

SUN	MON	TUE	WED	THUR	FRI	SAT
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 1	Labor Day Offices and Cafe Closed 10:15 Chair Yoga with Carol (BL) 10:30 Blue Hill Coffee Hour (BL) 11:00 Floor Yoga w/ Carol (BR) 11:30 Handcrafters (BL) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 2:00 Adult Swim Lessons with Madison 2	8:30 Pickleball 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 1:00 Ellie's Sweet Truck (BL) 1:00 Tai Chi (BR) 2:15 Ellie's Sweet Truck (BR) 3:00 "The Genius of Billy Crystal" with Deb Block (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR) 3	8:00 Bike Club 9:00 Community Fair Committee Meeting (BR) 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) 12:45 Chorus (BR) 2:00 Catholic Mass (BR) 2:30 Aqua Fit with Crystal (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR) 4	8:00 Pickleball with Marybeth (BR) 9:30 Encore Casino 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:30 Crafts with Cindy (BL) 2:00 NeedlePoint (BR) 3:00 Brain Games (BR) 5	9:00 Walking Club with Joey (BR) 10:00 Aqua Fit with Crystal (BR) 10:00 Stop & Shop in Hyde Park 10:30 Chair Yoga with Carol (BL) 2:00 Hermina Hyacinthe Talk (BR) 6:00 Grill Night (BR Patio) 6:30 Cribbage (BR) 7:00 Music with Trilogy (BL) 6	8:30 Pickleball 11:30 Brush Hill Cafe Open (BR) 2:00 Family Swim 7:00 Movie Night (BR/BL) 7
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 7:00 Will McMillan & Molly Ruggles (BR) 8	9:30 Blue Hill Coffee Hour (BL) 10:15 Chair Yoga with Carol (BL) 11:00 Floor Yoga w/ Carol (BR) 11:30 Handcrafters (BL) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 1:00 Wegman's 2:00 Adult Swim Lessons with Madison 2:00 Opera on Demand (BL) 9	8:30 Pickleball 10:00 Birthday Breakfast (BL) 10:30 Functional Fitness (BR) 10:40 Curry College Nursing Volunteers Lunch & Learn 12:00 Back to Basics (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	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) 12:45 Chorus (BR) 1:00 "Hall Talk" Quilts with Mary Harman (BR Art Hallway) 2:00 Residents' Association Board Meeting (BL) 2:30 Aqua Fit with Crystal (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR) 11	8:00 Pickleball with Marybeth (BR) 10:00 Towel Cardio (BR) 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 11:15 Women's Lunch at The Beacon 12:00 Mobility & Stability (BL) 2:00 Alison O'Leary "Inns and Adventures" (BR) 2:00 NeedlePoint (BR) 3:30 Social Justice Action Group (BR) 12	9:00 Walking Club with Joey (BR) 9:30 Belly Dancing w/Betty Tamer (BR) 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) 6:30 Cribbage (BR) 7:00 Ron Cote (BL) 13	8:30 Pickleball 11:30 Brush Hill Cafe Open (BR) 2:00 Family Swim 7:00 Movie Night (BR/BL) 14
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 7:00 Music with Santiago Lopez Duo (BR) 15	9:30 Blue Hill Coffee Hour (BL) 10:15 Chair Yoga with Carol (BL) 11:00 Floor Yoga w/ Carol (BR) 11:30 Handcrafters (BL) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 1:00 Trader Joe's Patriot Place 2:00 Adult Swim Lessons with Madison 3:00 Library Book Club (BL) 7:00 History with Paolo (BL) 16	8:30 Pickleball 9:45 Boston by Foot Tour - Back Bay 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 1:00 Susan Wilson Author Talk (BR) 1:00 Tai Chi (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR) 17	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) 12:45 Chorus (BR) 2:00 Catholic Mass (BL) 2:30 Aqua Fit with Crystal (BR) 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Maria Judge Talk (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR) 18	8:00 Pickleball with Marybeth (BR) 10:30 Bible Study (BR) 10:30 News, Coffee and Conversation (BL) 12:00 Mobility & Stability with Carol (BL) 12:30 Line Dancing with Jean (BR) 2:00 NeedlePoint (BR) 6:30 Pub Night with the Dave Burbank Orchestra (BR) 19	9:00 Walking Club with Joey (BR) 9:00 American Sign Language Class (BR Card Room) 10:00 Aqua Fit with Crystal (BR) 10:00 Stop & Shop in Hyde Park 10:30 Chair Yoga with Carol (BL) 4:30 Friday Night Services (BR) 6:30 Cribbage (BR) 20	8:30 Pickleball 11:30 Brush Hill Cafe Open (BR) 2:00 Family Swim 5:30 FVRA Chinese Food Dinner (BR) 7:00 Movie Night (BR/BL) 21
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 22	9:30 Blue Hill Coffee Hour (BL) 10:15 Chair Yoga with Carol (BL) 11:00 Floor Yoga w/ Carol (BR) 11:30 Handcrafters (BL) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 1:00 Walmart 2:00 Adult Swim Lessons with Madison 3:00 Current Events - News Roundup (BL) 7:00 Singo (BR) 23	8:30 Pickleball 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 12:30 Volunteer Visit to Father Bill's Place 1:00 Tai Chi (BR) 2:00 Climate Change Lecture with Don McCasland (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR) 24	8:30 Bike Club Trip (BR/BL) 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 Brain Games (BL Activity Room) 2:30 Aqua Fit with Crystal (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR) 25	8:00 Pickleball with Marybeth (BR) 10:00 Towel Cardio (BR) 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 11:30 Men's Lunch to Boston Tavern 12:00 Mobility & Stability (BL) 12:30 Line Dancing with Jean (BR) 2:00 Music Lovers (BL) 2:00 NeedlePoint (BR) 4:30 Blue Hill Book Club (BL) 26	9:00 Walking Club with Joey (BR) 9:00 American Sign Language Class (BR Card Room) 10:00 Aqua Fit with Crystal (BR) 10:00 Stop & Shop in Hyde Park 10:30 Chair Yoga with Carol (BL) 12:30 1-on-1 Tech Help (BR) 2:00 Stop & Shop in Hyde Park 3:00 History with Paolo (BR) 6:30 Cribbage (BR) 7:00 Music with Elaine Woo (BL) 27	8:30 Pickleball 11:30 Brush Hill Cafe Open (BR) 2:00 Family Swim 7:00 Movie Night (BR/BL) 28
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 7:00 The Splinters (BR) 29	9:30 Blue Hill Coffee Hour (BL) 10:15 Chair Yoga with Carol (BL) 11:00 Floor Yoga w/ Carol (BR) 11:30 Handcrafters (BL) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 1:00 Market Basket Hanover 2:00 Adult Swim Lessons with Madison 7:00 Trivia (BR) 30	Fitness Center & Yoga Studio Hours Mon-Fri 7:45am - 5pm Tues. & Thurs. 7:45am-7pm Sat & Sun 9 am - 4 pm Pool Hours Mon - Fri 7am -12pm Mon & Wed 1- 5 pm Tue & Thu 4 - 6 pm Sat & Sun 8 am - 4 pm	The Wellness Clinic is open every Tuesday from 8:30 - 11:00 am. Please call 617-361-7900 for an appointment. Best of Care Blood Pressure Clinics Wednesdays Blue Hill 12 - 1 pm Brush Hill 1 - 2 pm	Podiatrist Dr. Joel Chariton will be in on Wednesdays 9/4 & 9/18 starting at 1PM. Please call 781-986-3668 for an appointment. Massage Therapist Jenn Borges is available Mondays, Thursdays, and Fridays starting at 9am. Please call 508-535-5675 for an appointment.	The Silver Linings Hair Salonat the Gordon House is open Thursdays & Fridays starting at 9 am. Please call 617-361-8746 to make an appointment. Bank of Canton Banking Hours Tuesdays Brush Hill 9-10am Blue Hill 10:30-11:30am	Best of Care Community Partnership Specialist Cara Kelley is available on site Mondays and Fridays and can be reached at 617-587-7526 for home care service inquiries

