



Around the Village – June 2024

Happy Father's Day
Happy Pride Month
Happy Juneteenth

Welcome to our newest Fuller Village residents:
Frances & Robert O'Toole, Foster 205

Fuller Village Chorus - I want to thank the Fuller Village Resident Chorus for a lovely Spring Concert with special thanks to Penny Knight, Director, and Judy Cobble, Accompanist. It was wonderful to see every seat in the audience filled by fellow residents, family members, and friends. It was a special evening at Fuller Village!

June is Pride Month - The Town of Milton has proclaimed the month of June as Pride Month with recognition of Milton being a friendly and welcoming community that celebrates diversity and inclusion. We are very pleased to have Fuller Village residents participating in the Boston Pride Parade for a second year in a row on Saturday, June 8th with Susie, our Program Director, and Edwards, Fuller Village's van driver. Let's wish them a wonderful parade day! On Tuesday, June 4th at 2:00 pm in the Brush Hill Function Room, we will have Brandeis Professor Rick Brabander give a talk on the significance and importance of Pride Month and how and why it began.

Dining Services Updates – Make your reservations now for our Father's Day "Build Your Own Burger Bar" with side dishes and desserts in the Brush Hill Function Room on Sunday, June 16th from 2:00 pm to 4:00 pm. There will be a caricature artist doing amusing one-of-a-kind complimentary portraits. See flyer with menu, pricing, and reservations details in this week's packet and under the Week at Fuller icon in Uniguest (formerly Touchtown). Bring your family and enjoy a special day! Our Summer Grill Night Dinners at the Brush Hill Café have been scheduled for Fridays on June 28th, July 26th, and August 23rd. Flyer with menu, pricing and reservations details will be coming soon! Be sure you save the dates! *The Gordon House Lounge will be closed on Grill Night Dinner dates.* For those who have not yet enjoyed this our new dining offering, do not forget that the Brush Hill Café is now open on Saturdays from 11:30 am to 2:00 pm with brunch and children's menu options. Come and enjoy the Café on Saturdays!

Juneteenth Holiday is Wednesday, June 19th - The office and café at Brush Hill will be closed. We will be on the answering service for the holiday from Tuesday, June 18th at 5:00 pm until Thursday, June 20th at 8:30 am. For urgent maintenance issues please call 617-361-7900 and the on-call person will assist you. There will be front desk attendants at both concierge desks between the hours of 10 am to 10:30 p.m. *Pool and Gym are open at regular hours.*

Summer Concert Series - Our Summer Concert Series will be held on June 20th, July 18th, and August 15th on the patio at Brush Hill. Fuller Village's Men's Group will serve hot dogs with drinks and chips (\$5 cash only) from the grill at 5:30 p.m. with concerts to begin at 6:00 p.m. Bring a friend, grandchild or neighbor as these concerts are open to the public! Flyer with details coming soon! Special appreciation to our sponsors: Fuller Village Residents' Association, Best of Care, and the Bank of Canton. We will also have complimentary ice cream novelties provided by Unidine. *The Gordon House Lounge will be closed on Summer Concert dates.*

Town Meeting Representative Appreciation - Special thanks to Fuller Village residents and Town Meeting Reps., Philip Driscoll and Tom Sharkey, for sharing highlights of Milton's Town Meetings in May with residents at a Blue Hill Coffee Hour and during an afternoon meeting at Brush Hill recently. Residents shared how informative and interesting the discussions were and appreciated your time and sharing. Nicely done!

Weekend Highlights: Friday 5/31 - Sunday 6/2

See what's happening this weekend!

