

SUN	MON	TUE	WED	THUR	FRI	SAT
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 7:00 Rivers Between (BR)	<b>President's Day 19</b> Happy President's Day <i>Offices &amp; Cafe Closed</i> <i>Pool &amp; Fitness Center Open Regular Hours</i> 10:00 Pickleball 11:15 Aqua Fit with Jean (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL) 3:00 Water Volleyball 7:00 New Yorker Short Stories (BR)	<b>1-on-1 Tech Help (BL) 20</b> 10:00 Writing Workshop w/ Sister Ann (BL) 10:30 Functional Fitness (BR) 11:00 Hamilton Hall Lecture Series (BL/BR) 11:00 Women's Lunch to La Scala 12:00 Back to Basics (BL) 1:00 Tai Chi (BR) 2:00 Maria Judge's Storytelling: Back to the Land of our Forefathers (BR) 3:30 Elliott PT: Balance & Fall Prevention (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	<b>Stop &amp; Shop 21</b> 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 (BL) 2:00 Voter Registration (BR) 2:30 Aqua Fit w/ Crystal (BR) 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Newcomer's Q&A (BR) 3:00 Rosary (BL) 3:00 Resident & Guest Swim (BR) 7:00 Handcrafters (BR) 7:00 History with Paolo (BR)	<b>Towel Cardio (BR) 22</b> 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) 1:00 Armenian Museum of America Trip 2:00 NeedlePoint (BR) 2:30 "Stamped from the Beginning": Screening & Discussion (BR)	<b>Walking Club with Joey 23</b> 10:00 Aqua Fit with Crystal (BR) 10:30 Chair Yoga with Carol (BL) 2:00 Stop & Shop 2:00 Farewell Gathering for Julia (BR) 6:30 Cribbage (BR) 7:00 Grace Etzkorn (BL)	<b>Pickleball 24</b> 2:00 Family Swim 5:30 Mr. Chan's Buffet Dinner (BR) 7:00 Movie Night (BR/BL)

# **Weekend Highlights: Friday 2/16 - Monday 2/19**

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

### **Friday, February 16<sup>th</sup>**

#### **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 17<sup>th</sup>**

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

#### **Showing at both campuses: *Harriet***

*Cast: Cynthia Erivo, Leslie Odom Jr., Joe Alwyn*

*Harriet* is the story of Harriet Tubman who escaped slavery and went on to help hundreds of other slaves to escape and helped union soldiers who were wounded when she became a nurse.

### **Sunday, February 18<sup>th</sup>**

#### **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!

### **Monday, February 19<sup>th</sup>**

#### **Happy Presidents' Day**

*Offices & Café Closed; Pool & Fitness Center Open Regular Hours*

#### **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.

## **Weekly Highlights: Tuesday 2/20 – Sunday 2/25**

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

### **Tuesday, February 20<sup>th</sup>**

#### **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 *Combating Climate Change: If We are Winning Too Slowly, are We Losing?*, given by Rachel Kyte, Dean Emerita of The Fletcher School at Tufts University.

#### **Women's Lunch to La Scala at 11 am**

La Scala serves authentic Italian cuisine, featuring classic dishes and housemade pastas in a villalike setting. They have been serving their loyal customers for the past 4 generations and take pride in their quality and authenticity. Please bring cash and plan for beverages, dessert, tax, and tip. There are still a couple of spots on this trip so call 617-361-7778 to reserve your seat while you can!

#### **Maria Judge's Storytelling: Back to the Land of Our Forefathers at 2 pm** (BR Function Rm)

Fuller Village resident Maria Judge presents more stories of her family's early years and travels around the world: Six years after leaving Ireland with their 2 children and 5 trunks, Eleanor and Jerome Judge return, this time with 6 children and 7 trunks. They rent Valcusa, then wander the countryside, pick gooseberries, milk the cows, visit the tinkers, and attend a 3-room school in nearby Kilmacanogue where the children learn Gaelic. Join us for an entertaining afternoon of stories and photos.

#### **Elliott Physical Therapy: Balance & Fall Prevention at 3:30 pm** (Brush Hill Function Rm)

In this lecture, physical therapists from Elliott Physical Therapy - Milton will be providing information on the components of balance, steps you can take to help avoid falls, what to do if you do experience a fall and what a PT assessment would look like to help screen for falls risk.

