

SUN	MON	TUE	WED	THUR	FRI	SAT
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL)	10:00 Pickleball 10:00 Trader Joe'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 Library Book Club (BL) 3:00 Water Volleyball 7:00 New Yorker Short Stories (BR)	10:30 Functional Fitness (BR) 11:00 Women's Lunch to Mr. Chan's 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 2:00 Opera on Demand (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Stop & Shop 10:15 Mobility & Stability with Carol (BR) 10:45 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) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR)	10:00 Towel Cardio (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) 12:00 Men's Lunch to Eire Pub 12:30 Line Dancing w/Jean (BR) 2:00 Music Lovers Club (BR) 2:00 NeedlePoint(BR) 3:00 Senior Ballet Pop-Up Class (BR) 4:30 Blue Hill Book Club (BL) 6:30 Duplicates Bridge (BR) 7:00 History w/Paolo (BR)	9:00 Walking Club w/Joey 9:00 Technology Help by Appointment (BR) 10:00 Aqua Fit w/Crystal (BR) 10:30 Chair Yoga w/Carol (BL) 2:00 Stop & Shop (BR) 2:00 Game On! 6:30 Cribbage (BR) 7:00 Madeleine Metraux (BL)	10:00 Pickleball 2:00 Family Swim 5:30 Pizza Dinner (BR Cafe) 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 1/24 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

January 2024

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



Weekend Highlights: Friday 1/19 - Sunday 1/21

See what's happening this weekend!

Friday, January 19th

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

Rabbi Benjamin will be on site for monthly services.

Saturday, January 20th

Movie Night at 7 pm (BL & BR)

Brush Hill showing: *Pretty Woman*

Cast: Julia Roberts and Richard Gere

A business arrangement between a beautiful prostitute and a rich businessman turns into a week long love story.

Blue Hill showing: *Saturday Night Fever*

Cast: John Travolta, Karen Lynn Gorney, Barry Miller

John Travolta is having difficulty with his typical Italian Family and takes out his energy every Saturday Night dancing at a disco. This movie stars the music of the Bee-Gees.

Weekly Highlights: Monday 1/22 – Sunday 1/28

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

Monday, January 22nd

Trip to Trader Joe's Patriot's Place at 10 am

Every Monday, we take a special trip to a different grocery store. Call 617-361-7778 to sign up.

Author Talk: Kevin P. Martin, Jr. "All is Well"

Postponed – please look for updates in February or March.

Library Book Club at 3 pm (Blue Hill Library)

Join Milton Public Library Director, Will Adamczyk, for a discussion of this month's book: *Rebels at Sea* by Eric Jay Dolin. He will also hand out copies of next month's book: *New England Bound* by Wendy Warren. If you are unable to make it but would like a copy of the next book, please contact Julia at 617-361-2116.

Weekly Highlights: Monday 1/22 – Sunday 1/28

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

Monday, January 22nd (Continued)

New Yorker Short Story Discussion Series at 7 pm (Brush Hill Function Room)

Resident Ruth Segal leads this interesting group with information about the author, artwork, and a discussion about each short story. A link or copy of the stories that will be discussed can be obtained ahead of time by reaching out to Ruth at 617-910-9207. Brought to you by the Fuller Village Residents' Association Activities Committee.

Tuesday, January 23rd

Women's Lunch at Mr. Chan's at 11 am

This month, the Women's Lunch will visit Mr. Chan's Restaurant in East Milton for creative Asian cuisine. The Chan family has been serving delicious Chinese and Asian fusion across the area for over 20 years. Their menu includes excellent lunch specials as well. There is still space available so call 617-361-7778 to reserve your spot!

Meditation at 1 pm (Blue Hill Activity Room)

Andy Kelley, the Boston Buddha, will lead a short guided meditation and open up time for questions and discussion. For beginners and experienced meditators alike!

Metropolitan Opera On Demand at 3 pm (Blue Hill Activity Room)

Showing: Die Zauberflöte

The final new production of the 2022-23 season was an ingenious and enchanting take on *Die Zauberflöte* from the British director *Simon McBurney*. With its dazzling combination of projections, puppetry, and special effects – including live video and Foley artists – the staging matched the musical wizardry of Mozart's timeless fable. Maestro *Nathalie Stutzmann* takes the podium for this performance from the company's Live in HD series, with tenor *Lawrence Brownlee* and soprano *Erin Morley* starring as the noble lovers Pamina and Tamino. In his debut season, baritone *Thomas Oliemans* is the hapless yet utterly lovable bird catcher Papageno, with bass *Stephen Milling* as Sarastro and *Kathryn Lewek* delivering a hair-raising portrayal as the Queen of the Night – a role that she has sung more than any other soprano in Met history. (*Run time: 2 hour, 40 minutes*)