September 2024



— LIVE A FULLER LIFE —

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



Around the Village - September 2024

Happy Labor Day! - September 2nd

First Day of Autumn - September 22nd

September 2nd Holiday - The offices and the Brush Hill Café will be closed on Monday, September 2nd for Labor Day. We will be on answering service for the holiday from Friday, August 30th at 5:00 pm to Tuesday, September 3rd 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 10:00 am to 10:30 pm on the holiday. *The pool will be open on the holiday and the fitness center will be open via fob access schedule, and any fitness classes will be as scheduled on the calendar.*

September's Resident Talk - Come and learn more about Fuller Village resident Hermina Hyacinthe on Friday, September 6th, at 2:00 pm in the Brush Hill Function Room. Join us for an informal Q&A where Hermina will share about her incredible life and her decision to become a Chaplain and her inspirational role currently as a Board-Certified Catholic Chaplain with the Massachusetts Department of Correction. Don't miss this incredible sharing by a fellow resident!

Dining Services Updates - Be sure to see the Brush Hill Café Saturday Brunch Menu for September with our new "From the Griddle Monthly Specials." A friendly reminder that the Gordon House Lounge is open on Wednesdays, Thursdays, Fridays, and NOW on Saturdays from 5:00 pm to 7:00 pm. Reservations are not accepted for the Gordon House Lounge, as it provides first come, first served seating and dining services. Join us on Saturdays in the Café and Lounge! *The Lounge will be closed on September 6th and September 19th for September's Grill Night and Pub Night dates.*

September Fitness & Aquatics Update - Please be sure to read the September Fitness & Aquatics newsletter from Fitness Director, Jen DeLeonardis, with important fitness and pool information and sharing.

Blue Hill Monday Coffee Hour Update - Starting in September, the Blue Hill Monday Coffee Hour will be starting an hour earlier at 9:30 am. All are welcome to join! The Blue Hill Thursday "News, Coffee, and Conversation" will remain at 10:30 am. Special thanks to our Blue Hill Coffee Hour volunteers, Roz Spigel and Pam Craig.

The Voices of Fuller - Please watch for the email version of *The Voices of Fuller* September 2024 newsletter on the afternoon of Friday, August 30th, and click on the link in the body of the email to view and read the newsletter. The printed version of the newsletter for residents that requested will be delayed but will be available as soon as possible.

Resident Volunteers Needed! - Do you have any weekday availability? Fuller Village is seeking any residents interested in being a volunteer to sit at the Brush Hill concierge desk during staff lunch time from 12:30 pm to 1:15 pm (we ask volunteers to arrive a few minutes early for instructions). Responsibilities include opening main entrance doors for residents and visitors, greeting and directing visitors, and answering questions if able or referring individuals for concierge follow-up after 1:15 pm if necessary. *Currently, we are in need of a Wednesday volunteer and also need additional designated back-up volunteers!* If you are interested, please contact the Brush Hill concierge desk at 617-361-7778. We are grateful to ALL our resident volunteers!

Weekend Highlights: Friday 8/30 - Sunday 9/1

See what's happening this weekend!

Friday, Aug. 30

7PM Music with Adam and Marcia Feldman Adam & Marcia have been making music together for over 25 years, after graduating from Berklee College of Music. Both have shown off their musical abilities in and out of the country to a wide variety of delighted listeners. **(Blue Hill Activity Room)**

Saturday, Aug. 31

11:30AM – 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! Residents can view the Café's new Saturday menus on Uniguest (formerly Touchtown) under the "Dining" icon.

7PM Movie Night "*The Union*" starring Mark Wahlberg, Halle Berry and Dana Delaney- A down to earth New Jersey construction worker who knows nothing about being a spy is talked into spying by his old high school girlfriend. BR/BL

Sunday, Sept. 1

2:30PM Blue Hill Bridge (Blue Hill Activity Room)

Weekly Highlights: Monday 9/2 – Sunday 9/8

Look out for these special events and offerings next week!

Monday, Sept. 2

Labor Day Holiday- Staff Offices and Café are closed

Tuesday, Sept. 3

1PM Ice Cream Treats from Ellie's Ice Cream Truck at Blue Hill

2:15PM Ellie's Ice Cream truck at Brush Hill

3PM "The Genius of Billy Crystal" with Artistic Director and Creator of Interactive Film and Theatre Debra Block. ***Billy Crystal*** is **NOT** just a comedian. He is also an American actor, writer, producer, director, and television host. He gained prominence in the 1970s and 1980s as a cast member of ***Saturday Night Live***, and in 1990 he began hosting the **Oscars** for a total of nine seasons. In 2014 he became a Hollywood film star

acting opposite Meg Ryan in the comedy “*When Harry Met Sally*”. Debra Block presents interactive film and theatre programs that are educational, entertaining, and thought provoking! (Brush Hill Function Room)

Wednesday, Sept. 4

8 AM Bike Club

9AM Community Fair Committee Meeting (Brush Hill Function Room)

12:45 PM Chorus

Join our Fuller Village Chorus! Rehearsals are every Wednesday held in the Brush Hill Function Room at 12:45 to 1:45. Our fabulous director Penny Knight will be accepting new members throughout September to prepare for our holiday show.
(Brush Hill Function Room)

2PM Catholic Mass (Brush Hill Function Room)

3PM Rosary (Blue Hill Multi Purpose Room)

Thursday, Sept. 5

9:30AM Van departs for Encore Casino THIS TRIP IS FULL

10:30AM Bible Study (Brush Hill Card Room)

1:30PM Crafts with Cindy- “Tiny Garden” Using sand, soil, pebbles and mini plants we will make a miniature terrarium. Please sign up with Muriel (617) 361-7778.