### **Wednesday, February 21<sup>st</sup>**

#### **Catholic Mass at 2 pm** (Blue Hill Activity Room)

Father Bennett will be on site to celebrate Mass.

#### **Voter Registration at 2 pm** (Brush Hill Function Room)

Susan Galvin, Milton's Town Clerk, will be our guest speaker. She will inform us about voter registration and absentee ballots for all upcoming elections for town, state, and national elections. After her remarks, she will stay on site to answer questions and to register voters. Thank you to Fuller Village residents Jean Powers, Peg Riley, and Nancy Kearns for organizing this event.

## **Weekly Highlights: Tuesday 2/20 – Sunday 2/25**

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

### **Wednesday, February 21<sup>st</sup> (Continued)**

#### **Treats & Tea at 2:45 pm** (Blue Hill Dining Room)

Join your neighbors for some cookies, tea/coffee, and good company!

#### **Caring Committee at 3 pm** (Brush Hill Function Room)

Caring Committee gathers monthly to discuss topics important to your physical, social, and emotional health throughout the aging process. Led by Betsy Buchbinder.

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

*Topic: Art in the Age of Revolution, 1789-1914*

The 19th century was a period of dramatic change in Europe. It was a period of industrialization, revolution, and social upheaval, with the hopes of progress and the threat of repression always looming. The social upheaval was reflected in the art created during the period. Artists challenged established artistic norms, pushed the boundaries of perception and representation, and created a revolution in art.

### **Thursday, February 22<sup>nd</sup>**

#### **Trip to The Armenian Museum of America at 1 pm**

The Armenian Museum presents the largest and most diverse collection of Armenian objects outside of the Republic of Armenia. Their updated galleries include ancient Urartian artifacts, medieval manuscripts, Kütahya ceramics, textiles, liturgical objects, and contemporary art. Through an active special exhibition and events program, they provide new experiences for those familiar with Armenian history and culture as well as those who are learning for the first time. They aspire to tell the story of the Armenian people through objects in the collection and to promote awareness and appreciation of the culture in engaging and dynamic ways. \$7.50 will be billed to your account and covers admission as well as a private guided tour.

#### ***Stamped From the Beginning: Screening & Discussion at 2:30 pm*** (Brush Hill Function Rm)

The Netflix documentary *Stamped from the Beginning* kicks off with a provocative question from antiracism advocate, author and professor Ibram X. Kendi: *What is wrong with Black people?* As a succession of Black academics express wonder and surprise at the question — rolling it over in their mouths while they think about it, like tasting a bitter pill — *Stamped from the Beginning* launches into an incisive, expansive look at the origin of racist ideas about Black people, covering themes Kendi first explored in his 2016 award-winning book *Stamped from the Beginning: The Definitive History of Racist Ideas in America*. After the film screening, we will hold a short facilitated conversation.

## **Weekly Highlights: Tuesday 2/20 – Sunday 2/25**

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

### **Friday, February 23<sup>rd</sup>**

**Farewell Gathering for Julia from 2-3:30 pm** (Brush Hill Function Room)

Please join us as we say farewell and thank Julia for her contributions to the Fuller Village community. Contact Pat Kelleher with any questions.

**Grace Etzkorn at 7 pm** (Blue Hill Activity Room)

Originally from Chicago, Grace has been in the Boston area for three years. Her talents have taken her across the country, with notable performances including "Annie" & "Kate" on the 30th Anniversary National Tour of *Annie*, a recurring role as "Sophie" on NBC's *Chicago Fire*, and on Broadway stages as the Illinois-Best Actress at the esteemed Jimmy Awards on the Minskoff Stage. Her most recent performance in the Boston area was in Greater Boston Stage Company's production of *Beehive: The 60's Musical*, understudying several of the female roles. Enjoy her unique mixture of musical theater and jazz classics in a clear, expressive mezzo-soprano that draws you in and gives you a glimpse of that Broadway magic.

