

Weekend Highlights: Friday 3/8 - Sunday 3/10

See what's happening this weekend!

Friday, March 8th

Trip to Boston Symphony Orchestra and Brunch at 9 AM

This trip is full. If you are interested in joining the wait list for the April 5th trip, please call Muriel at 617-361-7778.

Environmental Racism & Environmental Justice in Greater Boston at 2 PM (Blue Hill Activity Room)

Lacee Satcher is an Assistant Professor of Sociology and Environmental Studies. Her primary research interests include race/ethnicity, health & place, and environmental justice. Other interests include place & inequality, social psychology of health, and urban sociology. In this talk, she will illuminate the environmental inequality and disproportionate impacts of climate change on communities of color in Greater Boston. Please join us for this timely and informative lecture from a leading researcher and lecturer in the field.

Ethan Stone at 7 PM (Blue Hill Activity Room)

Ethan Stone is a world touring pianist and a graduate of Berkeley College of Music. He performs a variety of jazz, boogie and popular songs from multiple generations: 1930's, 40's, 50's and more! Ethan always brings a fresh upbeat program that keeps the audience moving.

Saturday, March 9th

Movie Night at 7 PM (BL & BR)

“The Sting” starring Paul Newman and Robert Redford

In this 7 Oscar winning movie, a rookie grifter and a veteran con artist plan to fleece a racketeer through a phony racetrack scheme in 1930s Chicago.

Daylight Savings Time begins – remember to set your clocks forward before bed!

Sunday, March 10th

Oscars Screening at 7 PM (Brush Hill Café & Blue Hill Activity Room)

Drop in anytime to enjoy the drama and excitement of the Oscars with your neighbors. Feel free to bring a beverage or a snack and root for your favorite films and actors!

Weekly Highlights: Monday 3/11 – Sunday 3/17

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

Monday, March 11th

Trip to Trader Joes Patriot Place at 10 AM

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

Opera on Demand 2PM (Blue Hill Activity Room)

Calling all Opera Lovers! Enjoy Puccini's *Tosca* performed by the Metropolitan Opera

Tuesday, March 12th

Birthday Breakfast 10AM (Blue Hill Activity Room)

Shopping Trip to The Shops at Chestnut Hill 1 PM

Winter Climate record at Blue Hill Observatory 3 PM (Brush Hill Function Room)

The **Blue Hill Observatory and Science Center** is the foremost structure associated with the history of weather observations in the United States. Located atop Great Blue Hill in Milton, it is home to the oldest continuous weather record in North America. Ongoing research projects and collaborations at BHO cover a wide range of topics related to our long-term climate record. Come and learn about their equipment and programs, as well as early observations from this winter's data. **Don McCasland, Director of Operations and former Program Director**, is an educator and kite historian who joined the staff in 2000. He has taught about harnessing the wind with kites and sky appreciation for over 35 years. When not flying kites or teaching others to fly them, Don works with teachers and students to develop educational programs covering all aspects of Atmospheric Science.

Wednesday, March 13th

Cornhole at 10:45 AM (Blue Hill Activity Room)

Join us for this fun and relaxing game- easy to learn and a hoot to play!

Forest Therapy presentation with Jen at 3 PM (Brush Hill Function Room)

Just in time for spring, Jen will introduce us to forest therapy, an outdoor healing practice inspired by the Japanese practice of *shinrin-yoku*, or "forest bathing." Forest therapy involves experiencing nature's pleasures through all your senses.

Weekly Highlights: Monday 3/11 – Sunday 3/17

Thursday, March 14th

12 PM Men's Lunch Trip to Newcomb Farms

Join us for an outing to our favorite brunch place. This menu has it all- it's all delicious!

1 PM Crafts with Cindy (Blue Hill Activity Room)

Spring is Blooming all around! We will make beautiful multi colored mesh wreaths to welcome Spring to your front door.

2 PM Forest Therapy Walk with Jen

Join us for a therapeutic walk in the woods. (weather permitting!)

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

Friday, March 15th

2 PM Irish Sing-a-Long with Judy Cobble (Brush Hill Function Room)

Come to sing or come to just listen! Either way, Irish Eyes will be Smiling!

4:30 PM Friday Night Services (Brush Hill Function Room)

7 PM Jeffrey Folmer performs in the (Blue Hill Activity Room)

Come hear your favorites and some great original pieces for guitar.