Friday, May 31st

7PM Music with Dan Mackowiak

Dan Mackowiak grew up playing the accordion, and now he plays with several ensembles, including his own ballroom dance quartet. Dan's programs feature music from the American Songbook and from various European traditions: Scandinavian, Polish, German, Italian, French and Celtic. He particularly enjoys getting his audiences to remember the music they heard and loved years ago. **(Blue Hill Activity Room)**

Saturday, June 1st

11:30 AM – 2:00 PM – Brush Hill Café is NOW open on Saturdays offering a delicious brunch menu along with a children's menu. Come and enjoy the Brush Hill Café on Saturdays! Thank you for supporting this dining offering. Residents can view the Café's new Saturday brunch and children's menus on Uniguest (formerly Touchtown) under the "Dining" icon. *As previously announced, we want to remind all residents that this offering on Saturdays is a dining charge to your house account, and residents' \$60 per month dining benefit cannot be used on Saturdays in the Café.*

7PM Movie Night

"One Life" The True story of Nicholas Winton who organized the rescue of hundreds of predominantly Jewish children from the Nazis on the verge of WWII. Half a century later, he is haunted by those he could not save. Starring Sir Anthony Hopkins, Helena Bonham Carter and Johnny Flynn. **(Brush Hill Function Room)**

"I am Woman" In 1966 single mother Helen Redding leaves Australia for New York for a better life and is disappointed by how difficult it is to get started in the music business until she records a song taken over by the Women's March in Washington DC. Starring Danielle McDonald and Evan Peters. **(Blue Hill Activity Room)**

Sunday, June 2nd

7PM The Continentals – Drums and Keyboards Duo (Brush Hill Function Room)

This duo really has the beat! Join us for some fun Sunday night tunes!

Weekly Highlights: Monday 6/3 – Sunday 6/9

Look out for these special events and offerings next week!

Monday, June 3rd

1PM Van departs for Market Basket in Hanover

2PM Library Tech Resources Talk with Librarian Will Adamczyk

Come and learn about Hoopla, and other FREE streaming services offered by the Milton Public Library! **(Blue Hill Activity Room)**

Tuesday, June 4th

10AM Van departs for Boston Public Library Tour and Scooperbowl

Learn all about the art and architecture of the historic Boston Public Library during a private tour, and then hit The Jimmy Fund Scooper Bowl at Boston City Hall Plaza. This three-day festival attracts people of all ages for an **all-you-can-eat ice cream event** supporting cancer research and patient care at Dana-Farber Cancer Institute. \$35 includes the BPL tour and a ticket for Scooperbowl admission. Van returns approx. 2:30pm.

3PM Special Pride Month Lecture with Professor Rick Brabander This talk will focus on the significance of Pride Month and will highlight the achievements of Alan Turing- an LGBTQ individual who singlehandedly changed the direction of WW II. **(Brush Hill Function Room)**

Wednesday, June 5th

8:00AM Bike Club

10:45AM Cornhole Join us for this super fun to play game **(Blue Hill Activity Room)**

2PM Catholic Mass (Brush Hill Function Room)

3PM Special Juneteenth History Lecture with Professor Paolo Di Gregorio

Paolo will discuss the unique African American experiences that led to the creation of our newest national holiday. **(Brush Hill Function Room)**

Thursday, June 6th

11AM Van departs for Sullivan's at Castle Island. THIS TRIP IS FULL.

1:30PM Crafts with Cindy (Blue Hill Activity Room)

It's time to Celebrate with red, white, and blue! Sparkle and Shine with a fun door decoration we will make for the 4th of July.

2PM Artificial Intelligence lecture (Brush Hill Activity Room)

Virtual Reality. Deepfakes. Chatbots. Do you sometimes feel like the technical world is moving WAY too fast? Do you really know what any of these terms mean to YOU, not to mention the rest of humanity? Join us for an informative presentation about artificial intelligence and its use in the modern world. **(Brush Hill Function Room)**

Friday, June 7th

1PM Rich Travers presents “Balanchine and his Ballet Music”

This lecture explores music and dance with a close look at the composers, choreographers and performers who shaped ballet and its music. Scenes from important ballets from dance companies in Russia, Europe and the United States will be presented as well as the impact of composers such as Tchaikovsky and Stravinsky, and dancers such as Nijinsky, Nureyev, Fonteyn, and Baryshnikov. **(Blue Hill Activity Room)**

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

7PM Music with Lenny Weiner “Pop Songs of the Past”

Join us also for cake and refreshments as Bob and Helen Karas celebrate their 2nd anniversary as Fuller residents! All are welcome! **(Blue Hill Activity Room)**

Saturday June 8th

8:00AM Van departs for Boston Pride Parade. THIS TRIP IS FULL.