(Blue Hill Activity Room)

3:00PM Brain Games with Susie Join us for fun word puzzles, games and trivia designed to keep your synapses firing! **(Brush Hill Café)**

Friday, Sept. 6

6PM Grill Night (Brush Hill Patio) THIS EVENT IS FULL

7PM Music with Triology Join these talented musicians for incredible music from around the world! **(Blue Hill Activity Room)**

Saturday, Sept. 7

11:30AM – 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! Residents can view the Café’s new Saturday menus on Uniguest (formerly Touchtown) under the “Dining” icon.

7PM Movie Night (Movie TBD)

Sunday, Sept. 8

2:30PM Blue Hill Bridge (Blue Hill Activity Room)

7PM Music with Will McMillan and Molly Ruggles

Singer Will McMillan and singer/pianist Molly Ruggles breathe new life into Oscar Hammerstein favorites including “Oh, What A Beautiful Morning,” “Getting To Know You,” “Surrey with the Fringe On Top,” “Climb Every Mountain,” and more! **(Brush Hill Function Room)**

Notes from the Program Director

Pastor Martha Swanson will be returning for Bible Study on Spetember 5th at 10:30AM in the Brush Hill Card Room, and will meet every other Thursday. All are welcome. No prior Bible knowledge is necessary. Please contact Pat Kelleher at (617) 306-0665 with any questions.

Father Bill's Place volunteers will be visiting their new headquarters on Sept. 24th and are asking residents to consider making a donation for them to bring along. Please see the Wish List in this week's packet. All contributions should be dropped off at the cafe on Sept 18 from 9:30 - 11. The Father Bill's committee will be there at that time making lunches. Thanks in advance! 😊

Curry College is looking for volunteers again this fall to be “actors” in their simulation training lab. We will tour the Curry College School of Nursing Simulation Labs where students practice their clinical skills. Then we are invited to a Lunch & Learn session where we will meet the new director of this important volunteer program! Tuesday September 10th, 2024. Van departs 10:40AM. Please sign up with Muriel.

September Streak Challenge! Each year Adina O'Neil runs a 30 day challenge called the September Streak. The concept is simple: do one exercise every day for 30 days. The first year she organized the challenge she started walking 1 mile a day and she's still going! Today was day 1,086 and she has walked over 1700 miles! It is an ideal activity for older adults as it can be easily modified for any level of physical activity. The signup fee is usually \$25, but Adina has set up a discount code (FULLER10) so residents and staff can save \$10. Complete details are here:

<https://runsignup.com/Race/MA/AnyCity/SeptemberStreak>

Community Fair News!

Updates from Jane McClellan, Chairperson Fuller Village Community Fair

Here are the contacts for the collection of gift cards. They are as follows: Philip Driscoll-Foster, Pam Craig-Depoyan, Peg Riley-Villas, Mary Owens-Brush Hill A,B, C, D buildings and Sara Moyer- Brush Hill E ,F,G,H Buildings. We are grateful for any card in any amount. May I suggest another idea is to collaborate with a few friends or neighbors and each chip in to buy a single card to your favorite restaurant, activity or store. Thanks!

September Spotlight on Fuller Village Residents!

As we all know, Fuller Village is *full* of fabulous people who have led and continue to lead **really** interesting lives! This month we welcome several folks who have something special to share! Thanks to all for their contributions to this wonderful community!

On Sept. 6th at 2PM at Brush Hill, don't miss Hermina Hyacinthe for an informal Q&A where she will share about her incredible life and her decision to become a Chaplain and her inspirational role currently as a Board-Certified Catholic Chaplain with the Massachusetts Department of Correction. You will be amazed at her story!

You may have noticed some of Mary Harman's beautiful quilts hanging in the art hallway at Brush Hill. **Mary will join us on Sept. 11th at 1PM for a short discussion about her quilts-** her inspirations, techniques, and creative process.

On Sept. 18th at 3PM, Maria Judge presents her talk "The Toughest Job I Never Held" more stories of her family's early years and travels in Chile with the Peace Corps.

