

Weekend Highlights: Friday 2/14 – Sunday 2/16

See what's happening this weekend!

Friday, Feb. 14

10AM Van departs for Stop & Shop Please sign up with Muriel (617) 361-7778.

1PM Rich Travers presents “The Life and Music of Elton John”

Sir Elton Hercules John is a British singer, songwriter, pianist and composer.

Collaborating with lyricist Bernie Taupin since 1967, John is one of the most successful artists of all time, having sold over 300 million records worldwide in a six-decade career of music. He is acclaimed by both critics and musicians, particularly for his work in the 1970's and his lasting impact on the music industry. **(Blue Hill Activity Room)**

3PM Rosary (Blue Hill Multi-Purpose Room 2nd floor)

4:30PM Friday Night Services -All are Welcome! (Brush Hill Function Room)

5:00PM Valentine's Dinner Buffet (Gordon House Dining Room) FULL

7:30 Music with Wendee Glick PLEASE NOTE 7:30 START(BL Activity Room)

Enjoy all your favorite love songs with super talented Soprano Wendee Glick!

Saturday, Feb. 15

11:30-2 School Break Brunch in the Café!

Join us for a delicious brunch with your family-Jeri our favorite balloon artist will join us for some balloon twisting fun!

7PM Movie Night Movie- “The Children's Train” (BR/BL)

In 1946, a seven-year-old boy named Amerigo leaves his impoverished family in Naples and gets on a train to go live with a wealthier family in the north as part of a postwar initiative to rescue children from poverty. In Italian with English subtitles.

Sunday, Feb. 16

3:30PM Classical Piano Recital with Judy Cobble

Accomplished pianist and FV resident Judy Cobble will play a classical program from Bach to Gershwin **(Brush Hill Function Room)**

Weekly Highlights: Monday 2/17– Sunday 2/23

Look out for these special events and offerings next week!

**Monday, Feb. 17- President's Day Holiday- Offices and Café Closed- Pool Open
11AM Blue Hill Knitters (Blue Hill Coffee Room)**

1PM Brush Hill Bridge- All are welcome-we will teach you! **(Brush Hill Card Room)**

3PM “Intro to Quilting” class with our very own Mary Harman. All materials and tools will be supplied for this class where participants will create tiny 5 x 5 inch Kawandis to use as coasters or mug mats. No previous sewing or quilting is needed to enjoy this meditative practice. Folks are welcome to bring fabric scraps that you want to use or share. A Kawandi is a hand-stitched quilt made from fabric scraps and old clothing. The tradition is practiced by the Siddi women who live along the western coast of India and are of African descent. A few spots are still left- Please sign up with Muriel! **(Brush Hill Function Room)**

Tuesday, Feb. 18

12PM Men's and Women's Lunch Trip to The Fifties Diner in Dedham

Grab your friend, neighbor, sweetheart or best buddy and sign up for a fun outing to The Fifties Diner in Dedham where you can enjoy all your favorite foods from the fifties- and beyond! Please call Murel to sign up. **Fifties Diner is CASH ONLY.**

2PM Rich Travers presents “The History of Gospel Music”

Gospel Music is composed and performed for religious or ceremonial purposes and as entertainment. It is characterized by dominant vocals and strong use of harmony with Christian lyrics. Come and hear its vibrant history! **(Brush Hill Function Room)**

3PM Bereavement Support Group #2 (Blue Hill Multipurpose Room)

7PM Blue Hill Bingo (Blue Hill Activity Room)

7PM Men's Poker Club (Brush Hill Function Room)

Wednesday, Feb. 19

**10AM Cornhole at Blue Hill! Join us for this fun and friendly competition!
(Blue Hill Activity Room)**

10AM Van departs for Stop & Shop (Sign up with Muriel)

12:45PM Chorus (Brush Hill Function Room)

2PM Catholic Mass (Blue Hill Activity Room)

2:45 Tea and Treats (Blue Hill Coffee Room)

3PM Caring Committee Meeting (Brush Hill Function Room)

6:30PM “Art History and Experiments” with Madeline Lutdke

Please join art therapist, Madeline Lutdke to take a dive into some of the great masters of art! Each week we will learn about an artist and their famous works. After learning about each artist’s unique style, we will then create our own masterpieces inspired by them using a variety of art materials. No prior art experience necessary. Limited to 12. \$20 materials fee. Please sign up with Muriel- only two spots left! **(Blue Hill)**