5:30 Italian Night! Back by popular demand, Italian Night will be held on **Saturday, June 8th at 5:30 pm** in the Brush Hill Cafe. Residents Only: No Take-Out. Cost is \$20 for cheese lasagna with meat sauce from The Chateau restaurant. FVRA Activities Committee will also include Italian Meatballs w/Raos Sauce, a garden salad, rolls, and cookies. **Registration begins at 9:00 a.m. on Monday June 3rd.- Call Muriel at (617) 361-7778**

7PM Movie Night (Movie TBD)

Sunday June 9th

7PM Music with the Billy Novick Duo (Brush Hill Function Room)

Billy Novick is internationally recognized as a musician, performer, arranger and composer. He has been featured as a sideman on over 250 recordings, and his music has appeared in more than 100 film scores, television shows, and commercials. His clarinet playing can be heard on the theme songs of the popular PBS shows "Antiques Roadshow" and "This Old House."

Notes from the Program Director

Summer is coming and we want to squeeze as much FUN as possible into these warm days (and nights!) I have lots of ideas about trips and activities, but I am always eager to hear from YOU! Please let me know if you have heard of any new music, performances trips or activities that you have experienced and really enjoyed that you think would be a good fit for the Fuller Village calendar. I can't promise that we can do them all, but it's always great to learn about new adventures to explore! In particular- Anyone tried Karaoke lately? Or heard a good comedian? Let me know if you're out and about and see something interesting- I'm happy to look into it!

Three Words- "All YOU CAN EAT" when applied to ice cream can only mean one thing- SCOOPERBOWL is back in town! Join us for a special trip on June 4th that celebrates the best of Boston- ice cream and the Boston Public Library. We will catch a private art and architecture tour of the historic and majestic BPL and then head to Government Center for an all you can eat ice cream extravaganza that is ALSO a fundraiser for The Jimmy Fund! Talk about a win/win!

Speaking of summertime treats, we will have a great chance to dine alfresco at both Sullivans at Castle Island and Tony's Clam Shack – for our favorite food on the beach! If you're looking for a somewhat more sophisticated outing, join us on the men's or women's lunch trips to Venezia or Port 305 at Marina Bay.

We have some great speakers joining us in June- don't miss "Wild and Wacky History of Boston's South Shore" with travel writer Zack Lamonthe on June 14th at 1PM at Brush Hill and "Music and Wellness" with original blues musician Robin O'herin June 24th at 2PM at Blue Hill. Starting in June we will also host a speaker now and again on a Saturday to try something new. In that spirit, we will kick off a "Just for Fun" speaker series about lighthearted topics designed to entertain and lift your spirits. Up first, a discussion about "Paragon Park Memories" with Chris Haraden, an historian who shares fond reminiscences about Nantasket Beach and the Paragon Park Carousel.

