

**SUN MON TUE WED THUR FRI SAT**

**Rosh Hashanah 17**  
 2:30 Blue Hill Bridge (BL)  
 7:00 Madeleine Metraux - Operatic Vocalist (BR)

**9:00 Pickleball 18**  
 10:00 Seated Zumba Gold (BL)  
 10:00 Trader Joe's Patriot Place  
 10:30 Blue Hill Coffee Hour (BL)  
 11:00 Floor Yoga w/Carol (BR)  
 11:00 Forest Therapy Walk w/Jen  
 11:15 Aqua Fit w/Jean (BR)  
 12:00 Chair Yoga w/Carol (BR)  
 1:00 Bridge (BR)  
 1:00 Ellie's Sweet Truck (BR/BL)  
 2:00 Handcrafters (BL)  
 3:00 Library Book Club (BL)  
 7:00 Met Opera on Demand (BL)

**10:30 Functional Fitness (BR) 19**  
 11:00 Bocce (BR)  
 11:00 Tony's Clam Shop  
 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 20**  
 10:00 Mobility & Stability (BR)  
 10:00 Seated Zumba Gold (BL)  
 10:00 Stop & Shop  
 11:00 Cornhole (BL)  
 11:00 Floor Yoga w/Carol (BR)  
 12:00 Chair Yoga w/Carol (BR)  
 12:45 Chorus (BR)  
 2:00 Catholic Mass (BL)  
 2:30 Aqua Fit with Crystal (BR)  
 2:45 Treats & Tea (BL)  
 3:00 Caring Committee (BR)  
 3:00 Rosary (BL)  
 7:00 Handcrafters (BR)

**8:00 Birdwatching w/Ecologist Jack Lash 21**  
 10:00 Towel Cardio (BR)  
 10:30 Bible Study (BR)  
 10:30 News, Coffee & Convo (BL)  
 11:00 Core on the Floor (BR)  
 12:00 Mobility & Stability (BL)  
 12:30 Line Dancing w/Jean (BR)  
 2:00 Rich Travers (BR)  
 2:00 NeedlePoint (BR)  
 3:00 Elliott Therapy Talk (BR)  
 3:30 Bocce (BR)  
 4:30 Pickleball w/MacKenzie (BR)  
 6:30 Pub Night w/Dave Burbank Orchestra (BR)

**9:00 Walking Club w/Joey 22**  
 10:00 Aqua Fit w/Crystal (BR)  
 10:00 Stop & Shop  
 10:30 Chair Yoga w/Carol (BL)  
 2:00 Blue Hills Observatory Talk: Hurricane Carol (BR)  
 6:30 Cribbage (BR)  
 6:30 Mt. Washington Hikers Presentation (BR)

**9:00 Pickleball 23**  
 7:00 Movie Night (BR/BL)

**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 Mondays and Thursdays at Blue Hill from 10 am to 3 pm. Please call 508-535-5675 to make an appointment.

**The Podiatrist** will be here on Wed 9/27 at 1 pm. Please call 781-986-3668 to schedule an appointment.

**The Wellness Clinic** will be on *Tuesday* from 8:30 - 11 am. Please call 617-361-7900 for an appointment.

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

**Stop & Shop** trips are on Wednesdays & Fridays at 10 am. **Wegman's** and **Trader Joe's** trips are on alternate Mondays at 10 am (see calendar for exact dates). Please call 617-361-7778 to sign up.

**Brush Hill Coffee Hour** is Mon-Fri at 9 am. **Blue Hill Coffee Hour** is on Mondays & Thursdays at 10:30 am.

**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

# September 2023

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



## **Weekend Highlights: Friday 9/15 - Sunday 9/17**

### **See what's happening this weekend!**

#### **Friday, September 15<sup>th</sup>**

***Rosh Hashanah – Happy New Year!***

**Hull Lifesaving Museum & Jake's Seafood Restaurant at 10 am**

This trip is full with a waitlist.

**Harvest Festival Donation Collection from 12-2 pm** (BL Activity Rm & BR Function Rm)

Fair volunteers will be collecting gift cards, pocketbooks, and jewelry for the Harvest Festival on both campuses. Sign-up sheets will also be available for residents to volunteer for 1-2 hours at the Festival on November 4<sup>th</sup>.

