

SUN	MON	TUE	WED	THUR	FRI	SAT
8 12:45 Patriots/ Saints Game (BL) 2:30 Blue Hill Bridge (BL) 6:30 Ken Lelen (BR)	9 Indigenous Peoples' Day/ Columbus Day Offices & Cafe Closed 9:00 Pickleball 10:15 Chair Fitness with Carol (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL)	10 10:00 Birthday Breakfast (BL) 10:00 New England Botanic Garden & Cafe Trip 10:30 Functional Fitness (BR) 11:00 Bocce (BR) 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 2:00 Deb from Wakefield Arboretum (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	11 8:00 Bike Club 10:00 Stop & Shop 10:15 Mobility & Stability (BR) 11:00 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:45 Chorus (BR) 2:00 Residents' Association Annual Board Meeting (BR) 2:30 Aqua Fit w/Crystal (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR)	12 10:00 Towel Cardio (BR) 10:30 News, Coffee & Convo (BL) 11:00 Core on the Floor (BR) 11:00 Kings Bowling & Pizza 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/Jean (BR) 2:00 NeedlePoint (BR) 3:30 Bocce (BR) 3:30 Social Justice Action Group (BR) 4:00 Duplicates Bridge (BR) 4:30 Pickleball w/MacKenzie (BR)	13 9:00 Walking Club w/Joey 10:00 Aqua Fit w/Crystal (BR) 10:30 Chair Yoga w/Carol (BL) 1:00 Ellie's Sweet Truck (BR/ BL) 2:00 Stop & Shop 6:30 Cribbage (BR) 7:00 Pianist Larry Matthews (BL)	14 9:00 Pickleball 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 10/25 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.

Grocery trips: Stop & Shop trips are on **Wednesdays at 10 am & Fridays at 2 pm**. On **Mondays at 10 am**, we alternate between other area grocery stores (see calendar for specific locations & dates). 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

October 2023

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —

Weekend Highlights: Friday 10/6 - Sunday 10/8

See what's happening this weekend!

Friday, October 6th

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: Soul Music

Soul music is a term to describe African American music as it evolved from the 1950s to the '60s and '70s. Some view soul as merely a new term for rhythm and blues. A new generation of artists profoundly reinterpreted the sounds of the rhythm-and-blues pioneers of the 1950s whose music found popularity among whites and was transformed into what became known as rock and roll.

Dan Mackowiak at 7 pm (Blue Hill Activity Room)

"Dan the Accordion Man" has been playing the accordion his whole life and it is now his favorite retirement activity. He plays with several ensembles and has an outstanding solo program that he is bringing to Fuller Village, which features music from the American Songbook and from various European traditions, including Scandinavian, Polish, German, Italian, French, and Celtic.

Saturday, October 7th

Movie Night at 7 pm (BL & BR)

BRUSH HILL showing: *Lullaby of Broadway*

Cast: Doris Day, Gladys George, Gene Nelson

Starring Doris Day in a toe tapping singing musical about a singer trying to help her mother out of her blues.

BLUE HILL showing: *Rebecca*

Cast: Laurence Olivier, Joan Fontaine

The only Alfred Hitchcock film to win an Oscar for Best Picture, this mystery stars Laurence Olivier as Maxim de Winter, a widower whose hapless second wife (Joan Fontaine) moves into his mansion only to find the memory of his first wife still governs the household. Intimidated by the home's hostile staff, the living Mrs. de Winter begins to go mad in Hitchcock's eerie adaptation of Daphne Du Maurier's Gothic classic.

Sunday, October 8th

Patriots/Saints Game at 12:45 pm (Gordon House Lounge at Blue Hill)

Sign-up for this event is closed but keep your eye out for future fun events in the lounge!

Ken Lelen at 6:30 pm (Brush Hill Function Room)

Ken Lelen's concerts attract adults & seniors to a diverse array of venues with clever lyrics, catchy tunes and amusing stories. These mirthful concerts offer swing, jazz & pop tunes on romantic, historic and musical themes, his nimble guitar work and ebullient vocals. Join him as he presents his *Crooners, Swingers & Idols* program, a concert of romantic ballads and hit tunes popularized by heart-throb crooners, teen-aged idols & Rat Pack swingers in the 1950s and 1960s. These songs were hits for the sock-hop generation that dated, dined & danced to tunes they heard on radios, juke boxes and movies. ***Please note that for the month of October, Sunday night musical performances will begin at 6:30 pm, not 7 pm.***

Weekly Highlights: Monday 10/9 – Sunday 10/15

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

Monday, October 9th

Indigenous Peoples Day/Columbus Day

Office & Café Closed

Tuesday, October 10th

Birthday Breakfast at 10 am (Blue Hill Activity Room)

All are welcome to celebrate October birthdays! Join us for fresh fruit and pastries, with plenty of coffee to go around. Co-sponsored by our friends at The Bank of Canton.