Weekly Highlights: Monday 1/22 – Sunday 1/28

Look out for these special events and offerings next week! (Page 3)

Thursday, January 25th

Men's Lunch to Eire Pub at 12 pm

Located in the heart of one of Boston's oldest neighborhood, the Eire Pub has been a fixture for over 50 years. Originally opened as a traditional "Men's Bar", the Eire has evolved into a world class eating and drinking establishment. With boisterous regulars, a jovial proprietor, and a generous and satisfying menu, Eire Pub is a place you will remember whether you stop there once, or once a day. Call 617-361-7778 to sign up.

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

All are welcome for this monthly meeting of music lovers! This month's topic is *Classical to Pop*. Judy Cobble will present videos of classical music themes that inspired pop tunes. You'll be tapping your toes while you learn something new!

Senior Ballet Pop-Up Class at 3 pm (Brush Hill Yoga Studio)

Put on your dancing shoes for a pop-up/interest ballet class. Channel your inner ballerina and enjoy some gentle movement that will improve your balance and overall fitness. This class will be led by Milton High School junior, Mae Anthony, a life-long dancer who has trained at Tony William Dance Center and Jose Mateo Ballet Theater.

Duplicates Bridge at 6:30 pm (Brush Hill Card Room)

Residents are organizing a duplicate bridge game starting January 11th at 6:30 pm in the Brush Hill Card Room. The group will play three Thursdays a month (taking off the night for Pub Nights). People interested should contact Philip Driscoll at 617-922-8646.

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

Marking Time: How a Roman General, a Renaissance Pope, & a British King Shaped Our Concept of Time - The modern calendar shapes our lives. We mark holidays, birthdays, and special events in our calendars, and our economic, social, and political structures are all tied to the shape of the year. But how did our calendar come to be? The story behind the creation of the modern calendar is a tale of science, ego, religion, and power.

Friday, January 26th

Technology Help by Appointment from 9 am - 12 pm (Brush Hill Function 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 617-361-7778.

Weekly Highlights: Monday 1/22 – Sunday 1/28

Look out for these special events and offerings next week! (Page 4)

Friday, January 26th (Continued)

Game On at 2 pm (Brush Hill Function Room)

Game On! Friday is Game Day! We will be transforming the Function Room into a game room with ping pong, cornhole, board games, giant Jenga and Connect 4, Wii Bowling, and more. There will be something for everyone in a fun environment that makes room for regular players and beginners alike!

Madeleine Metraux at 7 pm (Blue Hill Activity Room)

Please join us for an unforgettable evening! At the unbelievable age of 15, Madeleine has a shockingly mature soprano with an impressive range and a stage presence to match. With a level of professionalism and confidence beyond her years, she plans to pursue a vocal performance degree in Geneva after graduating from high school in Massachusetts.



Saturday, January 27th

Pizza Night Social at 5:30 pm (Brush Hill Café)

\$5.00 for 2 large slices of cheese pizza, tossed salad, soda and a sweet treat. Enjoy small group table settings and meet other residents. **You must register beginning on Monday the 22nd by calling Marty Allen at 617-312-8058.** This is a FVRA Activities Committee Sponsored event. (Please do NOT call the BR front desk for this particular event; call Marty Allen). Newcomers, this is a wonderful way to meet residents! If you need transportation to Brush Hill, be sure to reserve a ride in advance by calling 617-361-7778! This event is limited to 25 people. (No take-out!)

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

Sunday, January 28th

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.

Notes from the Program Director

Greenhouse Opening: Attention all gardeners!

The new greenhouse will start operation on February 1st. Fuller resident Robert Wright will be the greenhouse manager. If you plan to start your vegetable or flower seeds in the greenhouse, you should contact Robert so he may reserve a space for you. Please send him your email and phone number. Robert's email is robertwright0@gmail.com and his phone is 501-231-3162. The greenhouse, located in the Blue Hill community garden, is for all Fuller residents on both campuses. In it you can start your favorite varieties at just the right time for the plants to be ready to go into your garden, not too early and not too late. All the soil, pots, flats and labels you will need are provided. We'll have instruction for those inexperienced in greenhouse gardening. Enjoy!

New Art on Display at Brush Hill Gallery

We are thrilled to have artwork from two of our talented residents on display in our Brush Hill Gallery starting this week. Thank you to **Joanne Thompson** for lending us three lovely portraits she drew after taking drawing classes in North Carolina. Also thank you to **Tom Judd**, who has lent three of his own paintings as well as two pieces of his father, Will's, artwork. Please visit the gallery (keep going past the fitness center and take a left!) to see these pieces and read more about both of our artists in their bios. Their art will be on display through mid-March.

