



From the desk of Molly S. Welch

May 5, 2023

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

**Helen & Peter McCone, Brush Hill G301**

**Rasma Dos, Depoyan 308**

**Gerry & John McGrann will be moving to new unit G302 at Brush Hill**

**May is Older Americans Month.** Established in 1963, Older Americans Month is a time for us to acknowledge the achievements and substantial contributions of older Americans whose time, experience, and talents enrich the lives of others. The theme this year is **Aging Unbound** to highlight the importance of seniors enjoying their independence and finding fulfillment as they pave their own paths. Some ways our Fuller Village residents can participate in this year's theme:

- Embrace the opportunity to change. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.
- Explore the rewards of growing older. With age comes knowledge, continue to grow that knowledge through reading, listening, and creative activities.
- Form relationships. Enhance your quality of life by forming new relationships that introduce you to new ideas and unique perspectives. Invest time with people to discover deeper connections with family, friends, and community members.

**Commonwealth's COVID-19 public health emergency will end on May 11, 2023.** Please continue to take preventative measures to keep our Fuller Village community healthy, like making sure you are up to date on your boosters, masking, and social distancing when you're feeling ill. 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. I will communicate in my weekly letters when there are known multiple resident COVID cases. Should you have any questions regarding Fuller Village's "COVID status" please contact me directly at any time.

**Mother's Day Brunch Buffet.** We will be hosting a buffet on Sunday, May 14<sup>th</sup> from 1 p.m – 3 p.m. in the Gordon House Dining Room. See flyer for details. Reservations are required between May 1<sup>st</sup> and May 5<sup>th</sup>.

**Van Outings.** We have some exciting trips planned for the warmer months. Please see flyers and monthly calendars for details and how to sign-up.

**Spring Projects are coming!** We will be scheduling window washing, gutter cleaning and repairs, as well as Brush Hill AC filter replacements in May and June. More details to come!

**Residents who have moved.** Should you like to connect with Fran Schaff or Edith Yoffa, please ask the concierge front desks for their new contact information.

*Condolences to his wife, Marilyn, and the family and friends of Larry Galer, resident of Brush Hill.*

SUN MON TUE WED THUR FRI SAT

7	8	9	10	11	12	13
2:30 Blue Hill Bridge (BL) 7:00 Portrait in Jazz Trio (BR)	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)	10:00 Birthday Breakfast (BL) 10:30 Functional Fitness (BR) 12:00 Back to Basics 1:00 Meditation (BR) 1:00 Tai Chi (BR) 1:00 Arnold Arboretum Trip 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	8:00 Bike Club 10:00 Mobility & 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 RA Board Board Meeting (BL) 3:00 Rosary (BL) 7:00 History with Paolo (BL) 7:00 Knitters and Sewers (BR)	8:00 Birdwatching w/ Ecologist Jack Lash 8:30 Pickleball 10:00 Towel Cardio (BR) 10:30 Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 11:00 Guided Tree Walk (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w Jean (BR) 1:30 Crafts w/ Cindy (BL) 3:30 Racial Justice Action Hour (BR) 6:30 Pub Night with Castle Tones Show Band (BR)	9:30 Guided Tree Walk (BL) 10:00 Stop & Shop in Quincy 10:30 Chair Yoga with Carol (BL) 1:00 John Clark (BL) 6:30 Cribbage (BR)	8:30 Pickleball 2:00 Unlocking the Mystery of the Bible (BL) 7:00 Movie Night (BR/BL)

**The Silver Linings Hair Salon** at the Gordon House is open Thursday - Friday starting at 9am. Please call 617-361-8746 to make an appointment.

**Massage Therapist, Jen Borges**, is available on Tuesday and Thursday at Blue Hill from 9:30am to 1pm. She can be reached at 508-535-5675

To schedule an appointment with **the Podiatrist** please call 617-986-3668.

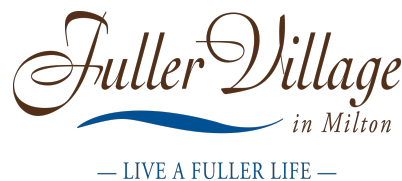
**The Wellness Clinic** is open every Wednesday 9:30am to 12 pm. Please call 617-361-7900 to schedule an appointment

**Blood Pressure Clinic** are Wednesday 12pm - 1pm at Blue Hill and 1pm - 2pm at Brush Hill

**The Bank of Canton** holds office hours on Tuesday at Brush Hill from 9am to 10am and Blue Hill from 11am - 12pm

May 2023

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



# Weekly Highlights 5/5 - 5/14

Friday, May 5, 2023

**1:00 PM: Rich Travers (BL)**

Gilbert and Sullivan is the Victorian-era theatrical partnership of the librettist W.S. Gilbert (1836-1911) and the composer Arthur Sullivan (1842-1900).

