

SUN MON TUE WED THUR FRI SAT

Yom Kippur - Shana Tova **24**

2:30 Blue Hill Bridge (BL)

Yom Kippur **25**

9:00 Pickleball
 10:00 Forest Therapy Walk w/Jen
 10:00 Wegman's
 10:15 Chair Fitness w/Carol (BL)
 10:30 Blue Hill Coffee Hour
 11:00 Floor Yoga w/Carol (BR)
 11:15 Aqua Fit w/Jean (BR)
 12:00 Chair Yoga w/Carol (BR)
 1:00 Bridge (BR)
 2:00 Handcrafters (BL)

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10:30 Functional Fitness (BR)
 11:00 Bocce (BR)
 11:00 Women's Lunch to Granite Links
 12:00 Back to Basics (BL)
 1:00 Meditation (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 **27**

10:00 Stop & Shop in Hyde Park
 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)
 2:30 Aqua Fit with Crystal (BR)
 3:00 Rosary (BL)
 7:00 Handcrafters (BR)

8:00 Bird-watching **28**

w/ Jack Lash
 10:00 Towel Cardio (BR)
 10:30 News, Coffee & Convo (BL)
 11:00 Core on the Floor (BR)
 12:00 Men's Lunch to O'Hara's
 12:00 Mobility & Stability (BL)
 12:30 Line Dancing w/Jean (BR)
 2:00 Music Lovers Club (BR)
 2:00 NeedlePoint (BR)
 3:30 Bocce (BR)
 4:30 Blue Hill Book Club
 4:30 Pickleball w/MacKenzie (BR)
 7:00 History with Paolo (BR)

9:00 Walking Club **29**

with Joey
 10:00 Aqua Fit with Crystal (BR)
 10:00 Stop & Shop in Hyde Park
 10:30 Chair Yoga with Carol (BL)
 1:00 Fuller Village Flu Vaccine Clinic (BR)
 6:00 Brush Hill Grill Night (Patio)
 6:30 Cribbage (BR)
 7:00 Steve King (BL)

30

9:00 Pickleball
 5:30 Mr. Chan's Chinese Food Cafe Dinner (BR)
 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 9/22 - Sunday 9/24

See what's happening this weekend!

Friday, September 22nd

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 23rd

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

BRUSH 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.

BLUE HILL showing: *Something's Got to Give*

Cast: Jack Nicholson, Diane Keaton, Keanu Reeves

Harry Sanborn at age 60 considers himself handsome and sexy and wines and dines women half his age. He goes to the Hamptons with his girlfriend and then her playwright mother shows up and things suddenly change.

Sunday, September 24th

Yom Kippur – Shana Tova



Weekly Highlights: Monday 9/25 – Sunday 10/1

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

Monday, September 25th

Yom Kippur

Wegman's Grocery Trip at 10 am

Wegman's has something for everyone! Space is limited, so please call 617-361-7778 to sign up soon!

Tuesday, September 26th

Women's Lunch to Granite Links at 11:00 am

This trip is full with a wait list. Please call 617-361-7778 with any questions.

Group Meditation at 1:00 pm (Blue Hill Activity Room)

Andy Kelley, "the Boston Buddha" continues to offer guided meditation three times a month on Tuesdays. Moving forward, *these sessions will always meet in the Blue Hill Activity Room.*

Thursday, September 28th

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

Join ecologist, Jack Lash, for the second of three sessions. 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: he will return on 10/5, with a rain date scheduled for 10/12.

Men's Lunch to O'Hara's Food & Spirits at 12 pm

The Men's Lunch heads to Newton this month for pub grub, pizza & pints at this traditional, wood-clad Irish gathering place. Call 617-361-7778 today to reserve your spot!

Music Lovers Club at 2 pm (Brush Hill Function Room)

Richard Reithner will lead us to discover the various interpretations of the familiar tune, *Autumn Leaves*. The club is open to all residents so please join us!

Blue Hill Book Club at 4:30 pm (Blue Hill Library)

Contact Roz Spigel at 617-690-3611 for more information.

History with Paolo at 7 pm (Brush Hill Function Room)

Commonwealth of Catastrophe: A Brief History of Floods, Fires, and other Disasters in MA

It has been nearly 400 years since the establishment of Massachusetts and the birth of Boston. In that time, the city and commonwealth have grown and flourished. Yet, that success has often been tempered by disasters, both natural and man-made. This talk will discuss some of the significant, memorable, and legendary disasters, from 18th century earthquakes to 19th century fires to 20th century storms.

Weekly Highlights: Monday 9/25 – Sunday 10/1

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

Friday, September 29th

Flu Vaccine Clinic from 1-4 pm (Brush Hill Function Room)

If you haven't already signed up for a spot for the flu vaccine clinic, please see a front desk concierge ASAP as spots are filling fast.

Brush Hill Grill Night at 6 pm (Brush Hill Front Patio)

Sign-up for Grill Night opens Friday, 9/22 at 8:30 am. Call 617-361-7778 to make your reservation. See the flyer from last week's packet for menu.

