



From the desk of Molly S. Welch

March 24, 2023

*Spring is here!*

**Welcome to our newest Fuller Village resident:**  
**Mary O'Halloran, Foster 220**  
**Mary & Anne McLaughlin, 15 Caroline Dr.**  
**Jim Cawley, Depoyan 216**

**Welcome our new Evening Concierge, Andrea Dennis!** She joined our Fuller Village Security team this month!

**COVID Update:** Last week, the Healey-Driscoll Administration announced the **Commonwealth's COVID-19 public health emergency will end on May 11, 2023**, in alignment with the end of the federal public health emergency. "Thanks to the hard work of our health care providers and communities, we've made important progress in the fight against COVID-19," said Governor Healey. Currently there are no active cases of COVID at Fuller Village. Should you test positive COVID, we kindly ask that you notify Joey DiGiano at 617-361-3231 along with any close contact fellow residents.

**Easter Sunday Buffet April 9<sup>th</sup> 1 pm – 3 pm.** Join us for an Easter Sunday Buffett in the Gordon House Dining Room. Reservations begin on Monday, March 27<sup>th</sup>. **Please see attached flyer for more details.**

**Spring Projects are coming! We will be doing Brush Hill campus paving the week of April 10<sup>th</sup>.** This will entail the main entrance circle and parking near Buildings C & D. More details to come! **Villa dryer vent cleaning is scheduled to start the week of April 24<sup>th</sup>.** We will also be doing water and air filter replacements along with smoke detector checks at the same time. Villa residents will be contacted directly for scheduling.

**Pool Schedule Update:** Thank you for your patience as our search is underway for a qualified, new lifeguard! Due to staffing changes, the pool schedule will be changing - please see the attached flyer. Good luck to Chris Veras!

**"Take me out to the ball game!" Red Sox Opening Day is Thursday March 30<sup>th</sup>.** Our Chef and Dining Manager are planning something fun for all! Flyer and One Call Now email coming soon with details.

**The Wellness Clinic will be open on Wednesday 3/29/23 from 8:30 am – 11 am.** Please call 617-361-7900 to schedule an appointment with Nurse Practitioner, Donna Cullinan, of South Shore Internal Medicine.

**Local Town Elections:** Are you registered to vote in Milton? Town elections take place on Tuesday, April 25<sup>th</sup>. **We are Precinct 5.** We will be providing transportation to the polls, and you will be able to sign up for a ride.

- For local elections, you can request an absentee ballot or vote in person the day of the election.
- To register to vote online go to <https://www.sec.state.ma.us/OVR/>.
- Voter registration, Absentee, or Vote by Mail Application forms are available at the Concierge Desks.

We kindly ask that you do not disturb any of our hard-working staff members during their break or lunch times.

**Reminder: Please avoid throwing cardboard boxes into the recycling bins without breaking them down** to avoid wasting space in the bins. Please breakdown boxes prior to disposing or leave them next to bins for housekeeping staff's assistance with breaking down boxes if necessary.

*Condolences to the family and friends of Ashok Kapoor, resident of Brush Hill.*

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 5:00 Hamilton Hall Lecture Series (BR) 7:00 David Won & Tim Steele (BR)	8:30 Pickleball 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) 4:00 Meet Sustainable Milton (BR)	10:00 Health Care Planning Presentation (BR) 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 12:00 Men's Lunch at Trillium 1:00 Art Class (BL) 1:00 Group Meditation (BR) 1:00 Tai Chi (BR) 2:00 Advance Directives Presentation (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	9:00 Brush Hill Coffee Hour (Cafe at Brush Hill) 9:00 Special Coffee Hour with Xenia Johnson Bhembe, FV Board (BL Coffee RM) 10:00 Mobility & Stability (BR) 10:00 Seated Zumba Gold (BL) 10:30 Water Aerobics (BR) 11:00 Cornhole (BL) 11:00 Floor Yoga 12:00 Chair Yoga (BR) 12:45 Chorus (BL) 3:00 Rosary (BL) 6:00 100 Mountains Pres. (BR) 7:00 Knitters and Sewers (BR)	8:30 Pickleball 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 10:30 News, Coffee and Conv.(BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing with Jean (BR) 4:30 Blue HillBook Club (BL) 7:00 History with Paolo (BR)	10:30 Chair Yoga with Carol (BL) 2:00 Synagogues of Dorchester w/ Jeff Calish (BR) 6:30 Cribbage (BR) 7:00 Pianist Mark West (BL)	8:30 Pickleball 7:00 Movie Night (BR/BL)

**The Silver Linings Hair Salon** at the Gordon House is open Wed-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 returning on Wed 1/12 & Wed 1/26 at 1 pm. Please call 617-986-3668 to schedule an appointment.