**2:00 PM: Game On! (BR)**

Come to the Function Room to play ping pong, cornhole, board games, giant Jenga and Connect 4, Wii Bowling, and more.

**7:00 PM: Valerie Barretto (BL)**

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.

Saturday, May 6, 2023

**2:00 PM: Unlocking the Mystery of the Bible (BL)**

The first session in a 7-week series. Learn how 14 narrative books on the Bible tell the complete salvation story from Adam and Eve to Jesus and the church

**5:00 PM: Kentucky Derby (BR)**

By reservation only, check in starts at 5:00 PM . Join the fun, games, and the races!

**THERE ARE NO MOVIES THIS WEEK, THEY WILL RESUME NEXT WEEK.**

Sunday, May 7, 2023

**7:00 PM: Portrait in Jazz Trio (BR)**

This dynamic, jazz group focuses on performing creative originals and time-honored jazz standards. Sunday's trio will consist of Ashley Kamal on vocals, Brad Ellenberg on Guitar, and Bob Abruzese on Upright Bass.

## Tuesday, May 9th, 2023

### **10:00 AM: Birthday Breakfast (BL)**

Come to the Birthday Breakfast this morning in the Activity Room at Blue Hill! You will enjoy hot coffee, fresh fruit and a pastry assortment. Sponsored Bank of Canton.

## Wednesday, May 10, 2023

### **2:00 PM: Residents Association Board Meeting (BL)**

### **7:00 PM: History with Paolo (BL)**

Crossroads of Empire: A Brief History of Armenia

## Thursday, May 11, 2023

### **11:00 AM Guided Tree Walk with Sara Moyer (BR)**

Meet in the foyer at Brush Hill and take a walk around the BR campus to learn more about our trees here at FV. Participants will receive a "Flora of Fuller Village" booklet with pictures, maps, and descriptions.

### **1:30 PM Crafts with Cindy (BL)**

Celebrate Mother's Day! You will enjoy making a cheerful tea-cup flower arrangement to brighten your day. You'll want to keep this treat for yourself.

### **3:30 PM: Racial Justice Action Hour (BR)**

We will learn about a national group called the "Third Act", founded by Bill McKibben, which is ready to launch a Massachusetts chapter.

### **6:30 PM: Pub Night with Castletones Show Band (BR)**

*Note that this is a week earlier than usual.* Come enjoy the Castle Tones Show Band's fun mix of songs from the '60s and '70s. See attached flyer for more details.

## Friday, May 12, 2023

### 9:30 AM            **Guided Tree Walk with Ellen Dunn (BL)**

Meet at the main door of the Gordon House and we will tour the trees around that entrance. All are welcome, and residents from Depoyan and Foster are encouraged to come and learn about the trees outside their windows!

### 1:00 PM            **John Clark (BL)**

John returns to Fuller to present this the second volume of World War II songs that will highlight tunes less familiar to many. Featured artists include the Andrews Sisters, Glenn Miller, Sammy Kaye, Vera Lynn, and Doris Day, just to name a few.

## Saturday, May 13, 2023

### 2:00 PM            **Unlocking the Mystery of the Bible - Session 2 (BL)**

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

To Be Announced.

**Help with Kentucky Derby Hats:** Please call Lois Wasserman if you need help with your Kentucky Derby Hat. Contact her at: 617-361-1056.

**The Voices of Fuller** would love for you to share one of your childhood memories with us. Roz Spigel gave us a great Red Sox story for the recent May issue that so many of you loved! Please call Marty at 617-312-8058 if you have a childhood memory you could share with us! Deadline is May 20th. So call soon or email me your memory. One to three paragraphs is fine! My email is: [Martyallentours@gmail.com](mailto:Martyallentours@gmail.com). I shall respond immediately. Thank you

### **Coming Soon:**

Erika Reitshamer's Opera Talks return by popular demand on Fridays, May 26th and June 30th at 2:00 pm (BL)

# PUB NIGHT

with

## The Castle Tones

**Thursday, May 11<sup>th</sup> at 7:00pm**

**in the Function Room at Brush Hill**

**Doors open at 6:30 for food, drinks, and mingling.**

Enjoy band music from the '50s, '60s, and '70s – Country and Do Wop Oldies bring back great memories!



