

SUN MON TUE WED THUR FRI SAT

<p>2:30 Blue Hill Bridge (BL) 7:00 Dwayne Haggins Duo (BR)</p>	<p>8:30 Pickleball 10:00 Seated Zumba Gold (BL) 10:30 Blue Hill Coffee Hour (BL) 11:00 Floor Yoga w/ Carol (BR) 11:00 Water Aerobics (BR) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL) 7:00 Met Opera (BL)</p>	<p>10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 1:00 Group Meditation (BR) 1:00 Mass Commission for the Blind (BL) 1:00 Tai Chi (BR) 2:00 "Pilgrims &amp; Patriots" Mini-Course (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)</p>	<p>Passover 10:00 Mobility &amp; Stability (BR) 10:00 Seated Zumba Gold (BL) 11:00 Cornhole (BL) 11:00 Floor Yoga w/ Carol (BR) 11:00 Water Aerobics (BR) 12:00 Chair Yoga (BR) 12:45 Chorus (BL) 2:00 Catholic Mass (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)</p>	<p>8:30 Pickleball 10:00 Target in Westwood 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 12:00 Mobility &amp; Stability (BL) 12:30 Line Dancing with Jean (BR)</p>	<p>Good Friday 10:00 Roche Brothers 10:30 Chair Yoga with Carol (BL) 2:00 Game On! (BR) 6:30 Cribbage (BR)</p>	<p>8:30 Pickleball 7:00 Movie Night (BR/BL)</p>
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**The Silver Linings Hair Salon** at the Gordon House is open Thur -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

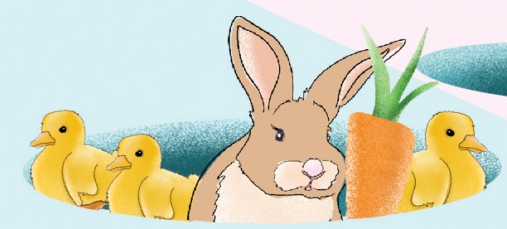
**Blood Pressure Clinics** are Wed 12 - 1 pm at Blue Hill and 1 - 2 pm at Brush Hill

**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.

# April 2023

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# Weekly Highlights 3/31/23 - 4/9/23

## 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 1, 2023

**7:00 PM:** **Movie Night (BR/BL)**  
**Function Room at Brush 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.

**Blue Hill Activity Room:** *Pay It Forward*: A young boy gets a school assignment and devises a plan to help 3 people who in turn will help 3 more people and on and on.

## Sunday, April 2, 2023

**7:00 PM:** **Dwayne Haggins Duo:** Dwayne is back again with Ahern on bass. Dwayne's silky voice, bluesy sound, and eclectic repertoire make him a stand-out!

## Monday, April 3, 2023

**7:00 PM:** **Metropolitan Opera on Demand (BL) - Porgy and Bess**

## Tuesday, April 4, 2023

**1:00 PM:** **Massachusetts Commission for the Blind (BL)**  
Karen Hatcher, Director of the Older Independent Blind Program at the Massachusetts Commission for the Blind will join us at Fuller Village for a presentation on macular degeneration, low vision, and the Commission and their resources.

## Wednesday, April 5, 2023

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

Good Pesach to those observing Passover starting this evening!

## Thursday, April 6, 2023

**10:00 AM:** Trip to Target in Westwood - Call to sign up at 617-361-7778.

## Friday, April 7, 2023

**10:00 AM:** Trip to Roche Brothers in Westwood - Call to sign up at 617-361-7778.

**2:00 PM:** **Game On! (*BR*)**  
Friday is Game Day! We will be transforming the Function Room into a game room with ping pong, cornhole, board games, giant Jenga and Connect 4, Wii Bowling, and more. There will be something for everyone!

## Saturday, April 8, 2023

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

## Sunday, April 9, 2023

Happy Easter!

## Fitness & Aquatics Update for April 2023

Now that Spring has (almost!) sprung, there is a lot to discuss on the Fitness Front!

Hopefully you all saw the temporary changes to the **Pool Hours**. If you have not, please check your **Week at Fuller**. Info is also posted in the pool area, in the Fitness Center & on the boards.

We continue to search for a qualified lifeguard and appreciate your patience as we do so.

Speaking of the pool...

**Resident & Guest Swim** is now on Mondays from 3-5pm. This time is for residents and their guests who are over age 18.

**Family Swim** remains on Saturdays from 2-4pm. This time is set aside for residents and their young family members under the age of 18.

Both special times require the resident to be in the pool area with their guests and family members.