Saturday, March 16th

Pizza Lunch! 12PM (Blue Hills Activity Room)

\$5 for 2 large slices of Papa Gino's Cheese Pizza, Tossed Salad, Soda and a Sweet Treat! Reservations required- Please call Muriel at Reception #617-361-7778 beginning at 9AM (not before!) on Monday 3/11 to grab a seat and arrange for the VAN from Brush Hill to Blue Hill.

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

Sunday, March 17th

6PM St Parick's Day Dinner Buffet (Blue Hill) Reservations Only

7PM Celebrate St Patrick's Day with Shelly Otis and Karen Burciaga (Brush Hill)

As a performer and arranger for the harp, Shelley Otis plays lots of traditional Celtic tunes, and is also a member of several ensembles including the Celtic band Ulster Landing. Karen Burciaga is a versatile string player who performs throughout New England. She holds multiple music degrees and enjoys playing Celtic music- especially in March!

Notes from the Program Director

Hello! and Thank you all so much for the warm welcome!

Greetings from Susie Swanson, your new Program Director. I am excited to be here and looking forward to getting to know all of you! I am so impressed with the warmth and enthusiasm of the residents with whom I have already met, and grateful to the *super* capable and compassionate FV staff.

I have been involved with programming for older adults for twenty years and I can truly say that I love what I do! I have found much joy working with seniors and learned new things every day. While I will need a few weeks to settle in, I am eager to hear your ideas and suggestions. Spring is coming and I can't wait to join FV residents out and about for some new trips, adventures and learning opportunities.

When I'm not planning fun things to do for "those of us of a certain age," I can be found spending time with my husband Jeff and my three boys William, James, and Daniel. We are an active Scouting family and spend a lot of time outdoors sailing, hiking, biking and skiing. I am also a certified Scuba diver. My favorite pastime is being a tour guide for Boston by Foot, Boston's all volunteer history and architecture educational tour organization. Hopefully we can get out on a tour this Spring or Summer!

I previously lived and worked in Milton for several years and I currently live in Canton, so it should be easy for me to join you for some concerts and evening activities. I look forward to joining you for some Pub Night dancing!

Cheers!

Susie

The Voices of Fuller newsletter is back!

Are you an artist (painter, sketch artist, etc.) who uses oil, water colors, pencils, or acrylics?

The Voices of Fuller Village newsletter staff would like to feature one of your favorite pieces and list the medium you prefer to work with. This will be a great way to meet other artists here at Fuller Village, and we are planning a special get-together for all of you to meet!

Please call or email Marty Allen 617-312-8058 martyallentours@gmail.com

Deadline March 17th to be included in the April issue.

The **April issue** will be **emailed to you, by Molly's special email notifications:** Her email will appear (see below) on Monday, April 1st. Just click to open newsletter on the underlined section: [Voices of Fuller April 2024.pdf](#)

Note: Those of you on the list for hard copies who have no access to email or who have eyesight issues will get their delivery sometime that week.

=====

From: Molly Welch <mail@notify.onecallnow.com>

Notification from: **Milton Fuller House Corporation**

Please see the attached April issue of The Voices of Fuller Newsletter.

Attachments available for 30 days

[Voices of Fuller April 2024.pdf](#)