**The Wellness Clinic** is open every Wed 9:30 am - 12 pm. Please call 617-361-7900 to schedule an appointment

**Blood Pressure Clinics** are Wed 12 - 1 pm at Blue Hill and 1 - 2 pm at Brush Hill

**Bank of Canton**  
 Tuesdays  
 Brush Hill 9 - 10 am  
 Blue Hill 11 am - 12 pm

**Transportation**  
 If you need transportation between campuses or to an approved local stop (Stop & Shop, CoA, library, Milton Hospital), please call 617-361-7778.

# March 2023

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

# Weekly Highlights 3/23 - 4/2

**Friday, March 24, 2023**

**4:30 PM: Friday Night Services (BR)**

Join Rabbi Benjamin for monthly on-site services.

**7:00 PM: Herbie Rae Duo (BL)**

Herbie has been performing for over 20 years as a band leader, vocalist, and master of ceremonies. Join him and his pianist Steve Heck for a non-stop, upbeat hour of music from the Great American Songbook!

**Saturday, March 25, 2023**

**11:00 AM: Hamilton Hall Lecture Series (BL)**

Activity Room at Blue Hill - Geoffrey Kemp, Director, Regional Security Programs, Center for the National Interest, Washington D.C. - "America and New Threats in the Middle East"

**7:00 PM: Movie Night (BR/BL)**

**Function Room at Brush Hill:** Devotion - A black navy fight pilot and his white wingman helped turn the tide of the Korean War. Their total belief in each other and the sacrifices they made for each other is a true story.

**Activity Room at Blue Hill:** Lilies of the Field - This Oscar winning film is about an ex soldier on his way to California when his car breaks down and he stops at a broken down farm inhabited by nuns. He grudgingly agrees to build them a chapel and at the mother superior is sure he was sent there by God and doesn't let him leave.

**Sunday, March 26, 2023**

**5:00 PM: Hamilton Hall Lecture Series (BL)**

Activity Room at Blue Hill - Geoffrey Kemp, Director, Regional

**7:00 PM: David Won & Tim Steele (BR)**

Function Room at Brush Hill Tenor David Won and Pianist Tim Steele perform "On Stage" for Fuller Residents.



## Monday, March 27, 2023

### 4:00 PM: Meet Sustainable Milton (BR)

Lauren Borofsky, President of Sustainable Milton, will join us at Fuller Village for a talk on Sustainable Milton, their initiatives, and opportunities to get involved.

## Tuesday, March 28, 2023

**10:00 AM: Health Care Planning Presentation (BR)** Jennifer Morris, Best of Care Social Worker, and Vasilia Kavadas, Fuller Village Social Work Intern, will lead a presentation on the details of health care planning, including health care proxy and the process of selecting an individual.

**10:00 AM: Sudoku with Charlie Stamm (BR)** On going on Tuesdays.

**12:00 PM: Men's Lunch at Trillium** - Sign up at 617-361-7778

**1:00 PM: Painting with Sheila: Spots and Dots (BL)** Learn about impressionistic artists and create a landscape with dots using brushes and acrylic paints on canvas. Sign up in advance.

**2:00 PM: Advance Directives Presentation (BL)** Jennifer Morris, Best of Care Social Worker, and Vasilia Kavadas, Fuller Village Social Work Intern, will lead a presentation on the details of advance directives, including health care proxy and the process of selecting an individual.

## Wednesday, March 29, 2023

**9:00 AM: Special Coffee Hour with Xenia Johnson Bhembe, FV Board (BL Coffee Room)** Join Fuller Village Board member, Dr. Xenia Johnson Bhembe, for a special coffee hour and meet-and-greet.

**6:00 PM: 100 Mountains Presentation (BR)**  
With Jen DeLeonardis and her partner Robert Reenan. Meet & Greet at 6 pm Presentation at 6:30 pm followed by Q&A

## Thursday, March 30, 2023

**4:30 PM: Blue Hill Book Club (BL)**

Join us at 4:30pm followed by dinner in the Gordon House Dining Room at 6:00pm. Reservations for dinner are required. Please call Roz Spigel at 617-690-3611 to let her know you will be attending.

**7:00 PM: History with Paolo (BR)**

Mr. Madison's War: The US, Britain, and the War of 1812 - This lecture examines the causes, course, and results of this often overlooked, yet historically significant, struggle.

## Friday, March 31, 2023

**2:00 PM: Synagogues of Dorchester w/Jeff Calish (BR)**

Come learn a brief history of the Jewish people coming to the Boston area, including a look at the 25 former synagogues that are still standing in Roxbury, Dorchester, Mattapan and some history of each congregation.

**7:00 PM: Pianist Mark West (BL)**

Come hear Mark play a lively mix of classical, ragtime, and jazz piano. He plays it all, from Bach to Duke, and is sure to put on a fun show!

