

NOVEMBER 2023

Calendar Highlights

Trips – Sign-up for all trips will begin at 9 am on **Monday, October 30th**. Please call 617-361-7778 to sign up while spaces last!

Tama Japanese Ramen & Bar Food Happy Hour – Thursday, November 2nd at 2:30 pm

This great new restaurant just down the road in Canton serves a delightful appetizer happy hour – choose from a selection of food including crab Rangoon, sea salt edamame, and pan-fried dumplings, all priced between \$5-7.50. Grab a drink and enjoy the relaxing ambience and company. Van will return to campus by 5 pm.

Blue Hill Observatory Tour & Foliage Drive – Tuesday, November 7th at 2 pm

This trip was so popular, we're doing it again! Join our friends from the Blue Hill Observatory for a guided tour of the Mish Michaels Exhibit Hall, History Room, Observer's Room, and the outdoor instrument enclosure, with in-depth description and discussion of the equipment followed by a visit to the top of the Observatory tower. On the way home, our van will take the long way through the winding roads for a view of what promises to be some beautiful foliage! Tickets are \$10 and will be billed to your account.

Ron's Bowling & Ice Cream – Thursday, November 9th at 2 pm

Join your friends for a trip to Ron's, an old-fashioned (candlepin!) neighborhood bowling alley right around the corner from Fuller Village. Besides bowling, Ron's makes wonderful homemade ice cream that Presidents have stopped in to try! You can also enjoy reasonably priced lunch items such as pizza & hotdogs. Please bring cash to cover any food, shoe rentals (\$3.50/person), & bowling (\$4.50/person/game).

Women's Lunch to La Familia in Easton – Tuesday, November 14th at 11 am

La Familia is a family-owned Italian restaurant that also offers a few Portuguese favorites prepared with fresh ingredients daily. Please bring cash and plan for beverages, dessert, tax, and tip. Please note that last month's wait list gets priority, but there are still spots available!

Wakefield Estate & Arboretum – Monday, November 20th at 1 pm


Take advantage of our special relationship with our neighbors across the street. They provide monthly private tours for Fuller Village residents, geared toward the season and the weather. Even if you've been there a dozen times, you'll learn something new on this tour! Suggested donation of \$5; please bring cash.

Men's Lunch to Mick Morgan's in Sharon – Thursday, November 12th at 11 am

Mick Morgan's provides a traditional pub atmosphere with a wide selection of high-quality sandwiches, burgers, seafood, and other entrees. They also have a Crescent Ridge Ice Cream Shoppe on site in case you want to grab a pint to go! This is a great chance to get to know some of the other men at Fuller Village and enjoy a lunch out.

Peabody Essex Museum Guided Tour & Lunch at the Atrium Café – Thu, November 30th at 9:30 am

We are excited to return to the Peabody Essex Museum after a multi-year hiatus! For over 220 years, **PEM** has been dedicated to collecting, preserving, and showcasing compelling artwork throughout history and from around the world. We will begin our trip with a guided tour, followed by lunch on your own in the Atrium Café. \$20 covers access to the museum as well as the guided tour and will be billed to your account. The van will return to Fuller Village by 4 pm.

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 6:30 Rivers Between Duo (BR)	29 9:00 Pickleball 10:00 Market Basket - Brockton 10:15 Chair Fitness w/Carol (BL) 10:30 Blue Hill Coffee Hour 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) 2:00 Handcrafters (BL) 7:00 History with Paolo (BR)	31 Halloween 10:30 Functional Fitness (BR) 11:00 Bocce (BR) 12:00 Back to Basics (BL) 1:00 Tai Chi (BR) 4:00 Restorative Yoga (BR) 5:30 Lounge Night (BL) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR) 	1 10:00 Stop & Shop 10:15 Mobility & Stability (BR) 10:45 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:45 Chorus (BR) 2:00 Catholic Mass (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR)	2 10:00 Towel Cardio (BR) 10:00 COVID Vaccine (BL) 10:30 Bible Study (BR) 10:30 News, Coffee & Convo (BL) 11:00 Core on the Floor (BR) 11:30 COVID Vaccine Clinic (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/Jean (BR) 2:00 NeedlePoint (BR) 2:30 Trip: Tama Japanese Ramen & Bar 3:30 Bocce (BR) 4:30 Pickleball w/MacKenzie (BR)	3 9:00 Walking Club with Joey 10:30 Chair Yoga with Carol (BL) 12:30 Belly Dancing w/Betty Tamer (BR) 1:00 Rich Travers (BL) 2:00 Stop & Shop 6:30 Cribbage (BR) 7:00 Michael Goodwin (BL)	4 9:00 Pickleball 10:00 Fuller Village Harvest Festival (BR) 7:00 Movie Night (BR/BL)

The Silver Linings Hair Salon at the Gordon House is open Thu & Fri starting at 9 am. She will be closed on 11/23 & 11/24. 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 11/8 & 11/22 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/November 2023

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —

Weekend Highlights: Friday 10/27 - Sunday 10/29

See what's happening this weekend!