### **Saturday, February 24<sup>th</sup>**

**Mr. Chan's Buffet Dinner at 5:30 pm** (Brush Hill Café)

Presented by the FVRA Activities Committee - \$20 when seated

**The New Pre-Set Menu is: Spring Rolls, Crab Rangoon, Peking Raviolis, Sesame**

**Chicken, and Pork Fried Rice.** Tea, Water, Ginger Ale, etc. Note: This is a set menu – no replacements – each dinner plate is the same.

**Reservations Only – Limited to 25 Residents.** Each individual, or couple, must call the **Brush Hill Receptionist at (617) 361-7778** to make a reservation. Do not call in for other friends. **Due to Monday Holiday (President's Day) Reservations begin: Tues starting at 9 am.**

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

### **Sunday, February 25<sup>th</sup>**

**Brian Calhoon Marimba Cabaret at 7 pm** (Brush Hill Function Room)

Brian Calhoon invites you to come out of the musical closet with MARIMBA CABARET, an hour of showtunes and pop songs reimagined for marimba and his voice. The marimba (like a giant xylophone) is a versatile percussion instrument that Brian plays while singing his heart out. Joined by his husband Tom on drums, you will hear Brian's unique covers of music by Broadway legends Jerry Herman and Stephen Sondheim and pop songs made famous by Patsy Cline and Patti Page. There may even be a classical surprise and a singalong! In 2023, Brian released his debut album titled MARIMBA CABARET and has garnered praise from coast to coast. Co-sponsored by the Fuller Village Residents Association.

## Notes from the Program Director

### **Reminder: Museum of African American History Trip at 9 am on Tuesday, 2/27**

The Museum of African American History understands the importance of filling in the missing pages of American history, connecting guests to amazing and authentic representations of life in the 18th and 19th centuries, in the place where a free Black community changed the course of American history. Tickets are \$8, which provides self-guided access to the Museum's exhibits, located in The Abiel Smith School, as well as a History Talk and showing of The African Meeting House/Sanctuary, led by a guide. Afterwards, the group will have lunch around the corner at the Tip Tap Room; please plan accordingly. **\*Deadline to sign-up is Friday,**

**February 16<sup>th</sup> at 12 pm\***

### **Curry College Nursing Simulation Partnership starting back in March!**

We are excited to bring back our partnership with the Curry College School of Nursing's Simulation Lab for the spring semester! Residents are invited to volunteer as healthcare actors in these simulation labs which are a critical part of student training. Volunteer opportunities will take place on Tuesdays and Fridays from March 8<sup>th</sup> through May 7<sup>th</sup>. Interested participants are invited to attend a Lunch and Learn at Curry College on Tuesday, March 5<sup>th</sup> from 12-2 pm. If interested, please contact Muriel at 617-361-7778 to have your name added to the list.

### **Potential April Boston Symphony Orchestra Trip**

Due to high demand for the March trip to the Boston Symphony Orchestra, we are considering returning for the Friday, April 5<sup>th</sup> performance of *Prometheus: Music for the Senses*, as well as the accompanying Preview Talk. (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 brunch 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 (and the March wait list) first priority.

Description: A program of color: It opens with Anna Clyne's *Color Field*, inspired in part by the vibrancy of a Mark Rothko painting. Followed by Richard Wagner's ecstatic Prelude and Liebestod from *Tristan and Isolde*, and Franz Liszt's *Prometheus*. The program closes with Alexander Scriabin's *Prometheus, Poem of Fire*. When Scriabin wrote *Prometheus, Poem of Fire*, he conceived of a "light organ" that would project colors corresponding to his music. *Prometheus* premiered in 1911 with future BSO Music Director Serge Koussevitzky, whose 150<sup>th</sup> birthday year we celebrate in 2024. (Andris Nelsons, conductor; Yefim Bronfman, piano; Anna Gawboy, lighting research; Justin Townsend, lighting designer; Tanglewood Festival Chorus; James Burton, conductor)



February 9, 2024

Dear Fuller Village Residents:

While the MFHC Finance office cannot give you personal advice on how to prepare your taxes or what deductions are available to you, we strongly recommend you seek the advice of your tax advisor on this matter. Tax rules change annually, and everyone's tax situation varies. The final decision as to whether you may claim any tax deduction is up to you and your tax advisor.

