

| SUN  | MON   | TUE   | WED   | THUR   | FRI  | SAT   |
|--|---|---|---|--|--|---|
| 2:00 Resident and Guest Swim <b>28</b><br>2:30 Blue Hill Bridge (BL)<br>7:00 The Continentals (BR) | 10:00 Market Basket Brockton <b>29</b><br>10:00 Pickleball<br>10:15 Chair Fitness with Carol (BL)<br>10:30 Blue Hill Coffee Hour (BL)<br>11:00 Floor Yoga w/ Carol (BR)<br>11:15 Aqua Fit with Jean (BR)<br>12:00 Chair Yoga w/ Carol (BR)<br>1:00 Bridge (BR)<br>2:00 Handcrafters (BL)<br>3:00 Water Volleyball | 10:30 Functional Fitness (BR) <b>30</b><br>11:00 The Bank of Canton (BL)<br>11:00 Gourmet Gardens Luncheon with Molly<br>12:00 Back to Basics (BL)<br>1:00 Meditation (BL)<br>1:00 Tai Chi (BR)<br>2:00 Documentary: "Yogi Berra: It Ain't Over" (BL)<br>4:00 Restorative Yoga (BR)<br>7:00 Bingo! (BL)<br>7:00 Men's Poker Club (BR) | 10:00 Stop & Shop in Hyde Park <b>31</b><br>10:15 Mobility & Stability with Carol (BR)<br>10:45 Cornhole (BL)<br>11:00 Floor Yoga w/ Carol (BR)<br>12:00 Chair Yoga w/ Carol (BR)<br>12:45 Chorus (BR)<br>2:30 Aqua Fit with Crystal (BR)<br>3:00 Rosary (BL)<br>3:00 Resident and Guest Swim (BR)<br>7:00 Bingo with Curry College Students (BR)<br>7:00 Handcrafters (BR) | 10:00 Towel Cardio (BR) <b>1</b><br>10:30 Adult Swim Lessons w/Izzy<br>10:30 News, Coffee & Convo (BL)<br>11:00 Core on the Floor (BR)<br>12:00 Mobility & Stability (BL)<br>12:30 Line Dancing w/Jean (BR)<br>2:00 NeedlePoint (BR)<br>3:30 Social Justice Action Group (BR)<br>3:30 Memoir Writing Group w/Betsy (BL)<br>6:30 Duplicates Bridge (BR) | 9:00 Walking Club w/Joey <b>2</b><br>10:00 Aqua Fit w/Crystal (BR)<br>10:30 Chair Yoga with Carol (BL)<br>1:00 Rich Travers (BL)<br>2:00 Stop & Shop<br>6:30 Cribbage (BR) | 9:00 Pancake Breakfast <b>3</b><br>10:00 Pickleball<br>2:00 Family Swim<br>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 2/7 & 2/21 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

# February 2024

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

*Fuller Village*  
in Milton  
— LIVE A FULLER LIFE —



# **Weekend Highlights: Friday 1/26 - Sunday 1/28**

## **See what's happening this weekend!**

### **Friday, January 26<sup>th</sup>**

**Technology Help by Appointment:** Postponed – please look for updates in February

#### **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 27<sup>th</sup>**

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

Sign-up for this event is closed. Keep an eye out for similar events coming soon!

#### **Movie Night at 7 pm** (BL & BR)

##### **Brush 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.

##### **Blue 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.

#### **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.

## **Weekly Highlights: Monday 1/29 – Sunday 2/4**

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

### **Monday, January 29<sup>th</sup>**

#### **Trip to Market Basket in Brockton at 10 am**

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

### **Tuesday, January 30<sup>th</sup>**

#### **Gourmet Gardens Luncheon with Molly at 11 am**

This trip is full with a waitlist. We will schedule another one in the spring for those who haven't had a chance to attend yet!

#### **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!

#### **Documentary: *Yogi Berra: It Ain't Over* at 2 pm (Blue Hill Activity Room)**

An intimate portrait of a misunderstood American icon, this emotional and uplifting documentary about Yogi Berra takes us beyond the caricatures and "Yogisms," and into the heart of a sports legend whose unparalleled accomplishments on the baseball diamond were often overshadowed by his off-the-field persona.