**Pianist Mark West at 7 pm** (Blue Hill Activity Room)

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, September 16<sup>th</sup>**

**Movie Night at 7 pm** (Brush Hill Function Room & Blue Hill Activity Room)

**BRUSH HILL showing: *Still Alice***

*Cast: Julianne Moore, Alec Baldwin, Kristen Stewart*

Julianne Moore gives a heartwarming performance as Alice Howland, a linguistic professor who at 50 years old begins to forget words which ultimately leads to Alzheimer's disease and how her family learns to cope although devastated.

**BLUE HILL showing: *Get Low***

*Cast: Robert Duvall, Sissy Spacek, Bill Murray*

Oscar winners Robert Duvall and Sissy Spacek tell the true story of Felix Bush, a backwoods loner who plans his own funeral in 1938 though he is very much alive and watches the whole thing.

#### **Sunday, September 17<sup>th</sup>**

**Madeleine Metraux – Operatic Vocalist at 7 pm** (Brush Hill Function Room)

Please join us for an unforgettable evening! At the unbelievable age of 15, Madeleine has a shockingly mature soprano with an impressive range and a stage presence to match. With a level of professionalism and confidence beyond her years, she plans to pursue a vocal performance degree in Geneva after graduating from high school in Massachusetts.

## **Weekly Highlights: Monday 9/18 – Sunday 9/24**

**Look out for these special events and offerings next week! (Page 1)**

### **Monday, September 18<sup>th</sup>**

#### **Trader Joe's Patriots Place at 10 am**

Everybody loves Trader Joe's special food selection! Head out to Patriot's Place for a different kind of grocery experience. Space is limited, so please call 617-361-7778 to sign up soon!

#### **Forest Therapy Walk with Jen at 11 am (Blue Hill Deck)**

The practice of taking a Forest Therapy Walk (aka Forest Bathing) is an intentional and mindful way of engaging with the natural world around you through your primary senses. Jen will guide the group through a slow-paced, mindful outdoor experience designed for those with less mobility. For those with more mobility, keep an eye out for more information about the Forest Therapy Walk on the 25<sup>th</sup>.

#### **Ellie's Sweet Truck at 1 pm (Brush Hill) & 2 pm (Blue Hill)**

Back by popular demand! Please bring cash – all items are priced at, or under, \$6.

#### **Library Book Club at 3 pm (Blue Hill Library)**

Join Will Adamczyk, Milton Public Library Director, to discuss this month's book: *Winslow Homer* by William Cross. Next month's book, *Committed* by Adam Stern, will also be handed out at the end of the session. If you are unable to make it, please reach out to Julia to get a copy of next month's book.

#### **Metropolitan Opera on Demand at 7 pm (Blue Hill Activity Room)**

*Showing: The Magic Flute*

This was the groundbreaking broadcast that launched the Met's heralded Live in HD series, seen by opera lovers in movie theaters around the world. Adults and children alike were enchanted by the whimsical humor and breathtaking puppetry of *Julie Taymor's* hit production, presented in a shortened English-language version. Under the baton of *Maestro James Levine*, a winning ensemble cast – including *Nathan Gunn, Ying Huang, Matthew Polenzani, Erika Miklosa, and René Pape* – brings fresh life to Mozart's timeless fairy tale. (Run time: 1 hr 52 min)

### **Tuesday, September 19<sup>th</sup>**

#### **Trip to Tony's Clam Shop at 11:00 am**

Now open for their 59<sup>th</sup> season, Tony's Clam Shop is a local favorite! Enjoy the freshest seafood, cooked to order with outdoor seating that looks out to the bay. **There are still spots available** on this trip so call Muriel today to sign up: 617-361-7778.

## **Weekly Highlights: Monday 9/18 – Sunday 9/24**

**Look out for these special events and offerings next week! (Page 2)**

### **Wednesday, September 20<sup>th</sup>**

**Catholic Mass at 2 pm** (Blue Hill Activity Room)

Father Bennett will be onsite for monthly Mass at Blue Hill.

**Treats & Tea at 2:45 pm** (Blue Hill Dining Room)

Come enjoy some tea, coffee, and sweets with your neighbors.