Although MFHC pays property taxes and you pay a monthly maintenance fee, property taxes are not allocated by unit. MFHC is the owner of the property. A Life Lease differs from actual "home ownership"; therefore, the homeowner's property tax deduction is not available to individual residents by unit. Milton Fuller Housing Corporation does view your rental agreement as creating a landlord tenant relationship.

Some of the following deductions may be available for some residents:

1. A portion of the monthly maintenance fee that you paid **may** be deductible on your **Massachusetts State Income Tax Return** as rental expense.
2. Senior Circuit Tax Breaker: Even though we are a non-profit tax-exempt organization, we do pay property taxes; therefore, residents may be eligible to take advantage of this credit if you meet age and income guidelines.

**Contact your accountant to see if you qualify.**

Sincerely,

***Peggy Payton***

Controller

# Gordon House

## Dining Room Dinner Menu

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

### Monday, February 19th

Garden Vegetable Soup (GF)  
or Salad du Jour  
Beef Pot Roast (GF)  
Herb Crusted Cod (GF)  
Roasted Red Potatoes (GF), Succotash (GF)  
Chocolate Chunk Cookie or  
Apple Pie

### Friday, February 23rd

New England Clam Chowder  
or Salad du Jour  
Citrus Glazed Chicken (GF)  
Grilled Swordfish (GF)  
Parmesan Potato Wedges (GF) Chef's Medley (GF)  
Oatmeal Raisin Cookie  
or Chocolate Brownie

### Tuesday, February 20th

Navy Bean Soup (GF)  
or Salad du Jour  
Stuffed Bell Pepper ( Rice & Beef ) (GF)  
Seafood Casserole (GF)  
Baked Sweet Potato (GF), Au Gratin Cauliflower (GF)  
Carnival Cookie  
or Chocolate Cake

### Saturday, February 24th

Chicken Noodle Soup  
or Salad du Jour  
Marinated Sirloin (GF)  
Baked Stuffed Shrimp (GF)  
Mashed Potatoes (GF), Mixed Vegetables (GF)  
Chocolate Chip Cookie  
or Apple Crisp

### Wednesday, February 21st

Beef and Vegetable Soup (GF)  
or Salad du Jour  
Turkey Pot Roast (GF)  
Baked Pollock With Warm Salsa (GF)  
Saffron Rice, Green Beans (GF)  
White Chocolate Macadamia Cookie  
or Rice Pudding

### Sunday, February 25th

Minestrone Soup (GF) (V)  
or Salad du Jour  
Pork Tenderloin Marsala (GF)  
Sole Oscar (GF)  
Roasted Potato Wedges (GF), Butternut Squash (GF)  
Carnival Cookie or  
Crème Brulee

### Thursday, February 22nd

Butternut Squash and Apple Bisque (GF)  
or Salad du Jour  
Prime Rib (GF)  
Baked Salmon (GF)  
Roasted Sweet Potato (GF), Lemon Broccoli (GF)  
Peanut Butter Cookie  
or Coconut Cream 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

Baked Spanakopita

## SIGNATURES

a non-alcoholic beverage and your choice of side is included with Entrée,  
Sandwich of the Week 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.

Vegetarian Special... 15.00 (V)

Falafel Flatbread

Served with Side Salad.

Sandwich Special...14.00 (GF)

Cuban Sandwich

With Sliced Pork, Pickles, Swiss Cheese  
and Mustard.

Fuller Village

Hamburger/Cheeseburger...13.00

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

Salad Special...12.00 (V)

Arugula Salad

Beets, Bleu Cheese, Cranberries,  
Mandarin Oranges and Lemon

Vinaigrette

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

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...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, February 19th  
**Closed For Holiday**

Tuesday, February 20th  
**California Chicken Wrap**  
With Lettuce, Tomato, Avocado and Cheddar  
Cheese

Wednesday, February 21st  
**Monte Cristo**  
Deep Fried Egg Dipped Ham and Swiss Cheese  
Sandwich. Served with Syrup and Powdered  
Sugar

Thursday, February 22nd  
**BBQ Bacon Burger**  
With Grilled Onions, Cheese  
Served with Potato Wedges

Friday, February 23rd  
**Filet -O-Fish**  
Cod, Lettuce, Tomato, and American Cheese  
on a Brioche. Served with Tater Sauce