We will have a full bar with drinks that will be charged to your account, as well as delicious complimentary appetizers.

You are welcome to bring additional food for your table if you would like.

**Call 617-361-7778 to arrange transportation.**

**THIS IS A FULLER VILLAGE RESIDENT ONLY EVENT.**

**FREE: One-on-One Training in Your Home to Learn**



## **The Touchtown Community App features**

**(Voices Newsletter, Daily Schedule, Menus, Games, Directories).**

Volunteer Residents will Train YOU!

You must already have the **Touchtown Community App** installed on your device. This session is ONLY for training on the App for 45 minutes.

### **RESERVE DATE & TIME by calling**

**Muriel at Reception: 617-361-7778. Deadline: Wed. 5/3**

**Reserve one of the dates/times below:** See Both sides of this List.

**Take advantage of this offer!**

Mon. 8 <sup>th</sup>	1:00	Pat Kelleher	Mon. 15 <sup>th</sup>	7:00 pm	John Gallagher
Mon. 8 <sup>th</sup>	3:00	Maria Judge	Tues. 16 <sup>th</sup>	10:00	Maria Judge
Mon. 8 <sup>th</sup>	7:00 pm	John Gallagher	Tues. 16 <sup>th</sup>	1:00	Monica Titley-Smtih
Mon. 8 <sup>th</sup>	7:00 pm	Marty Allen	Wed. 17 <sup>th</sup>	6:30 pm	Marty Allen
Tues. 9 <sup>th</sup>	1:00	Monica Titley-Smtih	Thurs. 18 <sup>th</sup>	1:00	Monica Titley-Smtih
Tues. 9 <sup>th</sup>	3:30	Susan Degnan	Thurs. 18 <sup>th</sup>	4:00	Ruth Segal
Wed. 10 <sup>th</sup>	1:00	Maria Judge	Fri. 19 <sup>th</sup>	1:00	Jeff Smith
Thurs. 11 <sup>th</sup>	10:00	Maria Judge	Fri. 19 <sup>th</sup>	4:00	Ruth Segal
Fri. 12 <sup>th</sup>	10:30	Nancy Wilber	Mon. 22 <sup>nd</sup>	3:00	Barbara Cocci
Fri. 12 <sup>th</sup>	1:00	Jeff Smith	Mon. 22 <sup>nd</sup>	6:30 pm	Marty Allen
Fri. 12 <sup>th</sup>	1:30	Barbara Cocci			
Mon. 15 <sup>th</sup>	11:15	Barbara Cocci			
Mon. 15 <sup>th</sup>	1:00	Pat Kelleher			



**SEE OTHER SIDE**



Tues. 23 <sup>rd</sup>	11:00	Jane Cotter
Tues. 23 <sup>rd</sup>	1:00	Monica Titley-Smith
Wed. 24 <sup>th</sup>	1:00	Jane Cotter
Thurs. 25 <sup>th</sup>	10:00	Jane Cotter
Thurs. 25 <sup>th</sup>	1:00`	Monica Smith
Fri. 26 <sup>th</sup>	10:00	Jane Cotter
Fri. 26 <sup>th</sup>	11:00	Barbara Cocci
Fri. 26 <sup>th</sup>	3:00	Jeff Smith
Mon. 29 <sup>th</sup>	9:00	Mike Ryan
Mon. 29 <sup>th</sup>	10:00	Jane Cotter
Tues. 30 <sup>th</sup>	9:00	Mike Ryan
Tues. 30 <sup>th</sup>	1:00	Jane Cotter
Wed. 31 <sup>st</sup>	9:00	Mike Ryan

**Call Muriel NOW for RESERVATIONS**

**Volunteer Names/Tel. #s**

Allen, Marty	617-312-8058
Cocci, Barbara	781-492-6166
Cotter, Jane	781-752-5460
Degnan, Susan	617-571-5094
Gallagher, John	617-448-6242
Judge, Maria	617-320-9211
Kelleher, Pat	617-306-0665
Ryan, Mike	617-361-3579
Segal, Ruth	508-344-3606
Smith, Jeff	570-807-3841
Titley-Smith, Monica	617-378-5373
Wilber, Nancy	617-418-9468

