

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 7:00 Good Tymes Banjo Band (BR)	12 9:00 Pickleball 13 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) 3:00 Water Volleyball 7:00 History with Paolo (BL)	10:00 Birthday 14 Breakfast (BL) 10:30 Functional Fitness (BR) 11:00 Bocce (BR) 11:00 Women's Lunch to La Familia 12:00 Back to Basics (BL) 1:00 Tai Chi (BR) 1:30 Meditation (BL) 3:00 "What Did You Do In The War, Mummy" (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Stop & Shop 15 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 (BL) 2:30 Aqua Fit w/Crystal (BR) 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR)	10:00 Towel Cardio 16 (BR) 10:30 Adult Swim Lessons w/Izzy 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 NeedlePoint (BR) 3:00 Medicare Open Enrollment Tips (BL) 3:30 Bocce (BR) 4:30 Pickleball w/MacKenzie (BR) 6:30 Pub Night w/ The Moscas (BR)	9:00 Walking 17 Club with Joey 10:00 Aqua Fit with Crystal (BR) 10:30 Chair Yoga with Carol (BL) 2:00 Curry College Professor Talk: Blacklash Cinema (BR) 2:00 Stop & Shop 4:30 Friday Night Services (BR) 6:30 Cribbage (BR)	18 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. 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 11/22 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

November 2023

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



Weekend Highlights: Friday 11/10 - Sunday 11/12

See what's happening this weekend!

Friday, November 10th

Veteran's Day Program at 1:30 pm (Brush Hill Function Room)

The Fuller Village Chorus and several residents who have served in the Armed Forces will lead this program to honor our veterans. We are pleased to have Kevin Cook, Director of Veteran Services for Milton, in attendance for our event. If you are a veteran that would like to do a reading or share any remarks for the ceremony, please contact Julia at 617-361-2116 as soon as possible. All are welcome for this special program.

Ron Cote at 7 pm (Blue Hill Activity Room)

Whether playing with his band, The Castle Tones, or performing solo, Ron is a Fuller Village favorite! He is sure to entertain with a variety of oldies and feel-good tunes!

Saturday, November 11th

Veterans Day

Please note the Town of Milton and the office of Veteran Services will hold a Veterans Day Ceremony today at 11 am at Milton's Town Hall.

Fuller Village is unable to provide transportation, but wanted to share the information for those who are able to attend on their own:



Milton's Select Board and Milton Veterans Services, along with members of the American Legion Post 114 will conduct ceremonies to commemorate all our Veterans past and present. They will be joined by Milton High Chorus and Marching Band. If you should have any questions regarding this year's observance, you may contact Kevin J Cook at kcook@townofmilton.org or 617-251-7767.

Movie Night at 7 pm (BL & BR)

BRUSH HILL showing: *Dr. Zhivago (Part I)*

Cast: Omar Sharif, Julie Christie, Geraldine Chaplin, Alec Guinness, Rod Steiger

Boris Pasternak's epic tale of war and love. Omar Sharif plays the title role, Julie Christie his love, and both caught up in the tidal wave of history. Winner of 5 Academy Awards including a haunting melody: Lara's Theme.

BLUE HILL showing: *Dr. Zhivago (Part II)*

Cast: Omar Sharif, Julie Christie, Geraldine Chaplin, Alec Guinness, Rod Steiger

See description above.

Sunday, November 12th

The Good Tymes Banjo Band at 7 pm (Brush Hill Function Room)

The Good Tymes Banjo Band is a non-profit band of volunteer musicians who love the music of the "Great American Songbook", the fun they get from the band, and the wonderful feeling they get from entertaining people. The four string tenor banjo was very popular in the teens, twenties and thirties, but faded from the music scene with the advent of the big bands. However, the happy toe-tapping music of that bygone era is still alive and well.

Weekly Highlights: Monday 11/13 – Sunday 11/19

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

Monday, November 13th

Wegman's at 10 am

We visit a different grocery store every Monday and Wegman's is a favorite so be sure to call 617-361-7778 to reserve a spot while you can.