SUN MON TUE WED THUR FRI SAT

<p>10</p> <p>Daylight Savings Time Begins</p> <p>Remember to set your clocks forward!</p> <p>2:00 Resident and Guest Swim</p> <p>2:30 Blue Hill Bridge (BL)</p> <p>7:00 Oscars Screening (BL and BR)</p>	<p>11</p> <p>10:00 Pickleball</p> <p>10:00 Trader Joe's Patriot Place</p> <p>10:15 Chair Yoga with Carol (BL)</p> <p>10:30 Blue Hill Coffee Hour (BL)</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>11:15 Aqua Fit with Jean (BR)</p> <p>12:00 Chair Yoga w/ Carol (BR) 1:00</p> <p>Bridge (BR) 2:00 Handcrafters (BL)</p> <p>2:00 Opera on Demand (BL) 3:00 Water Volleyball</p>	<p>12</p> <p>10:00 Birthday Breakfast (BL)</p> <p>10:30 Functional Fitness (BR)</p> <p>11:00 Hamilton Hall Lecture Series (BL/BR)</p> <p>12:00 Back to Basics (BL)</p> <p>1:00 Meditation (BL)</p> <p>1:00 Tai Chi (BR)</p> <p>1:00 The Shops at Chestnut Hill</p> <p>3:00 Winter Climate Record at Blue Hill</p> <p>Observatory (BR)</p> <p>4:00 Restorative Yoga (BR)</p> <p>7:00 Bingo! (BL)</p> <p>7:00 Men's Poker Club (BR)</p>	<p>13</p> <p>10:00 Stop & Shop</p> <p>10:15 Mobility & Stability with Carol (BR)</p> <p>10:45 Cornhole (BL)</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>12:00 Chair Yoga w/ Carol (BR)</p> <p>12:45 Chorus (BR)</p> <p>2:00 Residents' Association Board Meeting (BL)</p> <p>2:30 Aqua Fit with Crystal (BR)</p> <p>3:00 Forest Therapy Presentation (BR)</p> <p>3:00 Rosary (BL)</p> <p>3:00 Resident and Guest Swim (BR)</p> <p>7:00 Handcrafters (BR)</p>	<p>14</p> <p>9:30 Sketching Class with Bob Farrell (BL)</p> <p>10:00 Towel Cardio (BR)</p> <p>10:30 Adult Swim Lessons with Izzy</p> <p>10:30 News, Coffee and Conversation (BL)</p> <p>11:00 Core on the Floor (BR)</p> <p>12:00 Mobility & Stability (BL)</p> <p>12:00 Men's Lunch to Newcomb Farms</p> <p>12:30 Line Dancing with Jean (BR)</p> <p>1:30 Crafts with Cindy (BL)</p> <p>2:00 Forest Therapy Walk with Jen</p> <p>2:00 NeedlePoint (BR)</p> <p>3:00 Senior Ballet (BR)</p> <p>3:30 Social Justice Action Group (BR)</p> <p>3:30 Memoir Writing Group with Betsy (BL)</p>	<p>15</p> <p>9:00 Walking Club with Joey</p> <p>10:00 Aqua Fit with Crystal (BR)</p> <p>10:30 Chair Yoga with Carol (BL)</p> <p>2:00 An Irish Sing-a-Long with Judy Cobble (BR)</p> <p>2:00 Stop & Shop in Hyde Park</p> <p>4:30 Friday Night Services (BR)</p> <p>6:30 Cribbage (BR)</p> <p>7:00 Jeffrey Folmer (BL)</p>	<p>16</p> <p>10:00 Pickleball</p> <p>12:00 Pizza Lunch (BL)</p> <p>2:00 Family Swim</p> <p>7:00 Movie Night (BR/BL)</p>
---	---	--	--	---	--	--

March 2024

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —

you are amazing
REMEMBER THAT.



March 2024 Fitness & Aquatics Update

March is roaring in! Along with it, comes more opportunities for learning about and experiencing a Forest Therapy Walk.

On Wednesday, March 13th @ 3pm, join me in the Function Room of Brush Hill for a presentation on Forest Therapy – what it is, what to expect, and who is it for (hint...it's for everyone!). The presentation will be followed by a Forest Therapy Walk on Thursday, March 14th @ 2pm.

We will then honor the First Day of Spring on Tuesday, March 19th with another Forest Therapy Walk @ 2pm, and again on Thursday, March 28th, also at 2pm. All walks require a sign-up, and space is limited, so please call Muriel to get your name on the list as soon as possible. All walks are weather-dependent. Participants must provide their own transportation (or carpool!), locations will be determined closer to the above dates.

~

Ballet with Mae continues on Thursdays @ 3pm in the Yoga Studio at Brush Hill. No experience is necessary, all are welcome!

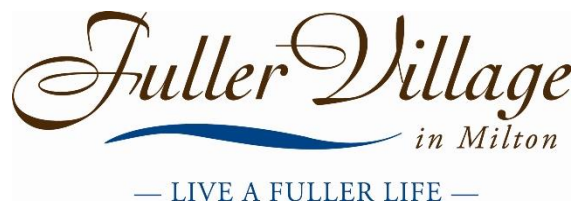
~

Family Swim continues on Saturdays from 2-4pm, and Resident/Guest Swim continues on Wednesdays from 3-5pm and Sundays from 2-4pm.

Please note that the Pool will be closed on Sunday, March 31st for the Easter Holiday.