There's something for everyone out there this Spring!- *Susie*

SUN	MON	TUE	WED	THUR	FRI	SAT
<p>The Silver Linings Hair Salon at the Gordon House is open Thursdays & Fridays starting at 9 am. Please call 617-361-8746 to make an appointment.</p>	<p>The Wellness Clinic is open every Tuesday from 8:30 - 11:30 am. Please call 617-361-7900 for an appointment.</p> <hr/> <p>Best of Care Blood Pressure Clinics Wednesdays Blue Hill 12 - 1 pm Brush Hill 1 - 2 pm</p>	<p>Fitness Center & Yoga Studio Hours Mon-Fri 8am - 5pm Sat & Sun 9am - 4pm</p> <p>Pool Hours Mon - Fri 7am -12pm Mon & Wed 1 - 5pm Tue & Thu 4 - 6pm Sat & Sun 8am - 4pm</p>	<p><u>Grocery Trip Schedule</u></p> <p>Mondays at 2 pm: Rotating Location (See Calendar for Details)</p> <p>Wednesdays & Fridays at 10 am: Stop & Shop in Hyde Park Call 617-361-7778 to sign up.</p>	<p>Bank of Canton Tuesdays Brush Hill 9-10am Blue Hill 10:30-11am</p>	<p>Podiatrist Dr. Joel Chariton will be in on Wednesdays 6/12 & 6/26 starting at 1PM. Please call 781-986-3668 for an appointment.</p> <hr/> <p>Massage Therapist Jenn Borges is available Mondays, Thursdays, and Fridays starting at 9am. Please call 508-535-5675 for an appointment.</p>	<p>10:00 Pickleball 11:30 Brush Hill Cafe Open (BR) 2:00 Family Swim 7:00 Movie Night (BR/BL)</p>
<p>2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 7:00 The Continentals Drum/Keys Duo (BR)</p>	<p>10:00 Pickleball 10:15 Chair Yoga with Carol (BL) 10:30 Blue Hill Coffee Hour (BL) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 1:00 Market Basket Hanover 2:00 Handcrafters (BL) 2:00 Library Tech Resources Talk (BL) 3:00 Library Book Club (BL) 3:00 Water Volleyball</p>	<p>10:00 Boston Public Library Tour & Scooperbowl 1:00 Meditation (BL) 1:00 Tai Chi (BR) 3:00 Pride Month Lecture with Professor Rick Brabander (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)</p>	<p>8:00 Bike Club 10:00 Stop & Shop in Hyde Park 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) 2:00 Catholic Mass (BR) 2:30 Aqua Fit with Crystal (BR) 3:00 Juneteenth History with Paolo (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR)</p>	<p>10:00 Towel Cardio (BR) 10:30 Adult Swim Lessons with Izzy 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 11:00 Sullivan's and Castle Island 12:00 Mobility & Stability (BL) 12:30 Line Dancing with Jean (BR) 1:30 Crafts with Cindy (BL) 2:00 Artificial Intelligence Lecture (BR) 2:00 NeedlePoint (BR) 3:00 Pickleball with Marybeth (BR)</p>	<p>10:00 Aqua Fit with Crystal (BR) 10:00 Stop & Shop in Hyde Park 10:30 Chair Yoga with Carol (BL) 1:00 Rich Travers (BL) 4:30 Friday Night Services (BR) 6:30 Cribbage (BR) 7:00 Lenny Weiner "Pop Songs of the Past" (BL)</p>	<p>8:15 Boston Pride Parade 10:00 Pickleball 11:30 Brush Hill Cafe Open (BR) 2:00 Family Swim 5:30 Italian Night (BR) 7:00 Movie Night (BR/BL)</p>

Gordon House

Dining Room Dinner Menu

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

Monday, June 3rd

French Lentil Soup (GF)
or Salad du Jour
Chicken Cacciatore (GF)
Salmon With Cream Sauce (GF)
Spaghetti
Corn (GF)
Double Chocolate Cookies or
Caramel Cheesecake

Friday, June 7th

Manhattan Clam Chowder (GF)
or Salad du Jour
Beef and Rice Stuffed Peppers
Cod With Olive Tapenade (GF)
Couscous
Asparagus (GF)
Sugar Cookies or
Oreo Chocolate Cake

Tuesday, June 4th

Minestrone (GF)
or Salad du Jour
Roast Beef With Gravy (GF)
Herb Roasted Tilapia (GF)
Mashed Potatoes (GF)
Green Peas (GF)
Carnival Cookies or
Chocolate Eclair

Saturday, June 8th

Cream of Mushroom Soup (GF)
or Salad du Jour
BBQ Pork Ribs (GF)
Breaded Shrimp (GF)
Baked Beans (GF),
Warm Coleslaw With Honey Dressing (GF)
Oatmeal Cookies
or Tiramisu

Wednesday, June 5th

Leek and Potato (GF)
or Salad du Jour
Apple Roasted Pork Loin (GF)
Lemon Bake Sole (GF)
Garlic Orzo
Roasted Broccolini (GF)
Strawberry Shortcake Cookies or
German Chocolate Cake

Sunday, June 9th

Chicken and Rice Soup (GF)
or Salad du Jour
Chicken Marsala (GF)
Fish Cakes (GF)
Roasted Potato Wedges (GF),
Zucchini and Tomatoes (GF)
Assorted Cookies or
Chocolate Torte (GF)

Thursday, June 6th

Tomato Basil Soup (GF)
or Salad du Jour
Orange Glazed Chicken (GF)
Lobster Ravioli W. Brandy Cream Sauce (GF)
Rice Pilaf
Grilled Yellow Squash (GF)
White Chocolate Macadamia Cookies
or Lemon Meringue Pie