### **Wednesday, January 31<sup>st</sup>**

#### **Bingo with Curry College Students at 7 pm (Brush Hill Function Room)**

Brush Hill Bingo is back – with a twist! Starting this month, Curry College students will run the games for you! In addition to the cash prizes, they will mix in a few surprise awards and some Curry College swag. \$5 gets you two cards. Be sure to come meet our college neighbors and see what you can win! This evening will be held in memoriam of Libby Kaplan, the Queen of Brush Hill Bingo.

### **Thursday, February 1<sup>st</sup>**

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

The Social Justice Action Group will continue to organize around the February 13<sup>th</sup> special election in Milton. Join us to learn more about the "Vote Yes" campaign and how you can support! Contact resident Eileen Sharkey for more information.

*Please note that Fuller Village will also be hosting Cheryl Tougias, Architect & Milton Planning Board Member & Mike Zullas, Milton Select Board Member, on February 7<sup>th</sup> at 3 pm for an informational talk on the vote and its implications. More information to come.*

## **Weekly Highlights: Monday 1/29 – Sunday 2/4**

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

### **Thursday, February 1<sup>st</sup> (Continued)**

#### **Writing Our Way Home: A Memoir Writing Group with Betsy Abrams at 3 pm**

(Blue Hill Activity Room)

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 from 3:30-5 pm over a 12-week period, meeting on 2/1, 2/15, 2/29, 3/14, 3/28, 4/11.

### **Friday, February 2<sup>nd</sup>**

#### **Rich Travers at 1 pm (Blue Hill Activity Room)**

*Topic: The Life and Music of George M. Cohan*

The musical comedy stage of New York was home to George M. Cohan, vaudeville song and dance man, playwright, manager, director, producer, comic actor and popular songwriter. During the first two decades of the 20<sup>th</sup> century, Cohan's style of light comedic drama dominated American theater. The songs and lyrics that he composed have been passed from generation to generation as popular tunes celebrating the American spirit.

### **Saturday, February 3<sup>rd</sup>**

#### **Pancake Breakfast from 9-11 am (Brush Hill Function Room)**

Come enjoy a pancake breakfast served fresh all morning. \$5 will get you pancakes, coffee, and juice, with all proceeds going to Father Bill's Place. Contact Bob Lash with questions.

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



# Notes from the Program Director

## **Greenhouse Opening: Attention all gardeners!**

The new greenhouse will start operation on February 1<sup>st</sup>. 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. 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! **Please note we have a new Interim Greenhouse Manager: Jan Fiske. Please contact Jan at 828-238-2124.**

## **Hold the Date: Artists Reception at Brush Hill Art Gallery**

Join resident artists Tom Judd & Joanne Thompson for a reception at the Brush Hill Art Gallery on Tuesday, February 6<sup>th</sup> at 7 pm. This will be an informal opportunity to come see the artwork on display and speak to the artists themselves! More information to come.

## **Potential Special Trip: Boston Symphony Orchestra on Friday, March 8th**

We are considering taking a special trip to the Boston Symphony Orchestra on Friday, March 8<sup>th</sup> for a special performance, including a preview talk, of GRIEG *Peer Gynt* written and directed by Bill Barclay, adapted from the play by Henrik Ibsen. (See below for description) Because of the nature of this event, we will need to purchase tickets in advance so must gauge interest first. Tickets would be \$48.50. The talk starts at 12:15 and the show ends at 3 pm. We may go somewhere for an early lunch prior to the show. If you are interested in attending, please call 617-361-7778. If there is enough interest, we will move forward with purchasing the tickets and give the interest list first priority.

