

SUN	MON	TUE	WED	THUR	FRI	SAT
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 6:00 Super Bowl Screening (BL/BR)	10:00 Pickleball 10:00 Trader Joe's Patriot Place 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 Opera on Demand (BL) 3:00 Water Volleyball 7:00 Singo (BR)	9:00 Van to the Polls 10:00 Birthday Breakfast (BL) 10:30 Functional Fitness (BR) 11:00 Hamilton Hall Lecture Series (BL/BR) 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 2:00 Bartlett Tree Experts Talk (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	Happy Valentine's Day 10:00 Stop & Shop 10:15 Mobility & Stability w#Carol (BR) 10:30 Ash Wednesday Gyfj JW (B@) 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' Assoc. Board Meeting (BL) 2:30 Aqua Fit w/Crystal (BR) 3:00 Rosary (BL) 3:00 Resident & Guest Swim (BR) 7:00 Handcrafters (BR)	10:00 Towel Cardio (BR) 10:30 Adult Swim Lessons w/Izzy 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) 3:30 Writing Group w/Betsy (BL) 6:30 Pub Night with Dave Burbank Orchestra (BR)	9:00 Walking Club w/Joey 10:00 Aqua Fit w/Crystal (BR) 10:30 Chair Yoga w/Carol (BL) 12:30 Belly Dancing w/Betty Tamer (BR) 2:00 Hallie Ephron Author Talk (BR) 2:00 Stop & Shop 6:30 Cribbage (BR)	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 2/21 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 2/9 - Sunday 2/11

See what's happening this weekend!

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.

Michael Goodwin at 7 pm (Blue Hill Activity Room)

JUST ADDED: We are excited to welcome back Michael Goodwin, who delivers engaging programs on your Broadway favorites – a little bit presentation, a little bit performance, a little bit sing-along! This evening he will *present The Great Love Songs of Broadway: From the Classics to Today*. Don't miss this fun celebration of love and theater!

Saturday, February 10th

Movie Night at 7 pm (BL & BR)

Showing at both campuses: *The Hill*

Cast: Colin Ford and Dennis Quaid

Ricky Hill has a spinal problem as a young boy but still believes he can play baseball. His father is very against this because of religious reasons not because of his disability. How he overcomes his disability is breathtaking.

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.

Attention Social Workers: *The Voices of Fuller* March newsletter would like to honor social workers who are residents at Fuller Village. **If you identify as a Social Worker**, please call or text Marty Allen at 617-312-8058 or email your name to martyallentours@gmail.com by Feb. 20th. **Social Work Month in March is a time to celebrate the great profession of social work.** Thank you.

Weekly Highlights: Monday 2/12 – Sunday 2/18

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

Monday, February 12th

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.

Metropolitan Opera On Demand at 2 pm (Blue Hill Activity Room)

Showing: Die Zauberflote (Showing again due to technical difficulties in January!)

The final new production of the 2022-23 season was an ingenious and enchanting take on *Die Zauberflote* 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)

Singo at 7 pm (Brush Hill Function Room)

Win BIG \$\$\$ money as the DJ plays 50's and 60's songs this month for this musical bingo-like game. Play 5 games on 1 card: Bring \$5 per card (no big bills please). Cookie bar and soft drinks provided. Over 70 residents attend this popular, easy game and the DJ announces each song title to help you. Come with friends or come alone and join a table. The coverall game usually pays over \$150! Sponsored by the Fuller Village Residents Association Activities Committee.

Tuesday, February 13th

Van to the Polls at 9 am and 1 pm

Fuller Village will provide trips to and from the polls for Milton's special election. Please call Muriel at 617-361-7778 to sign up. We will schedule additional trips as needed.

Birthday Breakfast at 10 am (Blue Hill Activity Room)

All are welcome to join as we celebrate February birthdays! As always, we will have fresh fruit, pastries, and coffee. Generously sponsored by our friends at Bank of Canton.

Weekly Highlights: Monday 2/12 – Sunday 2/18

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

Tuesday, February 13th (Continued)

Hamilton Hall Lecture Series at 11 am (Brush Hill Library & Blue Hill Multipurpose Room)

We are excited to participate again in the Hamilton Hall Lecture Series in World Affairs, which allows us to screen replays of lectures from their weekly series of expert talks. We will screen these each Tuesday at 11 am in the Brush Hill Library as well as the Blue Hill Multipurpose Room, located upstairs down the hall from the wellness center. This week's talk will be "Will the 2024 Election Affect U.S. Foreign Policy?", given by Stephen M. Walt, the Robert and Renee Belfer Professor of International Affairs at Harvard University Kennedy School.

Bartlett Tree Experts at 2 pm (Brush Hill Function Room)

Andy Balon, a certified arborist with the Bartlett Tree Experts will present "The Future of the Urban Landscape." Mr. Balon will review the trees throughout our community campuses and explain how Fuller Village values the importance of trees and their role in the landscape, the challenges of having an urban landscape, and the community's plans for the future.

Wednesday, February 14th

Happy Valentine's Day!

Ash Wednesday Service at 10:30 am (Blue Hill Activity Room)

Thank you to Eunice Krawczuk and Pat Kelleher for organizing this prayer service, including the distribution of ashes.

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

All residents are welcome to join this monthly meeting.

Thursday, February 15th

Memoir Writing Group with Betsy Abrams at 3:30 pm (Blue Hill Activity Room)

Betsy Abrams, a trained Amherst Writers Association facilitator facilitates 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.

