

SUN	MON	TUE	WED	THUR	FRI	SAT
27	28	29	30	31	1	2
2:30 Bridge (BL) 7:00 The Continentals - Drum/Guitar Duo (BR)	9:00 Pickleball 10:00 Seated Zumba Gold (BL) 10:00 Trader Joe's 10:00 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 History with Paolo (BR)	10:30 Functional Fitness (BR) 11:00 Women's Lunch to Inn at Bay Pointe 12:00 Back to Basics (BL) 1:00 Tai Chi (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	8:00 Bike Club Trip to Cape Cod Canal 10:00 Mobility & Stability (BR) 10:00 Seated Zumba Gold (BL) 10:00 Stop & Shop in Hyde Park 11:00 Cornhole (BL) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga 2:30 Aqua Fit (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)	10:00 Towel Cardio (BR) 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 11:00 Lunch and Movie with Barbie 12:00 Mobility & Stability (BL) 4:30 Pickleball with MacKenzie (BR)	9:00 Walking Club with Joey 10:00 Aqua Fit (BR) 10:00 Stop & Shop in Hyde Park 10:30 Chair Yoga k jh '7Ufc' fb@ %\$\$'FjW' HfUj Yfg fb@ *.' \$'7fjVVU[Y'fbFŁ +. \$\$'DjUb]gh'GYUb <i fYmfbb@	- . \$\$' D]W'YVU` 7:00 Movie Night fbF#6@
<p>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.</p> <p>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. She will not be here Mon 5/29. Mon June 12th, Thurs June 29th.</p> <p>To schedule an appointment with the Podiatrist please call 781-986-3668.</p> <p>The Wellness Clinic is open weekly. Please call 617-361-7900 to schedule an appointment</p> <p>Blood Pressure Clinic are Wednesday 12pm - 1pm at Blue Hill and 1pm - 2pm at Brush Hill</p> <p>The Bank of Canton holds office hours on Tuesday at Brush Hill from 9am to 10am and Blue Hill from 11am - 12pm</p> <p>Brush Hill Coffee Hour Monday -Friday 9am in the Brush Hill Cafe. Blue Hill Coffee Hour: Monday and Thursdays at 10:30 in the coffee room.</p>						

August 2023

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



Weekly Highlights

Friday, August 25, 2023

10:00 AM: Forest Therapy Walk with Jen - Join Jen on a relaxing Forest Therapy Walk. Participants will be offered a gentle, guided experience designed to awaken your senses. Location will be disclosed when you sign up. Please call 617-361-7778 to join this peaceful walk.

4:30 PM: Friday Night Services (BR) Join Rabbi Benjamin for monthly on-site services.

5:30 PM: Brush Hill Grill Night (Patio) - By Reservation Only

7:00 PM: Crooning with Crosby (BL) Join Crosby Goshgarian, Bass/Baritone Soloist and Mel Springer, Accompanist for a musical mix of Broadway Favorites, Old Time Favorites & Traditional Sing Along!

Saturday, August 26, 2023

7:00 PM: Movie Night (BR/BL) **BR Function Room:** *The American Experience - Alexander Hamilton*: Bryan O'Bourne portrays Alexander Hamilton the first secretary of the treasury in this wonderful documentary. He saved the republic from bankruptcy, founded Wall Street, and the Coast Guard, and was a signer of the Constitution. **BL Activity Room:** *Imitation of Life*: A white widow and a black divorcee decide to move in together. The daughters of both grow up together. The daughter of the black woman favors her light skinned father and comes to resent her black mother. Cast: Lana Turner, Mahalia Jackson, Sandra Dee, Robert Alda

Sunday, August 27, 2023

7:00 PM: The Continentals - Drum/Guitar Duo (BR) The Continentals return to bring their upbeat and soft rock style to Fuller Village! Their shows are always unforgettable.

Monday, August 28, 2023

7:00 PM: History with Paolo (BR) - Paolo returns to deliver one of his amazing lectures! You won't want to miss it!

Tuesday, August 29, 2023

11:00 AM: Women's Lunch to Inn at Bay Pointe - If you signed up for the Women's Lunch, please meet your van at 11:00am from Brush Hill and at 11:10am from Blue Hill.

Thursday, August 31, 2023

11:00 AM: Lunch and the Barbie Movie! - Join us for lunch at the Yard House then go see the Barbie movie that everyone is talking about! There are a few spots remaining! Don't miss out!

Friday, September 1, 2023

1:00 PM: Rich Travers (BL) Rich turns to give one of his musical lectures! Come and tap you toes to the music!

7:00 PM: Pianist Sean Hurley (BL) Join pianist Sean Hurley in the Activity Room at Blue Hill. His repertoire includes classical, Broadway, standards and pop music all with a distinctive style. Sean is happy to take song requests.

Saturday, September 2, 2023

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



Do You Enjoy Singing?

Can you carry a tune? Do you find yourself humming along to the entertainment here at FV? Did you know that singing improves your mental health? There's an increasing amount of evidence that singing releases endorphins, serotonin and dopamine – the 'happy' chemicals that boost your mood and make you feel good about yourself.