Thursday, Feb. 20

1PM Crafts with Cindy (rescheduled from 2/6)

Sweets for the Sweet! These candy flowers made out of paper are easy to make. This cheerful, fun and tasty treat makes an adorable bouquet! **THIS CLASS IS FULL**

2PM “Stories of Our African American Foremothers” with FV resident Pat Morris and founding Director of the Boston Woman’s Heritage Trail. Join us for some fascinating HERstory! **(Brush Hill Function Room)**

3PM Bereavement Group #1 (Brush Hill Library)

3:30 “Stop Private Jet Expansion” with Mary Russell

Join Climate Activist Mary Russell for a discussion about the “Stop Private Jet Expansion at Hanscom or Anywhere” (SPJE.org) coalition, which is working to stop the expansion of private jets at Hanscom Field. Learn what can be done to oppose this largest private jet infrastructure in New England. **(Brush Hill Function Room)**

6:30PM Pub Night with The Blue Hotel

A vocal-driven quartet, The Blue Hotel can switch styles to suit any mood. Dance and turn on a dime from Cole Porter to Eric Clapton, Miles Davis to the Beatles. Sit back and stay awhile at *The Blue Hotel*. **(Brush Hill Function Room)**

Friday, Feb. 21

10AM Van departs for Stop & Shop Please sign up with Muriel (617) 361-7778.

10AM -2PM AARP Tax Volunteers will be on site to help you prepare your taxes! Gather up your tax documents and **make an appointment with Muriel**. Appointments will also be available **March 7th & 21st- Sign up for those dates on MONDAY FEB. 24th (Brush Hill Function Room)**

3PM Rosary (Blue Hill Multi-Purpose Room 2nd floor)

3PM “Humble Beginnings” Music with students from The James School of Music in Hyde Park (Blue Hill Activity Room)

Saturday, Feb. 22

11:30-2 Brunch in the Café!

Join us for a delicious brunch with your family!

7PM Movie Night Movie TBD (BR/BL)

Sunday, Feb. 23

7PM Music with The Splinters

The Splinters, a bluegrass and old-time string band from Massachusetts, deliver a relentless groove to accompany their tight 3-part harmonies. Anne Rouillard (fiddle) brings the heat to her old-time influenced fiddle playing. J Johnson (mandolin) adds a jazzy flair to his breaks. Chris Reckling (guitar, banjo) picks solid rhythm and punchy leads on top of Garrett Wallace’s grooving bass fiddle. A Splinters set veers from straight ahead bluegrass to traditional fiddle tunes and back, with the occasional detour into a modern song. They released their first album as a quartet, “Grey Owl”, at the Thomas Point Beach Bluegrass Festival. **(Brush Hill Function Room)**

Notes from the Program Director

Join us for a **New Yorker** Short Story Discussion on Monday, February 24th at 7:00 pm., in the Brush Hill Function Room. This is a popular FVRA Activities Committee Program led by resident Ruth Segal. Next short story is titled: "The Last Grownup" by Cambridge author, Allegra Goodman, **New Yorker** Issue: February 27, 2023. The story is about Debra, a mother of two girls, whose ex-husband has embarked on a new relationship. If interested, you can call or text Ruth at 508-344-3606 for an email copy or a printed copy. The **New Yorker** is also available on **Libby** from the Milton Public Library. Please join us. You must read the article if you plan to attend.

The February issue of *The Voices of Fuller* newsletter was distributed by email from Molly Welch on Monday, Feb. 4th. If you need a printed copy due to eyesight issues or lack of computer devices, then please contact resident Marty Allen, BR to be added to the hard copy distribution list. A copy is available in the BR sitting room and the BL library.

Please be sure to read the highlights and check the daily schedule on Uniguest. Occasionally we will have additions to the schedule that don't make the monthly calendar, or programs that need to be rescheduled due to illness or bad weather. You don't want to miss a thing- like the piano recital with The James Music School students at 3PM on 2/21 or the 10AM open rehearsal with the Blue Moon Orchestra on 2/25!

