

SUN	MON	TUE	WED	THUR	FRI	SAT
11:00 New Yorker Short Stories (BR) 2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 7:00 Frederick Moyer (BR)	10:00 Pickleball 10:00 Wegman's 10:15 Chair Fitness with Carol (BL) 10:30 Blue Hill Coffee Hour 11:00 Floor Yoga w/ Carol (BR) 11:15 Aqua Fit with Jean (BR) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL) 3:00 Water Volleyball	10:00 Birthday Breakfast (BL) 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 1:00 Ron's Bowling & Ice Cream 2:00 Rich Travers (BR) 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) 2:00 Residents' Association Board Meeting (BL) 2:30 Aqua Fit with Crystal (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR) 7:00 History with Paolo (BL)	10:00 Towel Cardio (BR) 10:00 Talbots in Hingham 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 BI - Milton Doc Talk: Back Health (BL) 2:00 NeedlePoint (BR) 3:30 Social Justice Action Group (BR)	9:00 Walking Club with Joey 10:00 Aqua Fit with Crystal (BR) 10:30 Chair Yoga with Carol (BL) 12:30 Belly Dancing w/Betty Tamer (BR) 2:00 Stop & Shop in Hyde Park 6:30 Cribbage (BR) 7:00 Lenny Weiner "Pop Songs of the Past" (BL)	10:00 Pickleball 2:00 Family Swim 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 1/10 & 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

Fuller Village
in Milton
— LIVE A FULLER LIFE —

Weekend Highlights: Friday 1/5 - Sunday 1/7

See what's happening this weekend!

Friday, January 5th

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: *Rhinestones and Outlaws - Country and Western Music*

Country Music originated in the Southern United States in the 1920s. It takes its roots from the southeastern genre of American Folk Music, Old Time Music and Hillbilly music. This lecture will include the greatest songs and performers from the Grand Ol' Opry (Patsy Cline, Roy Acuff, Ernest Tubb, Chet Atkins etc), music from the Outlaws (Johnny Cash, Willie Nelson, Merle Haggard etc) and present some of today's artists and musicians who are the new voice of Country Music.

Herbie Rae Duo at 7 pm (Blue Hill Activity Room)

Herbie has been performing for over 20 years as a band leader, vocalist, and master of ceremonies. Join him and pianist Steve Heck for a non-stop, upbeat hour of music from the Great American Songbook!

Saturday, January 6th

Pancake Breakfast from 9-11 am **CANCELED**

Movie Night at 7 pm (BL & BR)

Brush Hill showing: *The Blues Brothers*

Cast: John Belushi, Dan Ackroyd, James Brown, Ray Charles, Aretha Franklin

Two brothers who were orphans decide to visit the Catholic Orphanage that brought them up. When the priest told them it was closing because of nonpayment of taxes, they decide to help them.

Blue Hill showing: *The Holdovers (2023)*

Cast: Paul Giamatti, Davine Joy Randolph, Dominic Sessa

Professor at a private boys' school is forced to stay over the holidays with a group of boys who have no place to go.

Sunday, January 7th

New Yorker Short Stories Discussion at 11 am (Brush Hill Function Room)

Do you enjoy reading Short Stories? Haven't read any recently? Consider joining a *New Yorker* Short Story Group. We will read and discuss stories from the *New Yorker Magazine*. The *New Yorker* publishes a new piece of fiction each week. Stories are written by established authors, as well as newcomers. The 4 stories that have been chosen vary in length and content. Stories will be available online, in print and some in audio format. This is the first of four meetings (the remaining dates are Monday, January 22nd at 7 pm, Sunday, February 4th at 11 am, and Monday, February 19th at 7 pm). Come to one meeting or many and let's share our thoughts and opinions. If interested or have questions, please call Ruth Segal at (617) 910-9207. Ruth will send titles with links or copies of the short stories, once she knows who will be joining.

Frederick Moyer (Pianist) at 7 pm (Brush Hill Function Room)

Back by popular demand! Frederick is a classically trained pianist who puts on a creative, engaging, and entertaining show. To help you fully enjoy the performance, he uses his innovative MoyerCam, which projects a view of his fingers on the keys for the audience to see. Thank you to the Fuller Village Residents' Association for co-sponsoring this special performance.

Weekly Highlights: Monday 1/8 – Sunday 1/14

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

Monday, January 8th

Wegman's Trip at 10 am

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

Tuesday, January 9th

Birthday Breakfast at 10 am (Blue Hill Activity Room)

All are welcome to join us to celebrate our residents with January birthdays! As always, we will have fresh fruit, pastries, and coffee. Generously co-sponsored by our friends at Bank of Canton.