**Caring Committee at 3 pm** (Brush Hill Function Room)

Led by Betsy Buchbinder, Caring Committee gathers monthly to discuss topics important to your physical, social, and emotional health throughout the aging process.

### **Thursday, September 21<sup>st</sup>**

**Birdwatching with Ecologist Jack Lash at 8 am** (Brush Hill Back Patio)

Join ecologist, Jack Lash, for the first of three Thursday mornings: 9/21, 9/28, 10/5 (rain date: 10/12). Learn more about birds and other wildlife here at Fuller Village as you take a guided walk of the grounds. No sign up required. Come to any or all sessions.

**Rich Travers at 2 pm** (Brush Hill Function Room)

*Topic: From Russia with Love*

The lecture begins with a brief history of music in Russia, how the music evolved from the influence of western civilization, the Great Russian Chorus music. Stravinsky, Borodin, Rachmaninoff, Shostakovich, and many other composers will be discussed as well as performers such as Horowitz and Rostropovich. The lecture will also look at how composers and performers managed to write and play music under the oppressive Soviet regime. Ballet Music will be included as well as Russian Folk songs.

**Elliott Physical Therapy Talk at 3 pm** (Brush Hill Function Room)

Our partners from Elliott Physical Therapy will join us for their quarterly educational presentation. This time the topic is: *The Importance & the Differences of Both Strength Training & Cardiovascular Exercise.*

**Pub Night with the Dave Burbank Orchestra at 6:30 pm** (Brush Hill Function Room)

Pub Night extraordinaires Dave & Marcia Burbank, along with their talented band, are returning to entertain us all! There will be a unique repertoire of musical styles for your listening and dancing pleasure, including line dancing with instruction! Food at 6:30; music at 7. Appetizers are free; drinks will be billed to your account. As always, you are also welcome to bring your own food.

## **Weekly Highlights: Monday 9/18 – Sunday 9/24**

**Look out for these special events and offerings next week! (Page 3)**

### **Friday, September 22<sup>nd</sup>**

#### **Blue Hills Observatory Talk: Hurricane Carol at 2 pm**

Charles Orloff talks about one of the storms that drove his passion for meteorology from a young age. Based on his book, *Carol at 50*, you get a review of damage, path and other details of this historic storm. Charles Orloff has overseen the Observatory's important scientific assets for over twenty years since joining the staff in 1998. He was instrumental in establishing the Observatory's nonprofit Science Center in 1999 and has utilized his background as a former middle school principal to develop high-quality educational programs.

#### **Mt. Washington Hikers' Presentation at 6:30 pm (Brush Hill Function Room)**

Join Fitness Director, Jen DeLeonardis & her partner, Prof. Robert Reenan, along with the intrepid & inspiring women of the Fuller Village Adventure Club as they present an evening showcasing their experience climbing Mt. Washington.

### **Saturday, September 23<sup>rd</sup>**

**Movie Night at 7 pm (BL & BR) – *Titles to be announced***

### **Sunday, September 24<sup>th</sup>**

***Yom Kippur – Shana Tova***

## **Program Notes & Updates**

**Starting in October, there will be a Duplicate Bridge Game geared for Intermediate Players** on Thursday evenings at 4 pm. It will go for two hours in the Card Room at Brush Hill. The game will be scored, but no money will be involved. Please contact Philip Driscoll to sign up if you are interested. His number is: 617-922-8646.

**Volunteers are still welcome to join our partnership with the Curry College School of Nursing Simulation Lab.** Volunteers will be serving as Healthcare Actors to help nursing students practice their interpersonal and clinical skills in the school's state-of-the-art Simulation Labs! No acting or nursing experience is necessary! Simulation Labs run on Tuesday mornings at Curry and Fuller Village provides transportation. Volunteers are welcome to stay for lunch with students afterwards. All volunteers are required to attend a training the Wednesday prior to the Lab from 3-4:30 pm in the Brush Hill Function Room, where they will get more information on the goals of the lab and the roles they will be playing, and get an opportunity to practice and ask questions. **If you are interested, please reach out to Julia at [jmacmahon@fullervillage.org](mailto:jmacmahon@fullervillage.org) or 617-361-2116.**

**Metropolitan Opera on Demand:** We are considering offering this program on different days and/or at different times. If you have a suggestion as to when you'd like the operas to be shown, **please contact Julia.** I am also always looking for recommendations on what operas to show!