Friday, October 27th

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

Appointments are full but Liz will return in 2024 so please look out for future opportunities to get help with your technology needs!

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

This talk has been postponed. We will announce the new date soon.

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)

BRUSH 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!

BLUE HILL showing: *Scent of a Woman*

Cast: Al Pacino, Chris O'Donnell, Thomas Newman

An overbearing blind retired lieutenant colonel who hires a young guardian to assist him. They embark on a wild weekend trip which changes the lives of both men forever. Al Pacino won his first best actor award for his portrayal of the blind Colonel.

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 the start time for this performance is 6:30 pm, not 7 pm. Based on feedback from residents, we will be returning to a 7 pm start time in November.

Weekly Highlights: Monday 10/30 – Sunday 11/5

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

Monday, October 30th

Trip to Market Basket in Brockton at 10 am

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

Forest Therapy Walk with Jen at 11 am (Brush Hill Gazebo)

There are still some openings for this opportunity! This walk is designed for residents who may be more comfortable staying closer to the comforts of home. If you would like to sign up, please call the Brush Hill front desk and if you have any questions, please call Jen in the Fitness Center. Rides are available by request.

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

Topic: In League with the Devil: Witchcraft Panics in Colonial New England

The Salem Witchcraft Trials are a well-known tale from early American history. Yet, those events in Salem were not the only, nor the first, witchcraft panics in New England. This talk will tell the story of Puritans, superstition, and the various witchcraft scares throughout the colonial period.

Tuesday, October 31st

Happy Halloween!!       

Lounge Night at 5:30 pm (Gordon House Lounge at Blue Hill)

Reservations are full for this evening. If you have any questions, contact Joey at 617-361-3231.

Wednesday, November 1st

Catholic Mass at 2 pm (Brush Hill Function Room)

Father Bennett will be on site to perform Mass.

Thursday, November 2nd

COVID Vaccine Clinic at 10 am (BL Activity Rm) & 11:30 am (BR Function Rm)

See attached flyer for more information.

Trip to Tama Japanese Restaurant & Bar for Food Happy Hour at 2:30 pm

This great new restaurant just down the road in Canton serves a delightful appetizer happy hour – choose from a selection of food including crab Rangoon, sea salt edamame, and pan fried dumplings, all priced between \$5-7.50. Grab a drink and enjoy the relaxing ambience and company. Van will return to campus by 5 pm.

Weekly Highlights: Monday 10/30 – Sunday 11/5

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

Friday, November 3rd

Belly Dancing with Betty Tamer at 12:30 pm (Brush Hill Yoga Studio)

Unleash your inner dancer! Our very own fuller resident, Betty Tamer, will guide you in 30 minutes of creative movement, inspired by Betty's very own experience and love of dancing. No experience necessary!!

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: The Life and Music of Ray Charles

Ray Charles was a pianist, singer, composer, and bandleader, a leading entertainer billed as "the Genius." Charles was credited with the early development of soul music, a style based on a melding of gospel, rhythm and blues, and jazz music.

Michael Goodwin at 7 pm (Blue Hill Activity Room)

Special Veterans Day Show: From *The Star Spangled Banner* and *Yankee Doodle* to Irving Berlin and Glenn Miller, join us in honoring our veterans with a special program filled with some of our favorite music through the years. Sure to be an engaging and interactive show!

Saturday, November 4th

Fuller Village Harvest Festival from 10 am – 2 pm (Brush Hill Function Room)

It's time! After all of the hard work from dozens of residents, the Fuller Village Harvest Festival is taking place! Please be sure to invite friends and family and to come check out the crafts, baked goods, homewares, raffle baskets, and more. There will also be donuts and coffee for sale in the café from 10 am – 12 pm. We look forward to seeing you there!

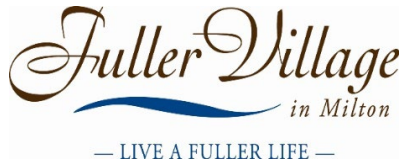
Movie Night at 7 pm (BL & BR) – *Titles to be announced*

Sunday, November 5th

Daylight Saving Ends – Don't forget to set your clocks back 1 hour!