Ron's Bowling & Ice Cream Trip at 1 pm

Candlepin bowling and delicious homemade ice cream! Ron's is a short drive away and is a fun way to spend your afternoon, whether you want to bowl or just socialize over a sundae! There are also reasonably priced lunch items for sale, including hot dogs and pizza. Please bring cash to cover any food as well as shoe rentals (\$3.50/person) and bowling (\$4.50/person/game) for those who want to play. The van will be available to drive people back early who come just for the ice cream.

Rich Travers at 2 pm (Brush Hill Function Room)

Topic: All Aboard: The Conductor

What are the responsibilities of a 'Maestro'? What do all those conducting motions signify? Music examples of composers and the famous conductors (and egos) from all periods will be listened to, analyzed, and discussed.

Wednesday, January 10th

Residents' Association Board Meeting at 2 pm (Blue Hill Activity Room)

All residents are welcome to attend.

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

Topic: The Origins of Ancient Greece: The Aegean World in the Bronze Age

Often, when we think of Ancient Greece, we picture the architectural splendor of the Parthenon or the intellectual curiosity of Plato and Aristotle. Yet the history of Greece begins thousands of years before the Golden Age. The story of the development of Greek culture involves war, peace, prosperity, and destruction, and is one of the foundations of the West.

Weekly Highlights: Monday 1/8 – Sunday 1/14

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

Thursday, January 11th

Trip to Talbots Outlet in Hingham at 10 am

Talbots is known for its fashionable women's clothing, shoes, and accessories and the outlet store is sure to have some good deals! Call 617-361-7778 to sign up before the van fills.

Beth Israel-Deaconess Milton Doctor Talk at 2 pm (Blue Hill Activity Room)

Topic: Steps in the Treatment of Low Back Pain

The Spine Program at BID Milton offers leading-edge surgical care as well as pain management therapies to treat a full range of spine disorders, including spinal deformities and injuries, spinal stenosis, herniated discs and spinal tumors. Join Dr. Papavassiliou from BID Milton and BIDMC to learn how to better manage lower back pain. This is part of our series of "Doc Talks" in partnership with Beth Israel-Deaconess Milton. Please note that this month's talk will take place at Blue Hill.

Social Justice Action Group at 3:30 pm (Brush Hill Function Room)

Join the Social Justice Action Group as they plan the next steps in advocacy for the MBTA Communities Act and affordable housing in Milton, as well as discuss the next campaign the group will take on!

Duplicate 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.

Friday, January 12th

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!!

Lenny Weiner "Pop Songs of the Past" at 7 pm (Blue Hill Activity Room)

Lenny has been singing since he was in his early 20s. He started in an acappella group with two friends. He loves singing all genres of music from Frank Sinatra to Elvis and lots of the standards from the 50's, 60's, & 70's. The audience is encouraged to sing right along with him!

Weekly Highlights: Monday 1/8 – Sunday 1/14

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

Saturday, January 13th

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

Sunday, January 14th

Emil Altschuler (Violin) at 7 pm (Brush Hill Function Room)

Acclaimed violinist Emil Altschuler is a master of his instrument who performs with incredible technique, magnificent expression, and a profound artistry across a wide-ranging repertoire. With degrees from The Juilliard School and The Yale School of Music, he entrances audiences worldwide. Do yourself a favor and do not miss this special performance!

Reminders from the Program Director

Resident Art Galleries

We are still looking for resident artists willing to display their framed or canvas artwork at the Blue Hill or Brush Hill art galleries. Please reach out to Julia MacMahon at 617-361-2116 if you are interested.

MLK Day Card Party

There will be fun card games & prizes on Monday, January 15th from 1-4 pm in the Brush Hill Function Room! Join to play a game of Mahjong, Poker, Gin Rummy, Cribbage, Bridge, Whist, Pinochle, Spades, Hearts, etc. Proceeds will be used for prizes and as a donation to the Fuller Village Residents' Association. **In order to play, you must make a reservation.** Call Ellie Forman at 617-910-9225 or Anne Segal at 857-345-9933. Please pay \$5 cash to register by Wednesday, 1/10. No payments at the door. You may form your own group or ask to be seated with a group who needs an extra player. Bring your own cards, chips, etc.

Voice of Fuller Newsletter

The staff of the Voices of Fuller resident newsletter are taking a short break at the beginning of 2024 and will not have a newsletter this month. They will return in March with their next issue!