If you are an artist interested in displaying your work, please reach out to Julia at 617-361-2116 or jmacmahon@fullervillage.org.

Writing Our Way Home: A Memoir Writing Group led by Betsy Abrams

We are excited to welcome back Betsy Abrams, a trained Amherst Writers Association facilitator who runs a 6-session memoir writing group several times a year at Fuller Village. In this group, participants use writing as a tool for reflection, to share stories, and write essays and poems about their life experiences. They develop a sense of community and appreciation for each person's journey. Beginning in February, this group will begin again, welcoming returning and new members. Together, group members will use writing prompts and poetry to inspire them and to further explore and write about their lives. Respect and confidentiality will be at the heart of this writing group. *Please contact 617-361-7778 if you would like to sign up.* Space is limited to 12 participants. The group will meet every other Thursday in the Blue Hill Activity Room from 3:30-5 pm over a 12-week period, meeting on 2/1, 2/15, 2/29, 3/14, 3/28, 4/11.

Brush Hill Café Specials

– Daily Specials –
all served with one side... 14.00

Monday, January 22nd

Tuna Melt Deluxe

Bacon, Tomato, Swiss Cheese, Marble Rye Bread

Tuesday, January 23rd

Ham and Swiss Panini

With Mustard and Pickle Spear

Wednesday, January 24th

Meatball Parmesan Sub

Topped with Fresh Basil, Mozzarella, and
Housemade Marinara Sauce

Thursday, January 25th

Chicken and Ranch Wrap

With Lettuce, Tomato and Bacon

Friday, January 26th

Fried Shrimp

Served with Tarter Sauce, Coleslaw
and French Fries

Gordon House

Dining Room Dinner Menu

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

Monday January 22nd

Cabbage Soup (GF)
Or Salad du Jour
Fried Chicken
Salmon Fish Cake (GF)
French Fries, Coleslaw (GF)
Chocolate Chip Cookies
or Blondie Bar

Friday, January 26th

Wild Rice and Chicken Cream Soup (GF)
or Salad du Jour
Baked Meatballs With Marinara
Maryland Crab Cakes (GF)
Spaghetti, California Vegetable Mix (GF)
Oatmeal Cookies
or Lemon Chess Pie

Tuesday, January 23rd

Hot and Sour Soup (GF)
Or Salad du Jour
Beef Tips With Mushroom Sauce (GF)
Shrimp Puttanesca (GF)
Herb Buttered Egg Noodles, Parsnips and
Carrots (GF) Carnival Cookies
or Pecan Pie

Saturday, January 27th

Tomato and Rice Soup (GF)
or Salad du Jour
Roast Turkey (GF)
Shaved Fennel Salad Over Salmon (GF)
Mashed Potatoes (GF), Squash and Tomato (GF)
Peanut Butter Cookies
or Dutch Apple Pie

Wednesday, January 24th

Beef and Orzo Soup
or Salad du Jour
Beef Meatloaf With Gravy (GF)
Herb Crusted Sole (GF)
Roasted Sweet Potatoes (GF), Succotash (GF)
Sugar Cookies
or Bread Pudding

Sunday, January 28th

Pasta Fagioli Soup (GF)
or Salad du Jour
Chicken Marsala (GF)
Lemon Pepper Baked Haddock (GF)
Herbed Couscous (GF), Roasted Brussel Sprouts (GF)
Assorted Cookies
or Cheesecake

Thursday, January 25th

Potato and Leek Soup (GF)
or Salad du Jour
Honey Glazed Pork Tenderloin (GF)
Creole Baked Cod (GF)
Rice Pilaf (GF), Peas and Carrots
(GF) Salted Mocha Truffle Cookies
or Vanilla Mousse



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

Deviled Eggs

Topped with Crispy Bacon Bits, Chives and Pickled Onions

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.

Fuller Village

Hamburger/Cheeseburger...13.00

On a Toasted Brioche Bun
with Lettuce, Tomato, and Onion.

Sandwich Special...14.00 (GF)

"B.Z.T" Panini

Mozzarella Cheese, Bacon, Grilled
Zucchini and Tomato

Impossible Burger...15.00 (V)

On a Toasted Brioche Bun with
Lettuce, Tomato, and Onion.

Salad Special...12.00 (V)

Chopped Salad

Romaine Lettuce, Cucumbers, Tomatoes,
Red Onions, Peppers and Feta Cheese

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

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

Vegetarian Special... 15.00 (V)

Vegetable Quiche

Served with Side Salad

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.