**The Pool will be closed on Easter Sunday, April 9<sup>th</sup>. But good news...thanks to our young high school & college lifeguards, the pool will be open 7am-12pm during the week of April 17<sup>th</sup>-21<sup>st</sup>!**

### **New time for Water Aerobics!**

Starting Monday April 3<sup>rd</sup>, Water Aerobics will begin at 11am.

### **Fuller Village Bike Club**

With (hopefully!) no more snow on the radar, the Bike Club will be venturing out soon! If you have an interest...and a bike...join Jen in the Yoga Studio on Tuesday April 11<sup>th</sup> @ 8:30am to learn more! Please note that this will be an early morning group ride with an approximate pick-up time of 8am once we start back up (likely in early May).

### **Strength Training Circuit**

Strength training is one of the most important forms of exercise that anyone can do, but especially if you are an older adult. So, if you are a new resident or if it's been a while since you've visited the Fitness Center and the amazing equipment that is available to you, please call or email Jen to set up a start-up or refresher session.





— LIVE A FULLER LIFE —

## **REMINDER**

**THE BRUSH HILL PAVING  
PROJECT WILL BEGIN ON  
MONDAY, APRIL 3RD AT  
7:00 AM. THERE WILL BE  
LIMITED ACCESS TO GET IN  
OR AROUND THE BRUSH HILL  
FRONT ENTRANCE.  
THANK YOU FOR YOUR  
COOPERATION.**

# Gordon House

## Dining Room Dinner Menu

call at 617-361-6958 1:00pm and 3:00pm. Mon-Fri

### Monday, April 3<sup>rd</sup>

Cream of Asparagus Soup (GF) (V)  
Or Salad du Jour (GF)  
Pastrami Reuben Sandwich  
Crab Cakes (GF)  
Wedge Fries, Coleslaw  
Chocolate Chip Cookie or  
Pineapple Upside Down Cake

### Good Friday, April 7<sup>th</sup>

New England Clam Chowder (GF)  
or Salad du Jour  
Roasted Turkey Breast (GF)  
Lemon Fried Sole  
Red Bliss Mash, Honey Carrots  
Carnival Cookie or  
Cherry Pie

### Tuesday, April 4<sup>th</sup>

Louisiana Gumbo (GF)  
or Salad du Jour  
Grilled Chicken Quesadilla  
Grilled Shrimp (GF)  
Spanish Rice and Beans  
Sugar Cookie or  
Pecan Pie

### Saturday, April 8<sup>th</sup>

Tomato Lentil Soup (GF) (V)  
or Salad du Jour  
Grilled Pork Chop (GF)  
Baked Potato, Broccoli  
Or: Spinach Mushroom Raviolis  
Peanut Butter Cookie or  
New York Cheesecake

### Wednesday April 5<sup>th</sup>

#### Happy Passover

Matzo Ball Soup  
or Salad du Jour (GF)  
Herb Roasted Chicken (GF)  
Pan Seared Salmon (GF)  
Sweet Potato Tzimmes, Green Beans  
Coconut Key Lime Cookie or  
Flourless Chocolate Torte

### Easter Sunday, April 9<sup>th</sup>

Reservation Only 1Pm-3 Pm



### Thursday, April 6<sup>th</sup>

Squash Bisque (GF)  
or Salad du Jour  
BBQ Spare Ribs  
Baked Haddock with Almonds (GF)  
Mac & Cheese, Braised Greens  
Oatmeal Cookie or Pudding Parfaits

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

### Vegetarian Options Available Upon Request

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  
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# Always Available Menu

Call 617-361-6958 between 1pm and 3pm for take out orders

**Please Request Vegetarian Options When Placing Orders / Reservations**

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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 14.00**  
**Four Cheese Grilled Cheese**  
*Served with Choice of Side*

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

**Veggie Special of the Week 15.00**  
**Baked Cheese Lasagna**  
*Served with Side Salad*

**Fuller Village  
Hamburger/Cheeseburger...13.00**

**NEW: Impossible Burger \$15**  
*On a Toasted Brioche Bun with  
Lettuce, Tomato, and Onion.*

**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.



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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 April 3

Monte Christo Sandwich  
*Served with Choice of Side*

Tuesday April 4

Cobb Salad  
*Bleu Cheese, Avocado, Bacon, Egg and  
Tomato*

Wednesday, April 5

Roast Pork and Grilled Eggplant Panini  
*Basil Pesto, Fresh Mozzarella and Tomato*

Thursday, April 6

Cowboy Burger  
*Cheddar Cheese, BBQ and Onion Strings*

Friday, April 7

Fish and Chips  
*Served with House Made Coleslaw*