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



Easter Sunday Buffet – March 31, 2024

1:00 pm – 3:00 pm

Gordon House Dining Room

Spring Cobb Salad

Sliced Roast Ham (GF)

Rum Raisin Sauce

Rosemary Roast Lamb (GF)

Mint Sauce

Seafood Casserole (GF)

Scalloped Potatoes

Spring Vegetable Medley

Berry Cheesecake and Strawberry Short Cake

(GF Options available)

\$29.25

Reservations begin Monday, March 11th at 11:00 am and end when we reach dining seating capacity. Cancellations after March 27th will be charged.

For Reservations: Please call the Dining Manager at 617-361-6958.

THE CARING COMMITTEE CORNER

Betsy Buchbinder, Chair

“SAGEING”

The Boston University “New England Centenarian Study” (NECS), started in 1955, and has found that genetics and lifetime choices have been the dominant factors for those Centenarians aging to their nineties and well beyond.

Gerontologists continue to examine aging from a variety of aspects: biologic, sociologic, psychologic as well as economic. Older adults, like any other age group, have complex, and varied attributes.

SAGEING (an invented word) is an acronym for the 7 behavioral factors that have been recognized by the study to serve as a guide towards healthy aging:

- Sleep** Do we get a good night’s sleep every night?
- Attitude** Are we optimistic rather than pessimistic in our daily lives?
- Genetics** A major gift from the family line!
- Exercise** Do we exercise each day?
- Interests** Do we continue to learn new things?
- Nutrition** Do we enjoy a varied, healthy diet daily?
- Growth** Do we ‘get rid of’ unhealthy behaviors?

The study provided this series of common-sense suggestions, but it remains for each individual to use them as guides towards healthier living.

Gordon House

Dining Room Dinner Menu

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

Monday March 11th

Corn Chowder With Bacon (GF)
or Salad du Jour
Chicken Cordon Bleu (GF)
Shrimp and Cheesy Grits (GF)
Parsley Potatoes (GF), Escalloped Corn (GF)
Chocolate Chip Cookie
or Cheesecake

Friday, March 15th

New England Clam Chowder (GF)
or Salad du Jour
Honey Glazed Chicken Thighs (GF)
Sole Piccata (GF)
Macaroni and Cheese, Roasted Broccolini (GF)
Oatmeal Raisin Cookie
Or Chocolate Cake

Tuesday, March 12th

Mushroom Barley Soup (GF)
or Salad du Jour
Beef Stuffed Cabbage (GF)
Seared Scallops (GF)
Mashed Potatoes (GF), Green Beans (GF)
Carnival Cookie
or Apple Cobbler

Saturday, March 16th

Garden Vegetable Soup (GF)
or Salad du Jour
Herb Roasted Turkey (GF)
BBQ Pork Ribs (GF)
Smashed Sweet Potatoes (GF), Green Peas (GF)
Chocolate Chunk Cookie
or Pecan Pie

Wednesday, March 13th

Italian Wedding Soup (GF)
or Salad du Jour
Chicken Parmesan Cutlet (GF)
Lobster Raviolis With Brandy Cream Sauce (GF)
Saffron Rice, Grilled Zucchini (GF)
White Chocolate Macadamia Nut Cookie
or Lemon Bar

Sunday, March 17th

St Patrick's Day Buffet

Reservations Only

Thursday, March 14th

Tomato Basil Soup (GF)
or Salad du Jour
Prime Rib (GF)
Dijon Salmon (GF)
Lyonnais Potatoes, Asparagus (GF)
Peanut Butter Cookie
or Tiramisu



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

Grilled Shrimp Skewer

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.

Sandwich Special...14.00 (GF)

Corned Beef Reuben

Served with Your Choice of Side

Salad Special...12.00

Chef Salad

Ham, Turkey, Cheddar Cheese, Hard
Boiled Egg, Red Onion, Lettuce, Tomato
and Cucumber

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

Vegetarian Special... 15.00 (V)

Butternut Squash Raviolis

Served with Side Salad and Dinner Roll

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, March 11th

Philly Cheesesteak

Served with Your Choice of Side

Tuesday, March 12th

Chef Salad

Mixed Greens with Tomato, Cucumber, Turkey, Ham, Hard Boiled Eggs, Cheddar Cheese and Red Onions

Wednesday, March 13th

Italian Hero Sandwich

With Bologna, Ham, American Cheese, Lettuce, Tomato and Italian Dressing on a Sub Roll

Thursday, March 14th

Chicken Caesar Wrap

Served with Your Choice of Side

Friday, March 15th

Crab Cakes

Served with French Fries and Remoulade Sauce