There are still a few spots available in this group so please contact 617-361-7778 if you would like to sign up. The current session will meet every other Thursday from 3:30-5 pm over a 12-week period, with remaining meetings on 2/15, 2/29, 3/14, 3/28, 4/11.

Weekly Highlights: Monday 2/12 – Sunday 2/18

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

Pub Night with the Dave Burbank Orchestra at 6:30 pm (Brush Hill Function Room)

Join us for a fun night with entertainment provided by The Dave Burbank Orchestra. There will be a unique repertoire of musical styles for your listening and dancing pleasure, including line dancing with instruction! Food at 6:30; music at 8. Appetizers are complementary; drinks will be billed to your account. As always, you are also welcome to bring your own food.

Friday, February 16th

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!!

Author Talk with Hallie Ephron at 2 pm (Brush Hill Function Room)

New York Times bestselling author Hallie Ephron will talk about her latest suspense novel. *Careful What You Wish For* garnered a starred review in *Publisher's Weekly* and was reviewed in *TIME Magazine* by Jamie Lee Curtis who called it "thrilling and suspenseful." Set in a fictionalized version of Milton, it's about a former elementary school teacher (like Hallie) turned professional organizer (NOT like Hallie) who is married to a man (like Hallie's husband) who can't pass a yard sale without stopping. She will talk about how her personal experience informs her stories, and also about her research--consulting professional organizers to understand why so many of us find ourselves at the mercy of our stuff. She was especially interested in the dynamics of a marriage in which one spouse is inured to clutter while the other is not. Hallie will reveal how the setting is a fictional version of Milton (especially Milton Landing) features prominently in the book. Copies of *Careful What You Wish For* will be available for sale.

Saturday, February 17th

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

Sunday, February 18th

Rivers Between Duo at 7 pm (Brush Hill Function Room)

Rivers Between is a Boston-based folk duo comprised of singer-songwriter Greg Kane and vocalist Kat Brooks. Greg's soulful compositions, engaging folk style guitar, and unique voice coupled with Kat's beautifully inventive harmonies, make them a local favorite. We are excited to welcome them back to Fuller!

Caring Committee Corner:

It Really Is Your Choice

Your attitude and beliefs are powerful motivators underlying how you shape your priorities about healthy aging. A review of the literature from The National Institute on Aging suggests a number of commonalities among seniors which affect their aging in a positive manner.

They include:

- Staying optimistic,
- Learning to live within their limitations,
- Being adaptable and embracing change,
- Keeping a sense of humor,
- Being determined to keep going,
- Maintaining social relationships,
- Encouraging new friendships, and
- Feeling gratitude for what they already have

Underlying those attributes are basic essentials:

- Having regular medical care and following directions,
- Paying attention to your nutritional needs with a healthy and varied diet,
- Exercising daily within your limitations,
- Continuing to learn, and
- Taking care of yourself first

However long the journey, enjoy!

Betsy Buchbinder,
Caring Committee Chair

Gordon House

Dining Room Dinner Menu

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

Monday February 12th

Potato & Bacon Chowder
or Salad du Jour
Sweet and Sour Pork (GF)
Honey Glazed Salmon (GF)
Rice Pilaf, Sauteed Spinach (GF)
Chocolate Chip Cookie or
Cheesecake

Friday, February 16th

New England Clam Chowder
or Salad du Jour
Fried Boneless Chicken
Sole Piccata (GF)
Israeli Couscous, Broccoli and Carrots (GF)
Oatmeal Cookie
or Chocolate Cake

Tuesday, February 13th

Mushroom Barley Soup (GF)
or Salad du Jour
Salsbury Steak (GF)
Seared Scallops (GF)
Mashed Potatoes (GF), Green Beans (GF)
Carnival Cookie
Fruit of the Forest Pie

Saturday, February 17th

Garden Vegetable Soup (GF)
or Salad du Jour
Maple Roast Turkey (GF)
BBQ Pork Ribs (GF)
Mashed Sweet Potatoes (GF), Green Peas (GF)
Sugar Cookie
Pecan Pie

Wednesday, February 14th

Happy Valentines Day

**Valentines Dinner
Buffet**

Reservations Only

Sunday, February 18th

Lentil Soup (GF)
or Salad du Jour
Veal Saltimbocca (GF)
Shrimp Scampi (GF)
Spaghetti, Haricot Vert (GF)
Assorted Cookies
Assorted Desserts

Thursday, February 15th

Seafood Bisque (GF)
or Salad du Jour
Prime Rib (GF)
Baked Halibut (GF)
Lyonnais Potatoes (GF)
Asparagus and Red Peppers (GF)
Peanut Butter Cookie
Cherry 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

Mozzarella Sticks with Marinara Sauce

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)

Turkey Rachel Panini

Topped with Coleslaw, Thousand Island Dressing and Swiss Cheese

Salad Special...12.00

Chef Salad

Romaine Lettuce, Ham, Turkey, Swiss Cheese, Boiled Eggs, Tomato and Cucumbers

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

Vegetarian Special... 15.00 (V)

Mushroom Ravioli Ragout

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 12th

Grilled Chicken Panini

With Pesto, Mozzarella Cheese and Tomato

Tuesday, February 13th

Egg Salad On Croissant

With Lettuce, Tomato and Bacon

Ash Wednesday, February 14th

Salmon Burger

Roasted Red Pepper Aioli, Lettuce, Tomato and
Onion

Thursday, February 15th

Sweet Italian Sausage Sub

With Grilled Peppers, Onions and Provolone
Cheese

Friday, February 16th

Surf and Turf

Marinated Beef Filet and Shrimp
Served with Potato Salad