

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)	10:00 Pickleball 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) 2:00 Wakefield Winter Wildlife Talk (BR) 3:00 Water Volleyball	10:00 JFK Museum Trip 10:00 Writing Workshop with Sister Ann (BL) 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 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 w/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 Catholic Mass (BR) 2:30 Aqua Fit w/Crystal (BR) 3:00 Milton Special Election Info Session (BR) 3:00 Rosary (BL) 3:00 Resident & Guest Swim (BR) 7:00 Handcrafters (BR) 7:00 History with Paolo (BL)	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) 12:30 Line Dancing w/Jean (BR) 2:00 Ginger Betty's Cookie Decorating Trip 2:00 BI-Milton Doctor Talk: Urology (BL) 2:00 NeedlePoint (BR) 3:00 Senior Ballet (BR) 3:30 Social Justice Action Group (BR)	9:00 Walking Club w/Joey 10:00 Aqua Fit with Crystal (BR) 10:30 Chair Yoga with Carol (BL) 2:00 Black History Month: J'a Rustin (BL) 2:00 Stop & Shop 4:30 Friday Night Services (BR) 6:30 Cribbage (BR) 7:00 Ron Cote (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. 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 2/2 - Sunday 2/4

See what's happening this weekend!

Friday, February 2nd

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 20th 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.

Nick & Mike Mosca Duo at 7 pm (Blue Hill Activity Room)

From Stevie Wonder to James Taylor, John Coltrane to Carole King, classic songs to original compositions...join The Moscas and traverse the styles, sounds, and genres of music with freedom and spontaneity. Listen to the songs you love, pat your foot, hum your favorite tune, and discover new music along the way. Performing all over as a family since the early 2000s, The Moscas' unique sound comes from what we all love: Family, Friendship, & Community.

Saturday, February 3rd

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)

Showing at both campuses: *Nyad*

Cast: Annette Benning and Jodie Foster

64-year-old Dianne NYAD a champion marathon swimmer attempts to swim from Cuba to Florida. A 110-mile swim. She attempted it at an earlier age but had to stop because of high winds.

Sunday, February 4th

New Yorker Short Story Series at 11 am (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.

Weekly Highlights: Monday 2/5 – Sunday 2/11

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

Monday, February 5th

Trip to Wegman's at 10 am

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

Wakefield Winter Wildlife Talk at 2 pm (Brush Hill Function Room)

The Wakefield Arboretum is right across the street from Fuller Village and winter wildlife is more active than you might think. Birds, fox, coyote, deer, and other critters have an active life all year round. Join us for a photographic tour of the fascinating world of wildlife in winter presented by Wakefield Executive Director Debbie Merriam.

Tuesday, February 6th

John F. Kennedy Presidential Library & Museum at 10 am

Permanent exhibits cover JFK's early life, remarkable moments from his presidency, and First Lady Jacqueline Kennedy. The current special exhibit is *Service and Sacrifice: World War II—A Shared Experience*. Tickets are \$12 and will be billed to your account. Please bring money to cover lunch on your own at the JFK Café. The van will return by 2:30 pm. ***Sign-ups open at 9 am on Friday,**

February 2nd*

Rich Travers Music History at 2 pm (Brush Hill Function Room)

Topic: The Life and Music of Leonard Bernstein

The lecture will include a historical look at the impact of Leonard Bernstein on music. From Beethoven to Broadway, from Tanglewood to the great concert halls of Europe, Bernstein's passion for music as a performer, composer, conductor, and teacher left an indelible mark on listeners and musicians alike.

Wednesday, February 7th

Milton Special Election Information Session at 3 pm (Brush Hill Function Room)

Cheryl Tougias, Milton Planning Board Member and Mike Zullas, Milton Select Board Member, will join us for an informational talk on the MBTA Article 1 vote. They will explain the implications of both a "yes" and a "no" vote and answer questions from the audience.

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

Topic: "Look on my Works...": Rameses the Great and the Image of Power

Since the beginning of Egyptian society, kings have constructed monuments to their reign. Pyramids, temples, and sculptures were created to memorialize and celebrate the deeds of the powerful. Yet no Egyptian ruler was a more avid builder than Rameses II who, during his 66-year long reign, constructed countless monuments across his dominions. This talk will discuss some of the important structures commissioned by the Pharaoh and examine the legacy of those mighty works.

Weekly Highlights: Monday 2/5 – Sunday 2/11

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

Thursday, February 8th

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

Topic: Contemporary Management of Lower Urinary Tract Symptoms

Our featured speaker this month is Urologist, Dr. Shaun Wason. Bladder problems can occur at any age, but they don't have to be an uncomfortable topic. Beth Israel Deaconess Hospital–Milton's network of doctors offers a wide range of services to help you regain your quality of life.

Cookie Decorating at Ginger Betty's in Quincy at 2 pm

Ginger Betty's is known for their delicious cookies and baked goods and will host a group of residents for a special cookie decorating event with all materials provided! \$13 gets you a large (6 inch) cookie with instructions and all the icing and decorations your heart desires. We'll get there early to give extra time to make any other purchases you'd like from their storefront. ***Sign-ups open at 9 am on Friday, February 2nd***

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

The Social Justice Action Group will continue to organize around the February 13th 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.

Friday, February 9th

Black History Month Film: *Rustin* at 2 pm (Blue Hill Activity Room)

Activist Bayard Rustin faces racism and homophobia as he helps change the course of Civil Rights history by orchestrating the 1963 March on Washington. Starring Colman Domingo, Chris Rock, and Glynn Turman.

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!