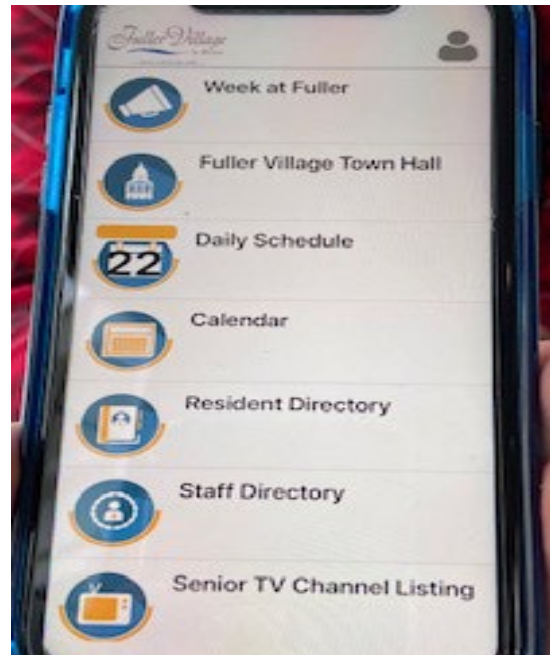
**REMINDER:**

Reserve your date and time with Muriel no later than Wed, May 3rd or it may be too late to get the date and time you'd like.

**First Come, First Serve!**

A very special **THANK YOU** to our residents who volunteered to help you with Touchtown Community App Training!

**Note:** Training is for 45-minutes and ONLY to train you on the App; nothing more. Please respect their time.



Any Questions regarding the training on the App, Call Marty Allen 617-312-8058.

**Make your Reservations with Muriel, please!**



# Gordon House

## Dining Room Dinner Menu

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

### Monday, May 8<sup>th</sup>

Beef and Barley Soup (GF)  
Or Salad du Jour  
Chicken Cacciatore (GF)  
Pecan Crusted Haddock (GF)  
Rice Pilaf, Broccoli  
Chocolate Chip Cookie or  
Tiramisu

### Friday, May 12<sup>th</sup>

Cream of Tomato Soup (GF)(V)  
or Salad du Jour  
Prime Rib au Jus (GF)  
Grilled Swordfish (GF)  
Loaded Baked Potato, Creamed Spinach  
Double Chocolate Cookie or  
White Chocolate Cheesecake

### Tuesday, May 9<sup>th</sup>

Cream of Mushroom Soup (GF) (V)  
or Salad du Jour  
Grilled Lamb Top Round (GF)  
Eggplant Parm (V)  
Roast Potatoes and Asparagus  
Carnival Cookie or  
Chocolate Vanilla Pudding Parfait (GF)

### Saturday, May 13<sup>th</sup>

Chicken Noodle Soup  
or Salad du Jour  
Pastrami Reuben  
Grilled Pesto Shrimp (GF)  
French Fries and Coleslaw  
Oatmeal Raisin Cookie  
or Pecan Pie

### Wednesday, May 10<sup>th</sup>

Minestrone (GF) (V)  
or Salad du Jour  
Grilled Pork Tenderloin (GF)  
Glazed Rainbow Trout (GF)  
w/ Red Bliss Mash, Green Beans  
M & M Cookie  
or Apple Pie (NSA)

### Sunday, May 14<sup>th</sup>

## Mothers Day Buffet

1PM - 3PM

## Reservations Only

### Thursday, May 11<sup>th</sup>

New England Clam Chowder (GF)  
or Salad du Jour  
Chicken Parmigiana  
Or: Orange, Honey, Garlic Salmon (GF)  
Linguine Pomodoro, Spinach  
Banana Foster Cookie or  
Lemon Layer Cake



### 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) NSA ( No Sugar Added )



# 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**

**Honey Mustard Chicken (GF)**

Served with Choice of Side

**Salad Special...12.00**

**Mixed Greens with Berries and Feta**

Tossed with Raspberry Vinaigrette

Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

**Veggie Special of the Week 15.00**

**Stuffed Portabella Mushroom**

Served with Side Salad

**Fuller Village**

## 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

**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

## 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 May 8th

## **Cuban Sandwich**

*Ham, Pork, Mustard, Swiss and Pickles.*

Tuesday May 9th

## **Pulled Pork Sandwich**

*Tender Pork, Cheddar Cheese, BBQ Sauce  
and Coleslaw*

Wednesday, May 10th

## **Grill Day**

*Grilled Chicken Breast, Italian Sausages,  
Assorted Beverages and Snacks*

Thursday, May 11th

## **Smash Burger**

*2 Patties with Bacon, American and  
Caramelized Onions*

Friday, May 12th

## **Tuna Melt Deluxe**

*Tuna, Bacon, Swiss and Tomato*