## Saturday, April 1st, 2023

**7:00 PM: Movie Night (BR/BL)**

To Be Announced

## Coming Soon:

Join historian **Paolo DiGregorio** for a special mini-course, "Pilgrims and Patriots: The Making of New England, 1620-1776". See flyer for description. Four Tuesdays in April: 4/4, 4/11, 4/18, and 4/25; all 2:00 -3:00 pm (BR). Must be available for all sessions. **Sign-ups will begin Monday, March 27th at 9am. Call 617-361-7778.**



**Easter Buffet - \$29.95**

**Sunday April 9<sup>th</sup>, 2023**

**1.00pm – 3.00pm**

**Reservations Required**

**Hot Crossed Buns**

**Sweet Potato Chowder**

*Topped with Candied Pecans*

**Sliced Pit Roast Ham (GF)**

*Rum Raisin Sauce*

**Rosemary Roast Lamb Top (GF)**

*Old-World Mint Sauce*

**Baked Shrimp & Haddock (GF)**

*Garlic Lemon Dill Butter*

**Duchess Potatoes (GF)**

**Wild Rice Pilaf**

**Spring Vegetable Medley**

**Easter Cupcakes, Strawberry Cheesecake, Assorted Petit Fours**

*(GF Options available)*

***Reservations Begin Monday March 27, 2023 - March 31, 2023***

***Please call 617-361-6958 between 1:00 and 3:00 pm***



## TEMPORARY POOL HOURS (EFFECTIVE MONDAY, MARCH 27<sup>TH</sup>)

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**DUE TO STAFFING CHANGES, THE POOL HOURS WILL BE TEMPORARILY REDUCED. WE THANK YOU AND APPRECIATE YOUR PATIENCE AS WE SEEK A QUALIFIED CANDIDATE.**

### **POOL OPEN**

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**MONDAY-WEDNESDAY-FRIDAY: 7AM-12PM**

**MONDAY 1PM-5PM**

**SATURDAY & SUNDAY: 8AM-4PM** (THIS HAS NOT CHANGED)

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**RESIDENT & GUEST SWIM: 3PM-5PM ON MONDAYS**

**POOL CLOSED ALL OTHER TIMES**



# Gordon House

## Dining Room Dinner Menu

call at 617-361-6958 1:00 P.M.- 3:00 P.M. Mon-Fri

### Monday, March 27<sup>th</sup>

Split Pea & Bacon Soup (GF)  
Or Salad du Jour  
Roast Pork Loin w/ Apple Sauce (GF)  
Glazed Salmon (GF)  
New Potatoes, Braised Cabbage  
Chocolate Chip Cookie or  
Chocolate-Vanilla Parfait (GF)

### Friday, March 31<sup>st</sup>

Cheddar Broccoli (GF)  
or Salad du Jour  
Yankee Pot Roast (GF)  
Grilled Swordfish (GF)  
Mashed Potatoes, Honey Carrots  
Carnival Cookie or  
Apple Crisp

### Tuesday, March 28<sup>th</sup>

Tomato Orzo Soup  
or Salad du Jour  
Chicken Marsala (GF)  
With Spinach and Gnocchi  
Or: Lobster Ravioli  
Key Lime Cookie or  
Chocolate Oreo Cake

### Saturday, April 1<sup>st</sup>

French Lentil Soup (GF)  
or Salad du Jour  
Carolina Pulled Pork (GF)  
Or: Bacon Swiss Quiche  
Potato Salad, Southern Slaw  
Peanut Butter Cookie or  
Blueberry Pie

### Wednesday, March 29<sup>th</sup>

Mushroom Barley Soup  
or Salad du Jour  
Lasagna Bolognese  
Or: Crab Stuffed Sole (GF)  
Truffled Tater Tots, Green Beans  
Mint Chocolate Chip Cookie or  
Tiramisu

### Sunday, April 2<sup>nd</sup>

Chicken Wild Rice Soup (GF)  
or Salad du Jour  
Rotisserie Chicken Breast (GF)  
Baked Shrimp  
Rice Pilaf, Veg Medley  
Double Chocolate Cookie or  
Assorted Desserts

### Red Sox Opening Day



Clam Chowder (GF)  
or Salad du Jour  
Fenway Franks  
Filet-o-Fish  
Onion Rings and Coleslaw  
Oatmeal Raisin Cookie or  
Ice Cream Bar



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

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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

**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 Special...12.00**  
**Abe & Loui's Wedge Salad**  
*Bacon, Cheddar, Grape Tomatoes and  
1000 Island 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*

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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

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## 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 27

*Ham & Swiss Panini*

*Served with Choice of Side*

Tuesday March 28

*Corned Beef Rachel*

*Sauerkraut, Swiss, and 1000 Island Dressing*

Wednesday, March 29

*Grilled Chicken Caesar Wrap*

*Served with Choice of Side*

Thursday, March 30

*BBQ Bacon Brisket Melt*

*Cheddar Cheese and Grilled Onions*

Friday, March 31

*Tuna Melt Deluxe*

*American Cheese and Pickles*