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

Save the Dates

2/24 1PM "Exploring The South Pacific" with Barry Pell BR

2/24 7PM New Yorker Story Group with Ruth Segal BR

2/25 10AM JUST ADDED! "Open Rehearsal" with The Blue Moon Orchestra BL

2/26 "The Cotton Club" A musical history presentation with theater educator Debra Block and jazz musician Janusz Kowlski BR

2/27 10:30AM JFK Museum Trip, 3PM History with Paolo BR (rescheduled from 2/7), and 7PM Brush Hill Bingo BR

**2/28 1PM "Music of the Civil Rights Movement" with John Clark BL,
2PM Brain Games with Susie BR and 7PM Music with The Dave Burbank Duo BL**



SUN	MON	TUE	WED	THUR	FRI	SAT
<p>2:00 Resident and Guest Swim</p> <p>2:30 Blue Hill Bridge (BL)</p> <p>3:30 Classical Piano Recital with Judy Cobble (BR)</p>	<p>President's Day Offices and Cafe Closed Pool Open</p> <p>10:15 Chair Yoga with Carol (BL)</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>11:00 Blue Hill Coffee Hour (BL)</p> <p>11:00 Knitters (BL)</p> <p>12:00 Chair Yoga w/ Carol (BR)</p> <p>1:00 Bridge (BR)</p> <p>3:00 Quilting Class with Mary Harman (BR)</p>	<p>10:30 Functional Fitness (BR)</p> <p>12:00 Back to Basics (BL)</p> <p>12:00 Men's & Women's Lunch Trip to the Fifties Diner</p> <p>1:00 Tai Chi (BR)</p> <p>2:00 Rich Travers (BR)</p> <p>3:00 Bereavement Support Group #2 (BL)</p> <p>4:00 Restorative Yoga (BR)</p> <p>7:00 Bingo! (BL)</p> <p>7:00 Men's Poker Club (BR)</p>	<p>10:00 Cornhole (BL)</p> <p>10:00 Stop & Shop in Hyde Park</p> <p>10:15 Mobility & Stability w/ Carol (BR)</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 Catholic Mass (BL)</p> <p>2:30 Aqua Fit with Crystal</p> <p>2:45 Treats & Tea (BL)</p> <p>3:00 Caring Committee (BR)</p> <p>3:00 Resident and Guest Swim (BR)</p> <p>6:30 "Art History and Experiments" Series with Madeline Ludtke (BL)</p> <p>7:00 Handcrafters (BR)</p>	<p>10:00 Towel Cardio (BR)</p> <p>10:30 Bible Study (BR)</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>12:30 Line Dancing with Jean (BR)</p> <p>1:00 Crafts with Cindy (BL)</p> <p>2:00 "A Few Stories of Our African American Foremothers" with Pat Morris (BR)</p> <p>2:00 NeedlePoint (BR)</p> <p>3:30 FV Green Team presents "Stop Corporate Jet Expansion" with Mary Russell (BR)</p> <p>6:30 Pub Night with Blue Hotel (BR)</p>	<p>9:30 AARP Tax Prep (BR)</p> <p>10:00 Aqua Fit with Crystal</p> <p>10:00 Stop & Shop in Hyde Park</p> <p>10:30 Chair Yoga with Carol (BL)</p> <p>3:00 Rosary (BL)</p> <p>3:00 PM Bereavement Group (BR)</p> <p>3PM Music with James Music School (BL)</p> <p>6:30 Cribbage (BR)</p>	<p>11:30 Brush Hill Cafe Open (BR)</p> <p>2:00 Family Swim</p> <p>7:00 Movie Night (BR/BL)</p>

February 2025

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



— LIVE A FULLER LIFE —

Gordon House

Dining Room Dinner Menu

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

Monday, February 17th

Italian Wedding Soup
or Salad du Jour
Roast Beef (GF)
Sole Oscar (GF)
Creamy Orzo, Roasted Carrots (GF)
Lemon Poppy Seed Cookies or Cheesecake

Tuesday, February 18th

Pasta Fagioli Soup
or Salad du Jour
Glazed Ham (GF)
Stuffed Haddock (GF)
Mac & Cheese, Garlic Butter Broccoli (GF)
Strawberry Shortcake Cookies or Carrot Cake