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

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

Shrimp and Vegetable Kabobs

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 of the Special...14.00 (GF)

B.L.T Panini

Served with Your Choice of Side

Salad Special...12.00 (V)

Mixed Greens With Berries and Feta
Cheese

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

Veggie Special of the Week... 15.00 (V)

Grilled Vegetable Burrito

Served with Your Choice of Side

Fuller Village's

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...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

DAILY SPECIALS

all daily specials served with a beverage and one side \$14

MONDAY, JUNE 3rd

Mushroom and Swiss Burger (GF)

Beef Patty, Sauteed Mushrooms, Lettuce and Swiss Cheese

TUESDAY, JUNE 4th

Chicken Panini (GF)

With Feta Cheese and Spinach

WEDNESDAY, JUNE 5th

Grill Day (GF)

Choice Of: Grilled Italian Sausage **OR** Garlic and Lemon Salmon
Served with Potato Salad

THURSDAY, JUNE 6th

Pizza Day

Pepperoni **OR** Cheese Pizza
Served with Side Salad

FRIDAY, JUNE 7th

Shrimp Po'boy (GF)

Lettuce, Tomato and Remoulade Sauce

Gluten Free (GF), Vegetarian (V), Low Sodium (LS)

Gluten Free Bread / Wrap Available

All menu items are plus tax

Before placing your order, please inform your server if a person in your party has a food allergy.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

 **UNIDINE**

Fuller Village
in Milton
— LIVE A FULLER LIFE —



The Fuller Village Residents' Association
Activities Committee is sponsoring an

Italian Nite Dinner

Saturday, June 8th at 5:30 - Brush Hill Café

Reservations required for 25 residents

This is a sit-down meal; no take-out.

Cost is \$20 cash upon arrival. If you are a no-show, you will be charged.

Enjoy delicious cheese lasagna
with meat sauce from
The Chateau restaurant.



We'll also include:

- Italian meatballs with plenty of extra sauce,
- A garden salad with rolls, and
- Cookies.

-The registration for 25 residents begins at 9 a.m. on Monday, June 3rd.

-Call Muriel, Receptionist at the Concierge Desk at Brush Hill 617-361-7778.

****Sorry, but you will be charged if you are a no-show for this event.****



Buon Appetito!



June 2024 Fitness & Aquatics Update

Spring is in full swing, and summer is right around the corner! With this comes lots of opportunity to get outside, and of course, vacations...I will be away on vacation from Friday, June 21st returning to the Fitness Center on Monday, July 8th. Some classes will be taught by Carol, our Yoga Teacher, and others will be canceled. All updates will be reflected on the monthly calendar, but see below for a preview. The July changes will be posted at the end of the month.



NO Functional Fitness class on Tuesday, June 4th or Tuesday, June 25th

NO Back to Basics on Tuesday, June 4th

NO Towel Cardio on Thursday, June 27th

The Fuller Village Bike Club season has begun! If you are new to Fuller, have a bike & a helmet, and are interested in learning more about how to participate, please see me for more information.

In June, there will only be one Forest Therapy Walk on Wednesday, June 12th @ 2pm. The location is TBD. All walks require a sign-up & space is limited, so please call Muriel to get your name on the list as soon as possible. Walks are weather-dependent. Participants must provide their own transportation (or carpool!).

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



Celebrate Father's Day!

Sunday, June 16th 2:00 – 4:00 PM

Brush Hill Function Room

Build Your Own Burger Bar

(Choice of 6 oz. Beef, Salmon or Veggie)

Over 15 toppings and Sauces!

Fuller Village House Chips, Garden Pasta Salad and

Tuscan Potato Salad

Toasted Brioche Buns/Gluten Free Buns

Water or Soda

Chocolate Fudge Brownies and Assorted Cookies

\$29.95 per person

Beer and Wine available at a separate charge

Bring your family and enjoy a special day!

For some added entertainment, we will have a
caricature artist doing funny one-of-a-kind
complimentary portraits.

Call Joey to Reserve your seats at 617-361-3231!