History with Paolo at 7 pm (Blue Hill Activity Room)

Topic: Armistice: War, Peace, and Commemoration of the Great War

In November 1918, World War I came to an end. It was the deadliest, most destructive war in history at that time. As the fighting ended, diplomats gathered to shape a post-war world, and citizens of the former combatants searched for a way to memorialize those who had fallen in the conflict. This lecture will explore how political leaders attempted to ensure peace, and how the people remembered their dead.

Tuesday, November 14th

Birthday Breakfast at 10 am (Blue Hill Activity Room)

All are welcome to join us to celebrate November birthdays. Fresh fruit, pastries, and coffee will be provided. Generously co-sponsored by our friends at Bank of Canton.

Women's Lunch to La Familia at 11 am

This trip is full with a waitlist.

Group Meditation at 1:30 pm (Blue Hill Activity Room)

Join Andy Kelley, the "Boston Buddha" for 30 minutes of guided group meditation and a brief discussion. Please note that these sessions will start at 1:30 pm moving forward.

"What Did You Do in the War, Mummy?" at 3 pm (Brush Hill Function Room)

During World War II, Eleanor Hanna and Jerome Judge served in the United States Navy, she as a Yeoman in the WAVES where she performed as a member of the Singing Platoon, he as a Foreign Intelligence Officer in Central America and as Executive Office on a Landing Ship Tank during the D-Day invasion. Their wartime service took them all over the United States and into several European war zones. Fuller Village resident Maria Judge has collected her parents' experiences in a colorful story of wartime adventures on the front lines as well as on the home front.

Wednesday, November 15th

Catholic Mass at 2 pm (Blue Hill Activity Room)

Father Bennett will be on site to celebrate Mass.

Treats & Tea at 2:45 pm (Gordon House Dining Room)

Join your neighbors for some coffee, tea, and light treats. All are welcome!

Caring Committee at 3 pm (Brush Hill Function Room)

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

Weekly Highlights: Monday 11/13 – Sunday 11/19

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

Thursday, November 16th

Medicare Open Enrollment Tips at 3 pm (Blue Hill Activity Room)

Medicare Open Enrollment runs through December 7th! Come to our talk to learn if you should make changes to your health and/or drug plan and how to get help with doing it. Resident Jane McLellan is a certified SHINE Counselor who will offer individual appointments to follow this presentation – come to learn more and to sign up for your appointment.

Pub Night with The Moscas at 6:30 pm (Brush Hill Function Room)

We'll be putting down the dancefloor and swinging to hits from across the decades! Doors open at 6:30, when we'll start serving complementary appetizers and open the bar. Starting at 7 pm, entertainment will be provided by The Moscas - brothers Mike & Nick Mosca who have performed together for years featuring the unique combination of voice, guitar, saxophone, keyboard, and flute. From Stevie Wonder to James Taylor, John Coltrane to Carole King, classic songs to original compositions, The Moscas traverse the styles, sounds, and genres of music with freedom and spontaneity.

Friday, November 17th

Curry College Professor Talk: Blacklash Cinema at 2 pm (Brush Hill Function Room)

Jayson Baker, PhD, Chair & Associate Professor of Communication at Curry College, will share his presentation, *Blacklash Cinema: Movies and Representation*. This presentation discusses the representation of race relations through contemporary American film. The lecture will share and explain how the volume of antebellum-themed (ex: *Lincoln*, *Emancipation*, *Harriet*, *Django Unchained*) and Civil Rights Era (*Green Book*, *The Butler*, *Till*, *BlacKkKlansman*, *Judas and the Black Messiah*) movies are reimaged in the contemporary era. The audience will be asked to think about ways movies contribute to racial discourses and citizenship rights in the US by drawing on historical films.

Friday Night Services at 4:30 pm (Brush Hill Function Room)

Rabbi Benjamin will be on site for monthly services.

Saturday, November 18th

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

Notes from the Residents Association

Fall Harvest Festival Success!