Diane Forman Judd is a retired Speech and Language Pathologist and Teacher of the Deaf who worked at Clarke School for the Deaf (now Clarke Schools for Hearing and Speech). She will be teaching an American Sign Language Class in September beginning Sept. 20th. Participants will learn fingerspelling, essential signs, basic expressions and conversational skills to communicate in sign language. Thanks Diane!

Save the Dates in September!

9/4 Chorus Rehearsals begin.

9/16 Library Book Club is reading Caste by Isabel Wilkerson.

9/21 5:30PM FVRA Chinese Food Dinner- Brush Hill Cafe

9/23 7PM Singo Brush Hill Function Room

9/30 7PM Trivia Brush Hill Function Room

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

Gordon House

Dining Room Dinner Menu

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

Monday, September 2nd

Pumpkin Bisque Soup (GF) (V)
or Salad du Jour
Herb Roasted Pork Loin (GF)
Baked Salmon (GF)
Mashed Potatoes (GF), Roasted Carrots (GF)
Chocolate Chip Cookies or Boston Cream Pie

Friday, September 6th

New England Clam Chowder (GF)
or Salad du Jour
Honey Glazed Chicken Thighs (GF)
Lemon Herb Sole (GF)
Macaroni and Cheese, Broccoli (GF)
Oatmeal Cookies or Chocolate Cake

Tuesday, September 3rd

Cream of Mushroom Soup (GF) (V)
or Salad du Jour
Beef Franks and Beans (GF)
Fish Cakes (GF)
Rice Pilaf, Sautéed Green Beans (GF)
Carnival Cookies Peach Cobbler

Saturday, September 7th

Garden Vegetable Soup (GF) (V)
or Salad du Jour
Herb Roasted Turkey Breast (GF)
Feta and Tomato Pasta Bake (V)
Smashed Sweet Potatoes (GF), Green Peas (GF)
Double Chocolate Cookies or Cherry Pie

Wednesday, September 4th

Italian Wedding Soup (GF)
or Salad du Jour
Chicken Parmesan Cutlet (GF)
Grilled Swordfish (GF)
Spaghetti, Roasted Zucchini (GF)
White Chocolate Macadamia Cookies or Lemon Bar

Sunday, September 8th

Loaded Potato Soup With Bacon
or Salad du Jour
Chicken Roulade With Goat Cheese (GF)
Seared Trout (GF)
Barley Pilaf, Squash and Tomatoes (GF)
Assorted Cookies or Assorted Desserts

Thursday, September 5th

Tomato Basil Soup (GF) (V)
or Salad du Jour
Pork Tips With Gravy (GF)
Cod Tapenade (GF)
Dill Potato Salad (GF), Garlic Asparagus (GF)
Peanut Butter Cookies or Assorted Cream Pies

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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

Bacon Wrapped Scallops

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

Sandwich of the Special...14.00 (GF)

Corned Beef Reuben

Sliced Corned Beef, Swiss Cheese,
Sauerkraut and Russian Dressing on Rye

Salad Special...12.00 (V) (GF)

Chef Salad With Romaine Lettuce

Swiss Cheese, Ham, Turkey, Hard- Boiled
Eggs, Tomatoes and Cucumbers

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

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

Cheese Manicotti (V)

Served with Side Salad

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

SATURDAY BRUNCH MENU

Every Saturday | 11:30 am – 2:00 pm

FEATURES

all features served with a beverage

Blue Hill Chicken Salad

Croissant 10

tarragon and grape chicken salad with lettuce. served with house chips.

***Bagels & Lox 12**

bagel with cream cheese, capers, tomato, and red onion. served with fresh fruit cup.

***Brush Hill Breakfast Sandwich or Wrap 10**

fried egg and cheese on an english muffin with your choice of bacon or sausage.

***The Fuller Plate 15**

2 eggs any style, crispy potatoes, your choice of bacon or sausage, English muffin or biscuit.

***The Little Fuller Plate 10**

1 egg any style, crispy potatoes, your choice of bacon or sausage, English muffin or biscuit.