# **GRILL NIGHT @ Brush Hill**

## **September 29, 2023 – 6:00PM**

Reservations Required - Space is Limited  
Cancellations Will Be Charged. Please Call Muriel  
617-361-7778

Starting Friday September 22, 2023  
\$29.95pp

### **WEDGE SALAD**

tomato, pickled red onion, blue cheese crumbles,  
bacon, ranch dressing

### **SURF & TURF SKEWERS**

beef tenderloin with grilled shrimp and scallops  
garlic smashed potatoes, balsamic grilled heirloom  
carrots

### **APPLE CRUMBLE**

topped with vanilla ice cream

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Outside on the Cafe Patio.

In the event of rain, the location will be  
moved inside



# Brush Hill Café Specials

– Daily Specials –

all served with one side... 14.00

Monday, September 18th

## **Classic Chicken Cutlet Sandwich**

Lettuce, Tomato and Mayonnaise

Tuesday, September 19th

## **BBQ Bacon Burger**

Housemade BBQ Sauce, Bacon, Lettuce,  
and Tomato

Wednesday, September 20th

## **Prosciutto & Fig Flatbread Pizza**

Fig Jam, Arugula, Fresh Mozzarella and  
Balsamic

Thursday, September 21st

## **Ultimate Turkey Club**

American Cheese, Lettuce, Tomato, Bacon  
and Pickle Spear

Friday, September 22nd

## **Jumbo Crab Cake**

With Housemade Remoulade

# Gordon House

## Dining Room Dinner Menu

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

### Monday, September 18th

Butternut Squash Bisque (GF)(V)  
Or Salad du Jour  
Glazed Smokehouse Ham (GF)  
Grilled Marinated Tuna (GF)  
Sweet Potato Mash, Green Beans  
Banana Foster Cookie or  
Boston Cream Pie

### Friday, September 22nd

Chicken Noodle Soup (GF)  
or Salad du Jour  
Cioppino (Clam Stew ) (GF)  
Grilled Sirloin (GF)  
Baked Potato, Asparagus  
Carnival Cookie or  
Oreo Chocolate Mousse Pie

### Tuesday, September 19th

Ham Lentil Soup (GF)  
or Salad du Jour  
Grilled Pork Chop (GF)  
Almond Crusted Salmon (GF)  
Wedge Fries, Peas & Corn  
Sugar Cookie Or  
Strawberry Cheesecake

### Saturday, September 23rd

Portuguese Kale Soup (GF)  
or Salad du Jour  
American Chop Suey w/ Macaroni  
Crispy Fried Sole (GF)  
Sweet Potato Fries, Broccoli Slaw  
Key Lime Cookie or  
Apple Crisp

### Wednesday, September 20th

Cream of Mushroom Soup (GF) (V)  
or Salad du Jour  
Chicken Parmesan (GF)  
Shrimp Scampi (GF)  
Linguine, Parmesan Zucchini  
M & M Cookie or  
Tiramisu

### Sunday, September 24th

Tomato Basil (GF) (V)  
or Salad du Jour  
Fried Chicken Breast (GF)  
Seafood Casserole (GF)  
Mashed Potato, Chef's Medley  
Double Chocolate Cookie or  
Assorted Desserts

### Thursday, September 21st

Clam Chowder (GF)  
or Salad du Jour  
Turkey Meatloaf (GF)  
Or: Herb Roasted Tilapia (GF)  
With Roasted Red Bliss, Spinach  
Oatmeal Craisin Cookie or  
Carrot 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 \*

## Weekly Special...7.00 Crab Stuffed Mushrooms

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## SIGNATURES

a non-alcoholic beverage and your choice of side is included with Entrée, Sandwich Special and Fuller Burger / Impossible Burger  
Sides: Sweet Potato Fries, French Fries, Baked Potato, Coleslaw

### 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 (V)

### 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 (V)

### Grilled Veggie Burrito

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

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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.