 AM:** **Hamilton Hall Lecture Series (*BL*)**  
Danielle Allen, James Bryant Conant University  
Professor and Director, Edmond and Lily  
"Partnering for Democracy: How Each of Us Can  
Help to Secure a Healthy 21st Century Democracy"
- 7:00 PM:** **Movie Night (*BR/BL*)**  
To be announced

## Sunday, March 19, 2023

- 11:00 AM:** **New Yorker Short Story Discussion (*BR Function Room*)**  
For more information or for copies of the month's selected story, contact Ruth Segal or Pat Kelleher.
- 5:00 PM:** **Hamilton Hall Lecture Series (*BR*)**  
Library at Brush Hill - See above description
- 7:00 PM:** **Valerie Barretto (*BR*)**  
Valerie Barretto, an original singer/songwriter and South Shore native brings her storyteller style and unique energy to her original shows making them all something memorable. Her music is raw, gritty, and heartfelt.

# Gordon House

## Dining Room Dinner Menu

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

### Monday, March 13<sup>th</sup>

Hearty Beef and Vegetable Soup (GF)  
Or Salad du Jour  
Grilled Marinated Chicken Breast (GF)  
Lemon Sole (GF)  
Wild Rice Pilaf, Broccolini  
Chocolate Chip Cookie or  
Tiramisu

### Friday, March 17<sup>th</sup>



### Tuesday, March 14<sup>th</sup>

Cream of Mushroom Soup (GF) (V)  
or Salad du Jour  
Beef Medallions (GF)  
Grilled Swordfish (GF)  
Couscous, Sauteed Spinach  
Carnival Cookie or  
Mango Cobbler

### Saturday, March 18<sup>th</sup>

Chicken Noodle Soup  
or Salad du Jour  
Katz Deli Corned Beef on Rye  
Honey Garlic Glazed Salmon (GF)  
French Fries and Coleslaw  
Oatmeal Raisin Cookie  
or Pecan Pie

### Wednesday, March 15<sup>th</sup>

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

### Sunday, March 19<sup>th</sup>

Cream of Tomato Soup (GF)  
or Salad du Jour  
Chicken Schnitzel (GF)  
Trout Almondine  
New Potatoes, Baby Carrots  
Double Chocolate Cookie or  
Lemon Meringue Pie

### Thursday, March 16<sup>th</sup>

Clam Chowder (GF)  
or Salad du Jour  
Beef Stew (GF)  
Or: Creamy Garlic Shrimp  
With Egg Noodles, and Green Beans  
Mint Choc Chip Cookie or  
Lemon 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

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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

#### Cuban Panini 14.00

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

Served with Choice of Side

### Salad of the Month...12.00

#### 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

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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

## 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.



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# Brush Hill Café Specials

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– daily specials –

all served with one side...14.00

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Monday, March 13

Philly Cheesesteak Sub  
*Served with French Fries*

Tuesday, March 14

Grilled Meatloaf Sandwich  
*With Lettuce, Tomato and Swiss*

Wednesday, March 15

Chicken Bacon Ranch Wrap  
*Lettuce, Tomato and Cheddar Cheese  
Wrapped in a Floured Tortilla*

Thursday, March 16

“The Works” Hot Dog  
*Diced Onion, Pickles, Ketchup and Mustard  
on a Hotdog Roll*

Friday, March 17

Katz Deli Corned Beef  
*Topped with Mustard and Pickles on Rye*