SIDES À LA CARTE

Sausage 4

Bacon 4

Vegetarian Sausage 3

Crispy Potatoes 3

Fresh Fruit Cup 3

BEVERAGES

Coffee

Tea

Hot Chocolate

Soda

Diet Soda

Apple Juice

Orange Juice

V8

2% Milk

2 Each

From The Griddle Monthly Specials

all specials served with choice of two sides and a beverage

Greek Omelet 15

traditional folded omelet with Tomatoes, Spinach, Olives and Feta Cheese

Eggs Benedict 15

Bacon, Poached Eggs and Hollandaise Sauce on an English Muffin

***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.

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Brush Hill Café

DAILY SPECIALS

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

MONDAY, September 2nd

Closed For The Holiday

TUESDAY, September 3rd

Pesto Chicken Panini (GF)

With Tomato and Provolone Cheese

WEDNESDAY, September 4th

Opened Face Turkey Sandwich (GF)

With Mashed Potatoes and Gravy

THURSDAY, September 5th

A1 Burger (GF)

Beef Patty Topped with Cheddar Cheese, Caramelized Onions
and A1 Sauce

FRIDAY, September 6th

Fried Shrimp Po'boy Sub

Topped with 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**

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September 2024 Fitness & Aquatics Update

Adult Swim Class returns with Madison!

Starting Monday, September 2nd from 2-2:30pm join Madison and some of your fellow residents to gain more confidence in the water through low impact exercises and beginner swim strokes.

No need to sign up, just grab a towel and head to the pool!

~

Be on the lookout for the September Swim Set Challenge info and grab your Challenge Tracker from Madison (in the pool area).

Take a “dive” into fall fitness with this fun fitness challenge!

~

For those new to Fuller Village or for anyone who is looking to jump start their fitness journey, I offer individualized Personal Training sessions. As a certified Personal Trainer, I can design a program that meets your fitness needs. If you’ve got your fitness regime under control, but need a little help with your diet, I also have a Level One certification from

Precision Nutrition and would be happy to offer one-on-one consultations as your “culinary coach.” There is an additional fee for these services, but it is well below market rate!

Lastly, I am also a certified Forest Therapy Guide and will be offering monthly Forest Therapy walks in the fall.

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



-Jen

Wish List



Help Father Bill's & MainSpring support our friends and neighbors who need us most.



URGENTLY NEEDED ITEMS



TOILETRIES & BATH ITEMS

Individual Size Shaving Cream | Individual Soap | Deodorant | Nail Clippers

CLOTHING & ACCESSORIES

Undergarments | Flip-Flops and Shower Shoes | Hooded Sweatshirts & Sweatpants & T-shirts | Adult Backpacks/Drawstring Bags | Sweatpants, Gym Shorts | Men's and Women's Short Sleeve Tees |



LINENS

Bedding Sets-Full Size | Towels | Sheet Sets & Blankets (Adult Queen, Full and Twin XL)



KITCHEN & HOUSEHOLD SUPPLIES

Dishes | Pots and Pans | Flatware | Cooking Utensils | Dish Soap | Disinfecting Wipes
Shower Curtains & Liners | Cleaning Supplies | Paper Towels & Toilet Tissue



BABY PRODUCTS

Diapers | Wipes | Pull-Ups | Onesies

GIFT CARDS

Walmart | Target | Grocery | Gas
Commuter Rail/Charlie Cards and Bus Passes

To ensure proper hygiene, we can only accept new items.

Running a drive for essential items is great way to involve friends, family, co-workers, or group members in supporting our mission. Members of our Development team are available to advise you on how to most effectively run a drive. At the culmination of your drive, we can also arrange for a staff person to come speak with your group.

Donations can be delivered to the FBMS Distribution Center, located at 430 Belmont Street, Brockton, MA, and are generally accepted weekdays between 9am and 4pm. You can buy Wish List items on Amazon and ship them directly to FBMS at tinyurl.com/fbmsamz.

To confirm your delivery plans or contact us, please email info@helpfbms.org or call 508-427-6448 and speak with someone in the Development Office. To learn more about our mission, visit helpfbms.org.

Fuller Village Resident Talk

**Come and learn more about
Fuller Village Resident**

Hermína Hyacinthe

Friday, September 6th at 2:00 pm.

Brush Hill Function Room

Hermína immigrated to the United States in 1978 and then began her formal education and career in the Boston area. She has worked in the financial sector, various humanitarian endeavors, and currently works as a Board-Certified Catholic Chaplain for the Commonwealth of Massachusetts Department of Correction. She has an extensive background in helping others and has inspiring stories to share.

Please join us for an informal Q&A where Hermína will share her thoughts about her decision to become a Chaplain and her inspirational role as a Catholic Chaplain with the Massachusetts Department of Correction.

Don't miss this incredible sharing by a fellow resident.