We are grateful to all of our wonderful residents for helping to make the Fuller Harvest Festival a success! On Saturday, proceeds exceeded \$11,000. A full report will be forthcoming. Truly, we are blessed to be living at Fuller with such generous people. Special thanks to Molly, Joey and Julia for their support as well as the rest of our wonderful staff.

- Fall Harvest Festival Steering Committee

A Special Thank You to the Bakers

To all my Fuller Village bakers and sellers, I send you a heartfelt thank you. With your generous support and willingness to bake, we successfully brought in \$1887 to support the Residents Association at the bake sale at our Fall Festival. You all are my heroes. You're always there to support Fuller Village in any way you can. It's a wonderful feeling to know I can count on every one of you to come through for Fuller Village...and for me!

Thank you again.

- Mimi Roos

Upcoming Event Sponsored by the Activities Committee

A Thanksgiving **FRESH FLOWER Arrangement Class** will be held on **Tuesday, Nov. 21 at 3:00 in the Brush Hill Café. Only \$25**, cash or check. Florist Jennifer *Allen (niece of resident Marty Allen)* owns Market Floral Studio, Boston. Jennifer recently won 1st prize in the international floral show "Fleurs de Villes" Boston Voyage 2023 held at the Prudential Center and featured on local TV news. Jennifer won with her assigned mannequin that had to depict a woman from India using all fresh flowers. If you wish to take his special discounted class for residents, please contact Marty (617-312-8058) as limited seating. Surprise your family at Thanksgiving with your lovely arrangement!

Gordon House

Dining Room Dinner Menu

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

Monday, November 13th

Beef and Barley Soup
or Salad du Jour
Roasted Chicken (GF)
Mediterranean Sole (GF)
Pasta With Marinara (GF), Baby Carrots (GF)
Blueberry White Chocolate Cheesecake or
Key Lime Cookie

Friday, November 17th

Cream of Broccoli (GF)
or Salad du Jour
BBQ Braised Brisket (GF)
Lobster Raviolis With Alfredo Sauce (GF)
Roasted Potatoes (GF), Carrot Tzimmins (GF)
Tiramisu
or Chocolate Chip Cookie

Tuesday, November 14th

Cream of Potato Soup (GF)
or Salad du Jour
Turkey Dinner (GF)
Baked Salmon (GF)
Mashed Potatoes (GF), Stuffing, Green Beans (GF)
Peanut Butter Cookie
or Pineapple Upside Down Cake

Saturday, November 18th

Minestrone (GF)
or Salad du Jour
Pulled Pork (GF)
Fried Shrimp (GF)
Warm German Potato Salad (GF), Corn (GF)
Brownie
or White Chocolate Macadamia Cookie

Wednesday, November 15th

Vegetable Lentil Soup (GF)
or Salad du Jour
Veal Liver and Onions (GF)
Cod Puttanesca (GF)
Sweet Potato Wedges (GF), Brussels Sprouts (GF)
Smore's Cookie
or Assorted Pies

Sunday, November 19th

Vegetable Florentine Soup (GF)
or Salad du Jour
Chicken Pot Pie (GF)
Stuffed Baked Haddock (GF)
Mashed Sweet Potato (GF), Chef's Medley (GF)
Assorted Cookies or Assorted Desserts

Thursday, November 16th

Chicken Noodle Soup (GF)
or Salad du Jour
Pork Tips (GF)
Seared Halibut (GF)
Rice Pilaf (GF), Roasted Root Vegetables (GF)
Oatmeal Raisin Cookie
or Chocolate Torte



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

Mini Crab Cakes with Remoulade (GF)

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

Pesto Chicken 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)

Vegetable Carbonara

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, November 13th

Ham and Swiss Melt

Dijon Mustard and Pickle Spear

Tuesday, November 14th

Chicken and Ranch Wrap

With Cheddar Cheese and Bacon

Wednesday, November 15th

Open Face Turkey Sandwich

Mashed Potatoes, Gravy and Cranberry Sauce

Thursday, November 16th

BBQ Bacon Burger

Lettuce, Tomato and Onion

Served with Steak Fries

Friday, November 17th

Smoked Salmon Cucumber Rolls