New England Botanic Garden & Café Trip at 10 am

Open to the public year-round, the garden includes conservatories, formal and naturalistic gardens, a Garden Shop, and expansive views of the Wachusett Reservoir. We'll visit during their *Myths, Magic, and Monsters* special exhibit which includes homages to everything from majestic unicorns and fire-breathing dragons, to mermaids, fairies, and phoenixes; magical beings made from nature-inspired materials come to life in an exhibit that will leave you spellbound. Tickets are \$16 and will be billed to your account. Enjoy lunch on your own at the onsite café, The Farmer & The Fork. The garden has been designated a UP Organization by Mass Cultural Council for their accessible design; all main garden paths are paved and flat. ***Call 617-361-7778 to reserve a spot by 4:30 pm on Friday, 10/6.***

Speaker: Deb from Wakefield Arboretum at 2 pm (Brush Hill Function Room)

Deb Merriam, Executive Director at the Wakefield Estate and Arboretum, will join us to share about all of the exciting opportunities to engage with our neighbors across the street! Known for their annual Dogwood Days, The Wakefield Arboretum promotes life-long participatory learning using the land and resources of the historic Davenport Estate. Through collaborative partnerships with schools and community organizations, the Arboretum carries out this mission through providing educational opportunities, tours, presentations, workshops, hands-on training, internships and other programs covering a variety of subjects, including local history, ecology, horticulture, agriculture, archival work and historic preservation. Join us for this engaging talk and then come along for our next monthly tour on Monday, October 16th!

Wednesday, October 11th

Residents Association Annual Board Meeting at 2 pm (Brush Hill Function Room)

All residents are invited to attend this meeting, which will include updates on Resident Association activities and committees.

Weekly Highlights: Monday 10/9 – Sunday 10/15

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

Thursday, October 12th

Kings Bowling & Pizza in Dedham at 11 am

What's better than bowling and pizza with friends? Nothing! You'll get an hour of bowling followed by a hearty lunch of pizza, salad, and soda for \$28 per person – shoes, fees, and gratuity included (billed to your account). ***Call 617-361-7778 to reserve your spot by 4:30 pm on Tuesday, October 10th.***

Social Justice Action Group at 3:30 pm (Brush Hill Function Room)

Formerly known as the “Racial Justice Action Hour”, we will reconvene this month under a new name: “Social Justice Action Group” with an expanded focus that includes climate justice and protecting democracy through various actions including signing petitions, contacting legislators, and more! This month, we'll focus again on the “MBTA Communities Act” but this time with the lens of how we can convince residents and Town Meeting members to support this law at December's Town Meeting. We'll talk about various strategies for building support for the law with a special focus on how to write effective “Letters to the Editor”. New members are always welcome!

Friday, October 13th

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

Back by popular demand! Please bring cash – all items are priced at, or under, \$6. Come see them for their last visit of 2023!

Pianist Larry Matthews at 7 pm (Blue Hill Activity Room)

Larry Matthews is a longtime friend of Fuller and a favorite Milton entertainer! Join him for toe-tapping songs and amazing piano skills.

Saturday, October 14th

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

Sunday, October 15th

Peter Smith Trio at 6:30 pm (Brush Hill Function Room)

The Peter Smith Trio, featuring Jeff Williams on piano, John Hagerty on acoustic bass and Peter Smith on vocals, performs the songs of the *Great American Songbook*. The trio's program includes many of the best-known songs from the Golden Age of music. ***Please note that for the month of October, Sunday night musical performances will begin at 6:30 pm, not 7 pm.***

October Fitness & Aquatics Update



Fall is a fabulous time to hit the “reset” button on your personal fitness journey. With the lazy summer days behind us, we can start to reorganize our days and possibly add in things like an extra gym workout, brisk walk outside, or try a new exercise class.

We have (almost) repaired & restored the Strength Training Circuit machines! If you are a new resident who has not been set up on the equipment, please reach out to Jen to schedule a time. Strength training is incredibly important for everyone, but especially as we age.

Thank you for your patience over the past 6 weeks as we all flexed with the various pool schedules. It finally looks like the lifeguard schedule has stabilized! Please see insert for updated Pool Schedule. However, the best and most up to date information on the Pool Schedule can be found on your TouchTown app. All last-minute changes to the schedule can be found there.



