

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 6:30 Jazzabelles (BR)	22 9:00 Pickleball 10:00 Forest Therapy Walk w/Jen 10:00 Trader Joe's Patriot Place 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) 7:00 Singo (BR)	23 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 Blue Hill Observatory Tour & Foliage Drive 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	24 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 "David Attenborough: A Life on Our Planet" (Doc) (BR) 2:30 Aqua Fit w/Crystal (BR) 3:00 Rosary (BL) 7:00 Handcrafters (BR)	25 10:00 Towel Cardio (BR) 10:00 Sandi the Therapy Dog (BL) 10:30 Faith Sharing (BR) 10:30 News, Coffee & Convo (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:00 Men's Lunch 12:30 Line Dancing w/Jean (BR) 2:00 Music Lovers Club (BL) 2:00 NeedlePoint (BR) 3:30 Bocce (BR) 4:30 Blue Hill Book Club 4:30 Pickleball w/ MacKenzie	26 9:00 Walking Club with Joey 10:00 Aqua Fit with Crystal (BR) 10:30 Chair Yoga with Carol (BL) 1:00 Technology Help by Appointment (BL) 2:00 Stop & Shop in Hyde Park 2:00 Blue Hills Observatory Talk (BR) 6:30 Cribbage (BR) 7:00 The Long Lost String Band (BL)	27 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 10/20 - Sunday 10/22

See what's happening this weekend!

Friday, October 20th

Blue Zones Documentary (Episodes 3 & 4) at 3 pm (Blue Hill Activity Room)

Join us for Part II of the screening of the documentary, “**Live to 100: Secrets of the Blue Zones.**” Watch author Dan Buettner travel around the world to discover five unique communities where people live extraordinarily long & vibrant lives.

Saturday, October 14th

Movie Night at 7 pm (BL & BR)

BRUSH HILL showing: *Breakfast at Tiffany's*

Cast: Audrey Hepburn, George Peppard, Patricia Neal

Fortune hunter Holly Golightly finds herself captivated by aspiring writer Paul who moves into her building and romance blooms between them until Doc Golightly shows up and reveals her past.

BLUE HILL showing: *San Francisco*

Cast: Clark Gable, Jeanette MacDonald, Spencer Tracy

Clark Gable plays a Barbary coast kingpin. Jeanette MacDonald portrays a singer torn by her love for him and her need to succeed in the opera world. Spencer Tracy is a preacher who tries to reform the kingpin. And then there's the earthquake!

Sunday, October 22nd

The Jazzabelles at 6:30 pm (Brush Hill Function Room)

Founded in 2006 by a small group of female musicians, the Jazzabelles have evolved into an all-female, big band style Jazz band performing across eastern Massachusetts. From ballads and big band favorites to Broadway tunes and Latin selections, the band's repertoire covers a broad spectrum of genres while appealing to a cross-section of audiences and age groups. With a highly diverse sound and following, the Jazzabelles have performed at popular venues like the Ritz Carlton Hotel and The Lofts at Westinghouse as well as at various private functions, night clubs and summer concerts throughout the state. Join them this evening for some of their all-time favorites. ***Please note that moving forward, Sunday night musical performances will begin at 6:30 pm, not 7 pm.***

Weekly Highlights: Monday 10/23 – Sunday 10/29

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

Monday, October 23rd

Forest Therapy Walk with Jen at 10 am

Residents will meet at Brookwood Community Farm (transportation on your own) and spend time exploring nature through the 5 major senses. Participants should be able to walk about half a mile unassisted. Please call 617-361-7778 to sign up and contact Jen with questions.

Trader Joe's Patriot Place at 10 am

We visit a different grocery store every Monday - Call 617-361-7778 to sign up.

Singo at 7 pm (Brush Hill Function Room)

Over 70 people attend this fun and easy musical bingo-type game! The evening includes DJ music and cookie & soda bar. \$5.00 per card (no \$20's please). Last month the top winner received over \$150! And we tell you the SINGO title of the song to cross off on your card - easy! Sing-a-long if you like! Call 617-361-7778 to reserve transportation from Blue Hill.

Tuesday, October 24th

Blue Hill Observatory Tour & Foliage Drive at 2 pm

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

Wednesday, October 25th

***David Attenborough: A Life on Our Planet (Documentary) at 2 pm* (Brush Hill Function Rm)**

One man has seen more of the natural world than any other. This unique documentary is his witness statement. In his (then) 93 years, David Attenborough had visited every continent on the globe, exploring the wild places of our planet and documenting the living world in all its wonder. Now, he reflects upon both the defining moments of his lifetime as a naturalist and the devastating changes he has seen. Honest, revealing, and urgent, this documentary is a powerful first-hand account of humanity's impact on nature and a message of hope for all generations.

Thursday, October 26th

Sandi the Therapy Dog at 10 am (Blue Hill Activity Room)

Sandi the bernadoodle is a wonderful certified therapy/comfort dog. He and his owner, Kim, are coming back to visit us! Please come to meet them!

Music Lovers Club at 2 pm (Blue Hill Activity Room)

This group gathers monthly for a presentation and discussion of all things music! This month's topic is the life & music of Leonard Bernstein. The club is open to all residents so please join!

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

For more information, reach out to Roz Spigel at 617-690-3611.