Gordon House

Dining Room Dinner Menu

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

Monday January 8th

Hearty Beef and Vegetable Soup (GF)
Or Salad du Jour
Glazed Chicken Breast (GF)
Baked Cod with Olives and Artichokes (GF)
Garlic Parmesan Orzo, Green Beans (GF)
Sugar Cookie
or Boston Cream Pie

Friday, January 12th

Manhattan Clam Chowder (GF)
or Salad du Jour
Beef Brisket (GF)
Herb Roasted Trout (GF)
Mashed Parsnips (GF), Green Beans (GF)
Peanut Butter Cookie
or Carrot Cake

Tuesday, January 9th

Carrot, Orange & Ginger Soup (GF)
or Salad du Jour
Beef Burgundy (GF)
Creamy Tarragon Salmon (GF)
Egg Noodles, Honey Glazed Carrots (GF)
Oatmeal Raisin Cookie
or Oreo Cheesecake

Saturday, January 13th

Portuguese Kale Soup (GF)
or Salad du Jour
Shepard's Pie (GF)
Eggplant Lasagna (V) (GF)
Sauteed Spinach (GF)
Cranberry Orange Cookie
or Key Lime Pie

Wednesday, January 10th

Cream of Asparagus Soup (GF)
or Salad du Jour
Tender Braised Pork with Lemon (GF)
Stuffed Sole (GF)
Roasted Red Bliss (GF), Garden Peas (GF)
Cranberry Orange Cookie
or White Chocolate Brownie

Sunday, January 14th

3 Bean Soup (GF)
or Salad du Jour
Glazed Baked Ham (GF)
Seafood Casserole (GF)
Yellow Rice (GF), Chef's Medley (GF)
Assorted Cookies
or Assorted Desserts

Thursday, January 11th

Louisiana Gumbo (GF)
or Salad du Jour
Chicken and Pasta Alfredo (GF)
Pesto Grilled Shrimp (GF)
Ziti (GF), Broccoli (GF)
Carnival Cookie
or Lemon Meringue Pie



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

Meatball Sub Bites With Marinara Sauce

Fresh Sliced Mozzarella, Tomatoes, and Sweet Basil with Balsamic Reduction

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 (GF)

Chicken Saltimbocca Panini

Grilled Chicken, Fontina Cheese,
Prosciutto and Sage Mayonnaise

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

Vegetarian Special... 15.00 (V)

Ricotta and Spinach Stuffed Mushroom

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, January 8th

Vegetable Panini

With Swiss Cheese

Tuesday, January 9th

Meatloaf Sandwich

With BBQ Sauce, Grilled Onions, Cheddar
Cheese

Wednesday, January 10th

Stuffed Mushrooms

With Spinach, Mozzarella Cheese, Onions

Thursday, January 11th

Grilled Chicken B.L.T

Bacon, Lettuce, Tomato, Mayonnaise
Brioche Roll

Friday, January 12th

Fish and Chips

Beer Battered Cod, Cole Slaw, French Fries,
Tarter Sauce

Per Milton's Town Clerk, please take the time to read the helpful information below:

There are currently 5 scheduled elections for 2024:

- **FEBRUARY 13, 2024** **SPECIAL TOWN MEETING ELECTION - MBTA ARTICLE I**
- **MARCH 5, 2024** **PRESIDENTIAL PRIMARY**
- **APRIL 30, 2024** **ANNUAL TOWN ELECTION**
- **SEPTEMBER 3, 2024** **STATE PRIMARY**
- **NOVEMBER 5, 2024** **STATE/PRESIDENTIAL ELECTION**

Early Vote by Mail

There are two methods to request a vote-by-mail ballot be mailed to you: (1) complete a Vote by Mail Application (form attached) or (2) write a letter. A signed application or letter may be mailed, dropped off, emailed, or faxed (see specifics below) to the Town Clerk's Office.

Write a letter to the Town Clerk. Be certain to sign the letter and include the following information:

- current date
- voter name
- voter address (as registered)
- mailing address where we should send the ballot
- signature

Send your written request (application form or letter) by any ONE of the following methods:

- By email send a pdf or clear photo of the signed form or letter – sgalvin@townofmilton.org; elections@townofmilton.org
- By fax to 617-696-6995
- By dropping off into the drop box on the right side of the Town Hall
- By mail to:
 - Milton Town Clerk
Town Hall
525 Canton Avenue Milton, MA 02186

The deadline to request a vote by mail ballot is 5 pm on the fifth business day before all elections. We strongly encourage voters to submit applications early to allow time for their ballot to be mailed and for it to be returned to the Office of the Town Clerk by the close of polls to be counted.

Please note Early Voting In-Person will only be offered at Town Hall during the following Elections:

- **MARCH 5, 2024** **PRESIDENTIAL PRIMARY**
- **SEPTEMBER 3, 2024** **STATE PRIMARY**
- **NOVEMBER 5, 2024** **STATE/PRESIDENTIAL ELECTION**

As soon as the date(s) and hours are determined they will be posted on the Town Clerk's website.

Finally, voters may also go to the polls on Election Day. Fuller Village votes at Milton High School Gymnasium. If you have any questions or need any assistance, please do not hesitate to contact me.



Susan M. Galvin

Town Clerk

Phone: 617-898-4859

Email: sgalvin@townofmilton.org

Town of Milton
525 Canton Avenue
Milton, MA 02186

www.townofmilton.org