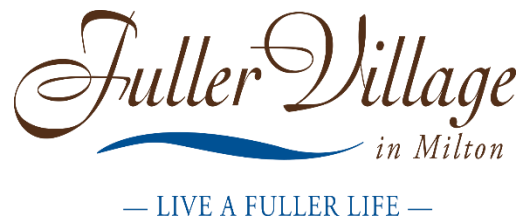
*Description:* In the second of the *Music of the Midnight Sun* concerts, Finland-based Russian conductor Dima Slobodeniouk leads a staged performance of *Peer Gynt*, by Norwegian playwright Henrik Ibsen and composer Edvard Grieg. This fantastical, epic tale, theatrically reimagined by director-playwright Bill Barclay, follows Peer on his adventures from his home village through the Hall of the Mountain King, to Northern Africa, and back.

## **Upcoming FVRA Activities Committee Events**

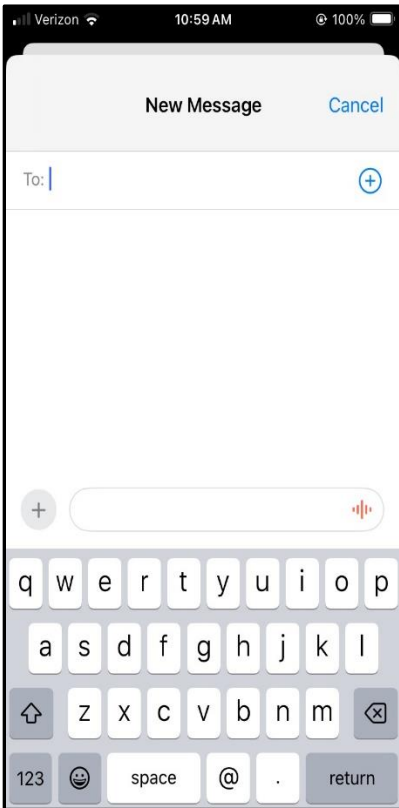
Hold these dates & check the Week at Fuller for times & locations:

**Sunday 2/4:** New Yorker Short Story Discussion; **Monday 2/12:** SINGO

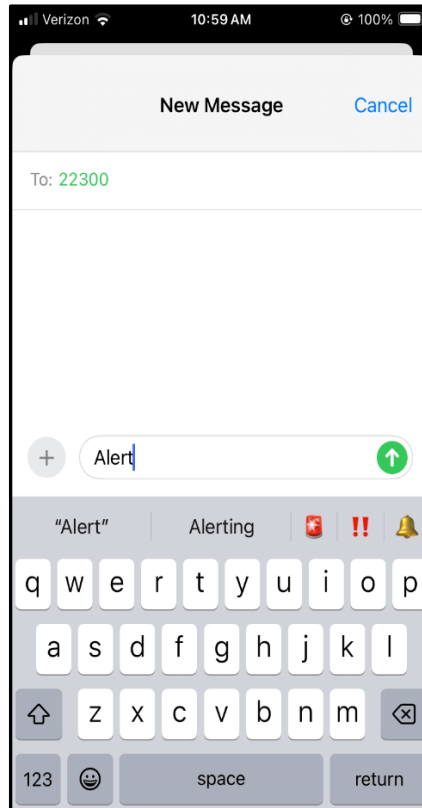
**Monday 2/19:** New Yorker Short Story Discussion; **Saturday 2/24:** Mr. Chan's Buffet Supper  
Watch for March & April dates for: Pizza Luncheon, Gold Jewelry evaluation, Trivia, SINGO, Make Your Own Ice Cream Sundae, and The FV Pillsbury Bake-Off. Contact Marty Allen with any questions or suggestions.



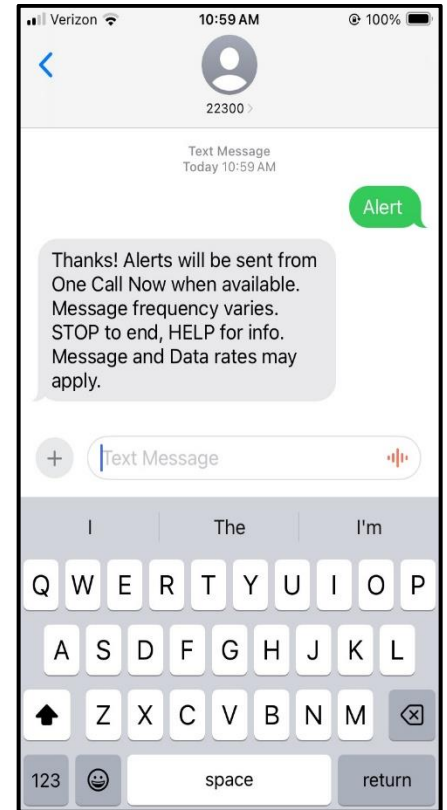
## Signing up for Fuller Village Text Alerts