Steve King at 7 pm (Blue Hill Activity Room)

Join Steve, a Fuller Village favorite, for an hour of great music, singing, and laughing!

Saturday, September 30th

Mr. Chan's Chinese Food Café Dinner Event at 5:30 pm (Brush Hill Café)

By sign-up only; see below for more information.

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

Sunday, October 1st

Will McMillan & Molly Ruggles at 6:30 pm (Brush Hill Function Room)

Singer Will McMillan visits again, this time accompanied by accomplished pianist, Molly Ruggles. Together, they will present "God Bless America: The Songs of Irving Berlin".

Will and Molly will put their respectful spin on classics such as *What'll I Do?*, *Always*, *Cheek To Cheek*, *How Deep Is The Ocean?*, *Blue Skies*, and *God Bless America*. **Please note that for the month of October, Sunday night musical performances will begin at 6:30 pm, not 7 pm.**

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mr. chan's

FINE CHINESE CUISINE

Mr. Chan's Chinese Food Café Dinner Event

(Presented by the FV Activities Committee)

Saturday, September 30th

Brush Hill Café 5:30 p.m. - 6:45 p.m.

Reservations Only – Limited to 25 Residents

→New Menu Items!

The Set Menu is: Spring Rolls, Crab Ragoon, Peking Raviolis,

General Gau's Chx (non-spicy), and Pork Fried Rice

Tea, Water, Ginger Ale

\$20 upon arrival

Call (617) 361-7778 to make a reservation. **Reservations begin: Monday, September 25th at 9 am**

Note: This a set menu – no replacements – each dinner plate is the same.

RESIDENTS' ASSOCIATION CORNER

The last Residents' Association Corner discussed the "planning" for our annual fundraiser. And, here we are six weeks away from the Harvest Festival on November 4th. This is our only annual event to raise money for the Association. These funds are used for many of the activities throughout the year, to fund library purchases, share costs with Fuller for more expensive outside guests and entertainment, make contributions to local charities and to reimburse residents for expenses for approved purchases and activities.

This year there will be tables for homemade baked goods, pocketbooks and scarves, knitting, jewelry, crafts, paintings, bird prints, and many raffle items. Outside vendors will include Karen Owens' Linehan Ring of Stones, Monique Saad's home items, Jean Burrell's children's books and honey fresh from beehives.

Residents' contributions of gift certificates, cash and other items have been outstanding. The generosity of our Fuller Village community is amazing. There is still time to contribute by contacting any member of the Residents' Association Board.

To make this year successful, bring your family and friends and share this information.

Thank you,

John Gallagher
President FVRA

Gordon House

Dining Room Dinner Menu

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

Monday, September 25th

Beef and Vegetable (GF)
or Salad du Jour
Lasagna
Tuna Sesame (GF)
Fried Rice, Bok Choy
Pumpkin Spice Cookie or
French Silk Pie

Friday, September 29th

New England Clam Chowder (GF)
or Salad du Jour
Shepards Pie (GF)
Fish & Chips
French Fries, Roasted Squash
Brownie or
Chocolate Chip Cookie

Tuesday, September 26th

Pumpkin Bisque (GF)
or Salad du Jour
Pork Tenderloin (GF)
Sole Puttanesca (GF)
Roasted Potatoes, Roasted Vegetables
Oatmeal Cookie or
Chocolate Cake

Saturday, September 30th

Chicken Noodle Soup (GF)
or Salad du Jour
Veal Parmesan (GF)
Zuppa Di Clam (GF)
Spaghetti, Asparagus
Key Lime Cookie or
Blueberry Pie

Wednesday, September 27th

Italian Wedding (GF)
or Salad du Jour
Corned Beef Brisket (GF)
Orange Salmon (GF)
Potatoes and Carrots, Cabbage
Banana Foster Cookie or
Apple Spice Cake

Sunday, October 1st

Loaded Potato (GF)
or Salad du Jour
Chicken Florentine (GF)
Baked Stuffed Shrimp (GF)
Greek Orzo Salad, Baby Carrots
Snickerdoodle Cookie or
Chocolate Mousse

Thursday, September 28th

Tomato Basil (GF)
or Salad du Jour
Lamb Osso Bucco (GF)
Swordfish (GF)
Roasted Yams, Broccoli
Smores Cookie or
Tiramisu



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

Coconut Shrimp

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 Special...14.00

Tuna Melt

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)

Butternut Squash Raviolis

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, September 25th

Hot Pastrami Melt

With Thousand Island Dressing and Swiss Cheese

Tuesday, September 26th

Italian Cold Cut Sub

Roasted Red Pepper Aioli, Lettuce and Tomato

Wednesday, September 27th

Chicken, Bacon and Ranch Flatbread

Thursday, September 28th

Mushroom and Onion Burger

With Swiss Cheese

Friday, September 29th

Shrimp Tempura

With Duck Sauce and Egg Roll