Weekly Highlights: Monday 10/23 – Sunday 10/29

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

Friday, October 27th

One-on-One Technology Help (By Appointment) from 1-4 pm (Blue Hill Activity Room)

Liz Flaig returns, offering 20-minute 1-on-1 appointments to help with your technology needs, whether for your iPhone, Android, tablet, or laptop. To sign up for an appointment, please call Muriel at 617-361-7778.

Blue Hill Observatory Talk at 2 pm (Brush Hill Function Room)

The **Blue Hill Observatory and Science Center** is the foremost structure associated with the history of weather observations in the United States. Located atop Great Blue Hill right here in Milton, it is home to the oldest continuous weather record in North America. Ongoing research projects and collaborations at BHO cover a wide range of topics related to our long-term climate record. Learn about their equipment and programs, as well as early observations from this summer's data. **Don McCasland, Director of Operations and former Program Director**, is an educator and kite historian who works with teachers and students to develop educational programs covering all aspects of Atmospheric Science.

Long Lost String Band at 7 pm (Blue Hill Activity Room)

Looking for something different? Come check out this innovative Appalachian roots music fiddle/banjo duo as they explore old time songs and fiddle tunes. They always put on a good show!

Saturday, October 28th

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

Sunday, October 29th

Rivers Between Duo at 6:30 pm (Brush Hill Function Room)

Rivers Between is a Boston-based folk duo comprised of singer-songwriter Greg Kane and vocalist Kat Brooks. Greg's soulful compositions, engaging folk style guitar, and unique voice coupled with Kat's beautifully inventive harmonies, make them a local favorite. We are excited to welcome them back to Fuller!

Please note that moving forward, Sunday night musical performances will begin at 6:30 pm, not 7 pm.

Fuller Village
in Milton
— LIVE A FULLER LIFE —



THANKSGIVING DINNER BUFFET

THURSDAY, NOVEMBER 23rd

2:00 – 4:00 PM

Gordon House Dining Room

Turkey with Giblet Gravy

Brisket with Warm Demi Glaze

Whipped Potatoes

Green Bean Casserole

Sweet Mashed Potato Casserole

Fresh Baked Dinner Rolls with Butter

Home Made Cranberry Sauce

Apple Pie/Pumpkin Pie/Cookies

\$29.95 PER PERSON

Reservations required and begin Monday, October 23rd at 9:00 am and end Monday, November 6th, or when seating capacity is reached. Parties of 6 or less only. CALL JOEY AT 617-361-3231 - SPACE IS LIMITED

Gordon House

Dining Room Dinner Menu

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

Monday, October 23rd

Vegetable Lentil Soup (GF)
or Salad du Jour
Meatloaf (GF)
Herb Baked Halibut (GF)
Baked Sweet Potato Wedges, Zucchini and Tomato (GF)
Chocolate Chip Cookie or
Carrot Cake

Friday, October 27th

Seafood Bisque (GF)
or Salad du Jour
Beef Filet (GF)
Stuffed Sole (GF)
Mushroom Rice Pilaf, Sautéed Squash (GF)
Banana Foster Cookie
or Pumpkin Pie

Tuesday, October 24th

Chicken Noodle Soup (GF)
or Salad du Jour
Chicken Picatta (GF)
Honey Glazed Grilled Salmon (GF)
Mashed Parsnips, Asparagus (GF)
Snickerdoodle Cookie
or Apple Pie

Saturday, October 28th

Beef Chili (GF)
or Salad du Jour
Chicken Marsala (GF)
Mediterranean Flounder (GF)
Mashed Potatoes, Baby Carrots (GF)
Peanut Butter Cookie
or Cheesecake

Wednesday, October 25th

Beef and Vegetable Soup (GF)
or Salad du Jour
Turkey Tips With Gravy (GF)
Cod With Lemon Butter Sauce
Roasted Potatoes, Green Beans
Oatmeal Cookie
or German Chocolate Cake

Sunday, October 29th

Roasted Vegetable Soup (GF)
or Salad du Jour
Meatballs With Marinara (GF)
Shrimp Scampi (GF)
Spaghetti (GF), Broccoli (GF)
Sugar Cookie or French Silk Pie

Thursday, October 26th

Butternut Squash Soup (GF)
or Salad du Jour
Herb Marinated Pork Chops (GF)
Baked Stuffed Haddock (GF)
Couscous, Roasted Red Peppers With Cauliflower (GF)
Pumpkin Cookie
or Red Velvet Cupcake



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

Stuffed Mushrooms

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, Fruit Cup

Baked Haddock Entree...21.95 (GF)

Baked with Buttered GF Crumbs
Served with Entrée Sides.

Sandwich Special...14.00

Chicken Pesto Panini

With Provolone Cheese and Tomato.
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)

Gnocchi With Sage Butter

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, October 23rd

Chicken and Bacon Wrap

Lettuce, Tomato and Ranch Dressing

Tuesday, October 24th

Mushroom and Swiss Burger

Lettuce, Sauteed Onions and Tomato

Wednesday, October 25th

Grilled Vegetable Panini

With Tapenade Spread and Provolone Cheese

Thursday, October 26th

Cheeseburger Salad

Ground Beef, Lettuce, Tomato, Onions and
Pickles

Friday, October 27th

Tuna Melt Deluxe

Tuna, Bacon, Swiss Cheese and Tomato