1) Open your phone and Open your text menu



2) Enter “22300” into the recipient line. Enter “Alert” Into the text line and press The send button.



3) An automatic message will confirm that you have been signed up!

**Whether you sign up for text alerts or not, Fuller emails and phone call notifications will continue to be sent as well!**

If you need assistance, please call Daniel McGarr at 617-361-8947 or email at [dmcgarr@fullervillage.org](mailto:dmcgarr@fullervillage.org)

# Gordon House

## Dining Room Dinner Menu

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

### Monday January 29th

Potato & Parsnip Soup (GF)  
Or Salad du Jour  
Smothered Pork Chop (GF)  
Shrimp Alfredo (GF)  
Ziti, Broccoli (GF)  
White Chocolate Macadamia Cookies  
or Red Velvet Cake

### Tuesday, January 30th

Turkey Noodle Soup  
or Salad du Jour  
Baked Halibut (GF)  
Onion Braised Beef Brisket (GF)  
Scalloped Potatoes (GF), Corn (GF)  
Sugar Cookies  
or Lemon Pound Cake

### Wednesday, January 31st

Turkey Noodle Soup  
or Salad du Jour  
Lamb Curry (GF)  
Butter Crusted Cod (GF)  
Parmesan Orzo, Zucchini (GF)  
Carnival Cookies  
or Ginger Pear Cake

### Thursday, February 1st

Butternut and Apple Soup (GF)  
or Salad du Jour  
Chicken Fajita (GF)  
Sole Oscar (GF)  
White Rice (GF), Brussel Sprouts (GF)  
Salted Mocha Truffle Cookies  
or Pumpkin Spice Bar

### Friday, February 2nd

New England Clam Chowder (GF)  
or Salad du Jour  
Swiss Steak (GF)  
Grilled Salmon (GF)  
Roasted Red Potatoes (GF), Carrots (GF)  
Oatmeal Cookies  
or Chocolate Cake

### Saturday, February 3rd

Vegetable Florentine Soup (GF)  
or Salad du Jour  
Swedish Meatballs (GF)  
Baked Stuffed Haddock (GF)  
Herb Egg Noodles, Cauliflower and Peppers (GF)  
Peanut Butter Cookies  
or Carrot Cupcake

### Sunday, February 4th

Broccoli and Cheese Soup (GF)  
or Salad du Jour  
Roast Turkey With Gravy (GF)  
Battered Cod Sandwich (GF)  
French Fries, Green Beans (GF)  
Assorted Cookies  
or Blueberry Crisp



### 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

### Bacon Wrapped Scallops

## 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)

#### Roast Beef Panini

With Lettuce, Tomato and Fresh

Crumbled Bleu Cheese

### 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)

#### Curried Vegetables With Rice

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 Salad...5.00

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 29th

## **Caprese Panini**

Fresh Sliced Mozzarella, Tomatoes, Basil and  
Balsamic Reduction

Tuesday, January 30th

## **BBQ Bacon Burger**

With Cheddar Cheese, Onion Strings and  
Houesmade BBQ Sauce

Wednesday, January 31st

## **Greek Chicken Wrap**

Lettuce, Tomato, Onion, Banana Peppers and  
Tzatziki Sauce

Thursday, February 1st

## **Antipasto Salad**

With Mixed Greens, Artichokes, Olives,  
Mozzarella, Pepperoni, Salami, Prosciutto, and  
Italian Dressing

Friday, February 2nd

## **Seafood Salad**

On Croissant with Lettuce and Tomato