Wednesday, February 19th

Cream of Mushroom Soup
or Salad du Jour
Roasted Chicken Breast (GF)
Fish Cakes (GF)
Rice Pilaf (GF), Peas & Corn (GF)
Lime Coconut Cookies or Pumpkin Pie

Thursday, February 20th

Chicken Wild Rice Soup (GF) (V)
or Salad du Jour
Veal Parm (GF)
Parmesan Cod (GF)
Spaghetti, Roasted Squash (GF)
Chocolate Chip Cookies or Cream Pie

Friday, February 21st

Seafood Chowder (GF)
or Salad du Jour
Grilled Beef Tips (GF)
Grilled Salmon (GF)
Mashed Potatoes (GF), Broccoli (GF)
Carnival Cookies or Chocolate Torte (GF)

Saturday, February 22nd

Beef Noodle Soup
or Salad du Jour
Swedish Meatballs (GF)
Blackened Trout (GF)
Roasted New Potatoes (GF), Sauteed Green Beans (GF)
Peanut Butter Cookies or Frosted Brownie

Sunday, February 23rd

Loaded Potato Soup (GF) (V)
or Salad du Jour
Bacon Wrapped Pork Tenderloin (GF)
Shrimp Garlic Sautee (GF)
Mashed Sweet Potato, Chef's Medley (GF)
Assorted Cookies or Assorted Dessert

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)

*Made gluten-free upon request



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

Beef Teriyaki Vegetable Skewers

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 Special...14.00

* Muffaletta

Italian Cold Cuts, Provolone Cheese, and Olive Spread

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

Arugula Salad

Red and Golden Beets, Bleu Cheese,
Cranberries, Mandarin Oranges and Lemon
Vinaigrette

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 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

DAILY SPECIALS

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

MONDAY, FEBRUARY 17th

Closed For Holiday

TUESDAY, FEBRUARY 18th

***Ham and Swiss Panini (GF)**

Sliced Ham, Swiss Cheese and Mayonnaise on an Onion Roll

WEDNESDAY, FEBRUARY 19th

Grilled Teriyaki Chicken

Served with Orzo Salad

THURSDAY, FEBRUARY 20th

Greek Salad (V) (GF)

Romaine, Cucumbers, Tomatoes, Olives, Feta Cheese, Red Onions and Housemade Greek Dressing

FRIDAY, FEBRUARY 21st

Fried Fish Taco

Served with Sweet and Tangy Coleslaw

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
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Saturday BRUNCH

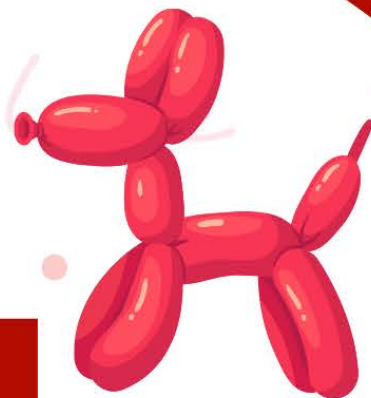
FEBRUARY 15TH 2025

BRUSH HILL CAFE

11.30 AM - 1.30 PM

FREE BALLOON
CREATIONS FOR THE
KIDS- BRING YOUR
FAMILY & FRIENDS!

Fuller Village
in Milton





February 2025 Fitness & Aquatics Update

New Aqua Fit Class w/Madison!

Beginning Monday, February 3rd, grab your towel and join Madison in the pool at 11am for an additional Aqua Fit class. Her class will run approximately 45 minutes.

Madison will also continue to offer Adult “Swim Lessons” on Mondays @ 2pm. This class is designed for those who are looking to improve their stroke or just get more confident in the water. All are welcome!

Please note there is no Open Swim during these class times.

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February School Vacation week is coming and along with it will come extra Family Swim opportunities! From 1pm-3pm on Monday, February 17th through Thursday, February 20th, you may bring your grandchildren (under the age of 18) to swim in our pool. Residents must be with the children, and a family member must fill out a Waiver form. Forms are available in the Pool by the sign in sheet. If your grandchild is not potty trained, they must wear a swim diaper.

Please note that on Wednesday, February 19th, Family Swim will end at 2:30pm.

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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