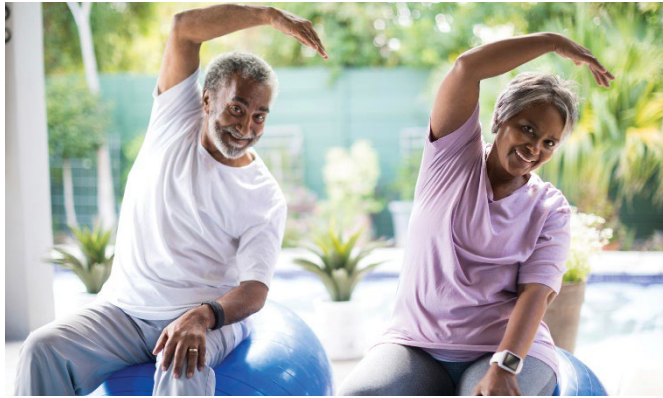
Saturday, February 10th

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

Sunday, February 11th

Super Bowl Screening at 6 pm (BL & BR)

We will put the Super Bowl on in the Blue Hill Activity Room and the Brush Hill Café for your viewing pleasure. Come catch the pre-game, game-game, half-time show, commercials – any part of it! Feel free to bring food and enjoy the festivities.



February 2024 Fitness & Aquatics Update

Water Volleyball on Mondays @ 3pm and Adult Swim Lessons on Thursdays @ 10:30am continue to gain popularity. If you haven't given them a try, I would strongly encourage you to! Both classes are taught by Izzy, our awesome full-time lifeguard.

Please note there is no Open Swim during these class times.

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February School Vacation week is coming and along with it will come extra Family Swim opportunities! From 1pm-3pm on Monday, February 19th through Thursday, February 22nd, you may bring your grandchildren (under the age of 18) to swim in our pool. Residents must be with the children, and a family member must fill out a Waiver form. Forms are available in the Pool by the sign in sheet. If your grandchild is not potty trained, they must wear a swim diaper.

Please note that on Wednesday, February 21st, Family Swim will end at 2:30pm.

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We have added a new privacy screen in the Women's Locker Room. For your comfort & privacy, please use the rolling screen when in the changing area by the lockers.

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Ballet with Mae will also continue in February! We are so very excited to welcome Mae Anthony, a Milton High School student to lead our Fuller Village dancers in some gentle ballet. No experience necessary! Dates are on the monthly calendar, but all classes will be on Thursdays @ 3pm in the Yoga Studio at Brush Hill.

If you are a new resident and have questions about the Fitness Center, Fitness Classes, Pool Activities, or anything fitness-related, please give me a call or email to discuss.

I can be reached at 617.361.7196 / jdeleonardis@fullervillage.org

Gordon House

Dining Room Dinner Menu

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

Monday February 5th

Sausage and Orzo Soup (GF)
or Salad du Jour
Ossobuco of Pork (GF)
Stuffed Flounder (GF)
White Rice, Herbed Baby Carrots (GF)
Carnival Cookie or
Frosted Orange Cake

Friday, February 9th

New England Clam Chowder
or Salad du Jour
Corned Beef (GF)
Grilled Swordfish (GF)
Whipped Potatoes (GF), Roasted Zucchini (GF)
White Chocolate Cookie
or Lemon Pecan Bar

Tuesday, February 6th

Cauliflower Soup (GF)
or Salad du Jour
Chicken Picatta (GF)
Grilled Salmon (GF)
Spaghetti (GF), Broiled Tomatoes (GF)
Oatmeal Cookie
Cookie Pudding Parfait

Saturday, February 10th

Chinese Noodle Soup
or Salad du Jour
General Tso's Chicken (GF)
Teriyaki Shrimp (GF)
Vegetable Fried Rice (GF), Broccoli (GF)
Mocha Cookie
Blueberry Crumb Cake

Wednesday, February 7th

Tomato Bisque Soup (GF)
or Salad du Jour
Roasted Turkey (GF)
Baked Stuffed Haddock (GF)
Mushroom Risotto (GF), Green Peas (GF)
Sugar Cookie
Chocolate Raspberry Brownie

Sunday, February 11th

Beef Chili (GF)
or Salad du Jour
BBQ Ribs (GF)
Herb Crusted Haddock (GF)
French Fries, Coleslaw (GF)
Assorted Cookies
Assorted Desserts

Thursday, February 8th

Lemon Chicken and Rice (GF)
or Salad du Jour
Braised Lamb Shanks (GF)
Balsamic Glazed Cod (GF)
Parmesan Polenta (GF), Butternut Squash (GF)
Chocolate Chip Cookie
Apple 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

Vegetable Spring Rolls

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...21.95 (GF)

Baked with Buttered GF Crumbs

Served with Entrée Sides.

Sandwich Special...14.00 (GF)

Chicken Pesto on Ciabatta Panini

Served with Choice of Side

Salad Special...12.00

Cobb Salad

Mixed Greens, Hard-Boiled Eggs, Bacon,
Tomato and Avocado

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...5.00

Cookie of the Day...3.00

Fresh Fruit Cup...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, February 5th

Italian Panini

Pepperoni, Salami, Provolone Cheese, Lettuce,
Tomato and Red Pepper Aioli

Tuesday, February 6th

Chicken Cobb Salad

With Avocado, Tomato, Bleu Cheese, Bacon
and Hard-Boiled Eggs

Wednesday, February 7th

Pastrami Reuben

Sauerkraut, 1000 Island Dressing and Swiss
Cheese on Marble Rye

Thursday, February 8th

Grilled Vegetable Quesadilla

With Salsa, Guacamole and Tortilla Chips

Friday, February 9th

Shrimp Tempura

Sweet Chili Sauce and Vegetable Spring Roll