The Continentals Duo (Drum/Keys) at 7 pm (Brush Hill Function Room)

The Continentals are one of New England's longest running entertainment groups and have a repertoire that spans the decade from the '40s and up, covering most musical genres. They've played as a full band and in duo sets for us several times – come enjoy a great musical evening led by Jack Coleman on keys and Don McNeil on percussion. ***Based on feedback from residents, we will be returning to a 7 pm start time for our Sunday evening shows in November.***



Updated COVID Vaccine Clinic is scheduled!

Thursday, November 2, 2023

10:00 am Blue Hill Activity Room

11:30 am Brush Hill Function Room

Check your resident mailbox next week for your appointment time.

Please remember the following:

1. Wear a short sleeve shirt/blouse.
2. Do not show up early. Please come at your assigned appointment time.
3. Please bring your Medicare/insurance with you.

If you have not already registered and are interested in receiving the updated vaccine, please call Joey at

617-361-3231.

New Fitness Opportunities!

Pop-up Class: Belly Dancing with Betty Tamer

Friday, November 3rd at 12:30pm in the Brush Hill Yoga Studio

Unleash your inner dancer! Our very own Fuller resident, Betty Tamer, will guide you in 30 minutes of creative movement, inspired by Betty's very own experience and love of dancing. No experience necessary!!



New Activity: Water Volleyball

Every Monday @ 3pm, starting on November 6th

Come test out your fitness while having fun with your friends. Play will be friendly & non-competitive.



Swimming Lessons Now Offered!

Beginning Thursday, November 9th at 10:30

Learn to Swim OR Improve Your Swim Stroke with Fuller Village Lifeguard, Izzy! Join Izzy in the pool to learn to swim or improve your swim stroke. The initial meeting will be more of an evaluation, and you will then work with Izzy to become more comfortable in the water.



If you have any questions, please speak to Jen in the Fitness Center.

Gordon House

Dining Room Dinner Menu

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

Monday, October 30th

Split Pea Soup (GF)
or Salad du Jour
Roasted Turkey Breast (GF)
Herb Marinated Grilled Salmon (GF)
Roasted Parsnips, Carrots and Brussel Sprouts (GF)
Peanut Butter Cookies or
Blueberry Pie

Friday, November 3rd

New England Clam Chowder (GF)
or Salad du Jour
Onion Braised Brisket (GF)
Fish Cakes (GF)
Roasted Fingerling Potatoes, Green Beans (GF)
Smores Cookies
or Cream Pie

Tuesday, October 31st

Turkey Noodle Soup (GF)
or Salad du Jour
BBQ Ribs (GF)
Crab Cakes With Remoulade (GF)
Roasted Purple Potatoes, Cider Glazed Carrots (GF)
Carnival Cookies
or Pumpkin Pie

Saturday, November 4th

Broccoli and Cheddar Soup (GF)
or Salad du Jour
Franks & Beans
Cod Picatta (GF)
Potato Wedges, Peas and Corn (GF)
Peanut Butter Cookie
or Apple Pie

Wednesday, November 1st

Beef and Barley Soup (GF)
or Salad du Jour
Veal Scaloppini (GF)
Baked Stuffed Shrimp (GF)
Rice Pilaf, Mixed Vegetables (GF)
Chocolate Chip Cookies
or Chocolate Cupcake

Sunday, November 5th

Sausage and Kale Soup (GF)
or Salad du Jour
Shepards Pie (GF)
Seafood Casserole (GF)
Couscous, Asparagus (GF)
Banana Foster Cookie
or Assorted Desserts

Thursday, November 2nd

Harvest Vegetable Soup (GF)
or Salad du Jour
Chicken Schnitzel (GF)
Sole Oscar (GF)
Mashed Potatoes, Broccoli and Cauliflower (GF)
Oatmeal Cookies
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

Spinach Artichoke Dip With Chips

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

Italian Ciabatta

Italian Cold Cuts, Lettuce, Tomato, Red Onion and Provolone Cheese.

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)

Vegetable Lasagna

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 30th

Pastrami Reuben

Sauerkraut, Swiss Cheese, and Thousand Island
on Marble Rye

Tuesday, October 31st

Egg Salad on Croissant

Bacon, Lettuce, Tomato, Cheese

Wednesday, November 1st

Chicken Quesadilla

With Guacamole and Tortilla Chips

Thursday, November 2nd

Smash Burger

Two Beef Patties, Grilled Onions and Cheese.
Served with Potato Wedges

Friday, November 3rd

Shrimp Scampi

Over Linguine Pasta