The Fuller Village Chorus will be meeting every Wednesday at 12:45 in the Brush Hill Function Room beginning 9/6.

We perform three shows every year: A Winter Holiday Show, a Veterans event, and The Spring Concert. We do not rehearse during the summer. Under the



direction of Penny Knight, we have learned to sing in parts. She is a very patient and talented director. Our group has so much fun, lots of laughs and we've made many friends through the Fuller Village Chorus.

We INVITE you to stop by on Wednesday, September 6th at 12:45- Function Room. Stop by simply watch or sit in to see if you'd like to join us. And, if not, at least you tried!



The FVRA Activities Committee is Sponsoring:
Make Your Own Ice Cream Sundae Night
Saturday, August 26th at 6 pm. – Café

**** Pre-Register on Fri. 25th 9 a.m.**
with Muriel/Reception**
Limited to 30 Residents ONLY

Vanilla Ice Cream - Fudge Topping - Whipped Cream
Toppings: Walnuts, Sprinkles, M&Ms, Cherries, Reeses Pieces
(Toppings available at every table)

Please bring the exact amount—3 single bills!

\$3.00

Gordon House

Dining Room Dinner Menu

call at 617-361-6958 1:00PM- 3:00PM Mon-Fri

Monday, August 28th

Cream of Asparagus Soup (GF)
or Salad du Jour
Hearty Beef Stew (GF)
Fish Cakes (GF)
Cajun Rice, Sautéed Spinach
Chocolate Chip Cookie or
Chocolate Eclair

Friday, September 1st

Southwest Chicken Soup
or Salad du Jour
Grilled Swordfish (GF)
Turkey Burger (GF)
Baked Potato, Coleslaw
Peanut Butter Cookie
or New York Cheesecake

Tuesday, August 29th

Three Bean Soup (GF)
or Salad du Jour
Spaghetti & Meatballs (GF)
Seared Trout (GF)
with White Wine Sauce (GF)
Roasted Potatoes, Broccolini
Sugar Cookie or Pecan Pie

Saturday, September 2nd

Chicken Noodle Soup
or Salad du Jour
Frank & Beans (GF)
Salmon Burger (GF)
French Fries, Seasoned Corn
Peanut Butter Cookie
or New York Cheesecake

Wednesday, August 30th

Bacon, White Bean & Kale Soup (GF)
or Salad du Jour
BBQ Ribs (GF)
Blackened Tilapia (GF)
Corn Bread, Braised Greens
Double Chocolate Chip Cookie
or Carrot Cake

Sunday, September 3rd

Tomato Lentil Soup (GF)
or Salad du Jour
Chicken & Broccoli W/ Pasta Alfredo
Stuffed Shrimp (GF)
Rice Pilaf, Chefs Vegetable Medley
Snickerdoodle Cookie or
Assorted Desserts

Thursday, August 31st

Squash Bisque (GF)
or Salad du Jour
Bourbon Orange Glazed Chicken (GF)
Stuffed Baked Sole (GF)
Parmesan Risotto, Green Beans Almondine
Oatmeal Raisin or Brownie Sundae



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

APPETIZERS ... 5.00

Soup du Jour / Fresh Garden Salad / Fresh Fruit Salad

* ask about our selection of house made dressings *

Weekly Special ... 7.00

Arancini with Marinara Sauce

SIGNATURES

a non-alcoholic beverage and your choice of side is included with

Entrée, Sandwich of the Month and Fuller Burger / Impossible Burger

Sides: Sweet Potato Fries, French Fries, Baked Potato, Coleslaw, Fruit Cup

Baked Haddock...21.95 (GF)

Baked with Buttered GF Crumbs
Served with Entrée Sides.

Sandwich of the Month...14.00

Four Cheese Grilled Cheese

Served with Choice of Side.

Salad Special...12.00 (V)

**Mixed Greens with Great Hill Blue
and Candied Pecans**

Tossed with Raspberry Vinaigrette

Veggie Special of the Week...15.00 (V)

Grilled Veggie Quesadilla

Served with Side Salad.

Fuller Village

Hamburger/Cheeseburger...13.00

On a Toasted Brioche Bun with
Lettuce, Tomato, and Onion.

Impossible Burger...15.00 (V)

On a Toasted Brioche Bun with
Lettuce, Tomato, and Onion.

Lighter Fare...10.00 (V)

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 August 28th

Bacon & Egg Burger

Beef Patty Topped with Cheese, Fried Egg, and
Crispy Bacon

Tuesday August 29th

Philly Cheese Steak

Peppers, Onions and Provolone Cheese

Wednesday August 30th

Grill Day

Option 1: Grilled Salmon

Option 2: Grilled Kielbasa Sub with Onions

Thursday August 31st

Chicken Quesadilla

Peppers, Onions, Cheddar Cheese, Sour cream
and Salsa

Friday September 1, 2023

Crab Cakes

With Remoulade Sauce