Forest Therapy Walks are scheduled for Monday, October 23rd @ 10am and Monday, October 30th @ 11am. The walk on the 23rd will be off-property and participants will need their own transportation to the local site. The walk on the 30th will be on the Fuller Village campus. Participants should be able to take a short walk (unassisted) on uneven surfaces. Please call the Brush Hill Front Desk to sign up!

POOL SCHEDULE

Effective Saturday, October 14th

<u>Monday</u>	<u>Time</u>	<u>Tuesday</u>	<u>Time</u>
Open Swim	7am-12pm	Open Swim	7am-12pm
Aqua Fit	11:15am	Open Swim	4pm-6pm
Open Swim	1pm-5pm		
<u>Wednesday</u>	<u>Time</u>	<u>Thursday</u>	<u>Time</u>
Open Swim	7am-12pm	Open Swim	7am-12pm
Open Swim	1pm-5pm	Open Swim	4pm-6pm
Aqua Fit	2:30pm		
Resident & Guest	3pm-5pm		
<u>Friday</u>	<u>Time</u>	<u>Saturday</u>	<u>Time</u>
Open Swim	7am-12pm	Open Swim	8am-4pm
Aqua Fit	10am	Family Swim	2pm-4pm
		<u>Sunday</u>	<u>Time</u>
		Open Swim	8am-4pm
		Resident & Guest	2pm-4pm

Open Swim: Residents Only; swim laps, walk, exercise in the pool.
Family Swim: For residents and their families (especially grandchildren!)
Residents must be present at the pool during Family Swim.
Resident & Guest: For residents and guests ages 18+

- The schedule is subject to change
- Please have all guests fill out a waiver & sign your guest(s) in to the pool

Gordon House

Dining Room Dinner Menu

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

Monday, October 9th

Sausage and Kale Soup (GF)
or Salad du Jour
Spaghetti and Meatballs
Honey Dijon Salmon (GF)
Couscous, Sauteed Brussel Sprouts (GF)
Peanut Butter Cookie or
Coconut Custard Pie

Friday, October 13th

New England Clam Chowder
or Salad du Jour
Beef Stew (GF)
Parmesan Baked Flounder (GF)
Roasted Potatoes, Broccoli
Sugar Cookie
or Chocolate Torte Cake (GF)

Tuesday, October 10th

Cream of Mushroom Soup (GF)
or Salad du Jour
Chicken Francaise (GF)
Baked Stuffed Sole (GF)
Whipped Potatoes (GF), Roasted Asparagus (GF)
Banana Foster Cookie
or Red Velvet Cupcakes

Saturday, October 14th

Beef Chili
or Salad du Jour
Roasted Turkey (GF)
Grilled Salmon (GF)
Sweet Potato Wedges (GF), Green Beans (GF)
Chocolate Chip Cookie
or Blueberry Pie

Wednesday, October 11th

French Onion Soup (GF)
or Salad du Jour
Beef Stir-Fry
Lemon Garlic Baked Cod (GF)
Jasmine Rice (GF), Sauteed Vegetables (GF)
Oatmeal Raisin Cookie
or Tiramisu Cake

Sunday, October 15th

Chicken Noodle (GF)
or Salad du Jour
Chicken Coq Au Vin (GF)
Pesto Baked Haddock with Roasted Tomatoes (GF)
Mashed Potatoes (GF), Chef's Medley (GF)
Assorted Cookies or Assorted Desserts

Thursday, October 12th

Potato Leek Soup (GF)
or Salad du Jour
Smothered Pork (GF)
Mediterranean Baked Halibut (GF)
Mashed Turnips (GF), Baby Carrots (GF)
S'mores Cookie
or Apple Pie



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

Turkey Sliders With Slaw

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 Special...14.00 (GF)

Muffaletta

Italian Cold Cuts, Provolone Cheese and
Olive Oil. Served with Choice of Side

Salad Special...12.00 (V)

Mixed Greens with Berries and Feta

Tossed with Raspberry Vinaigrette

add **Grilled Chicken**...5.00

add **Tuna** or **Chicken Salad**...5.00

Vegetarian Special... 15.00 (V)

Grilled Asparagus and Kale Pasta

With Lemon Cannellini Beans

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, October 9th

Columbus Day

Café Closed

Tuesday, October 10th

Cobb Salad

Egg, Avocado, Cheddar Cheese, Bacon,
Tomato and Chicken

Wednesday, October 11th

Turkey Melt Panini

Bacon, American Cheese, Mayonnaise
Served with Your Choice of Side

Thursday, October 12th

Chili Cheese Hotdog

Served with Your Choice of Side

Friday, October 13th

Surf and Turf

Steak Tips and Shrimp
Served with Potato Salad