

## **Weekend Highlights: Friday 4/11 – Sunday 4/13**

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

### **Friday April 11**

#### **2PM Fuller Village Volunteer Celebration**

If you volunteer here at Fuller Village, please join us for an ice cream sundae as a thank you for your efforts! **(Brush Hill Function Room)**

**3PM Come and hear the Weekly Highlights read aloud in the Brush Hill Parlor  
All are welcome!**

#### **7PM Music with Richie Bern**

Richie Bern plays all your favorite Friday night tunes! **(Blue Hill Activity Room)**

### **Saturday, April 12**

#### **7PM Movie Night**

*Legends of the Fall* starring Brad Pitt, Anthony Hopkins and Aidan Quinn

In the early 1900s, three brothers and their father living in the remote wilderness of Montana are affected by betrayal, history, love, nature, and war. **(BR Function Room)**

*The Quiet Man* starring John Wayne, Maureen O'Hara, Barry Fitzgerald

A retired American boxer returns to the village of his birth in 1920s Ireland, where he falls for a spirited redhead whose brother is contemptuous of their union. **(BL Activity Room)**

### **Sunday, April 13**

#### **7PM Music with Triology**

Mixing Jazz & Latin in eclectic arrangements of old and new, famous and obscure, hot and cool, Triology plays a wide variety of material with international influences. The members originate from three different continents and each brings their own unique experience to the music. Ranging from Sinatra standards & Jazz tunes, to explorations of Latin rhythms, original compositions, folk melodies, and the occasional pop hit, Triology puts a unique imprint on music. **(Brush Hill Function Room)**

## **Weekly Highlights: Monday 4/14– Sunday 4/20**

**Look out for these special events and offerings next week!**

### **Monday, April 14**

**9:30AM One on One Tech Help with Liz Flaig (Blue Hill Coffee Room)**

**11AM Blue Hill Knitters (Blue Hill Coffee Room)**

**12PM Prayer Service and Confession with Father McMahon (BL Activity Room)**

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

**1PM Van departs for Wegmans. Please sign up with Muriel (617)361-7778.**

**1:30PM Prayer Service and Confession with Father McMahon (BR Function Room)**

**2PM Opera on Demand The Gershwin's "Porgy and Bess" Part 1**

### **Tuesday, April 15**

**10AM "Drawing for Pleasure" with Nancy Harmann**

A four-week course in drawing for personal enjoyment. The emphasis is on exploring new materials and relaxing into the fun of mark-making. Suitable for all skill levels, from beginners to experienced artists. Today's class will focus on trying new materials- pastels, water-soluble crayons, and non-traditional marking tools. **(BL Activity Room)**

**12PM Women's Lunch trip departs to Seasons 52 THIS TRIP IS FULL**

**3PM Bereavement support group #2 (BL Multipurpose Room)**

**3:30 Brain Games with Susie (Blue Hill Activity Room)**

Join us for collaborative word pictures, crosswords and verbal/visual puzzles- and a few laughs with friends and neighbors.

**7PM Blue Hill Bingo (Blue Hill Activity Room)**

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

**Wednesday, April 16**

**9AM Bike Group Interest meeting (Brush Hill Yoga Studio)**

**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)**

**PLEASE NOTE**

**Tea and Treats, Caring Committee, and ASL class will be rescheduled due to 3PM visit with MA Rep. Ayanna Pressley. Thank you for your patience as we accommodate her schedule!**

**3PM Visit with Congresswoman Ayanna Pressley (Brush Hill Function Room)**

Residents are asked to please submit any questions they might have for Rep. Pressley in writing IN ADVANCE of Wednesday's meeting. You can find index cards and pens at the BL and BR front desks, as well as in the Function Room before the meeting. We will have a staff member read them at the meeting in order to streamline the process. Thanks!

**Thursday, April 17**

**Please Note Bible Study has been moved to May 1<sup>st</sup>**

**11AM NEW! Milton High School Show Preview of "Grease!"**

Come and see a preview of these fantastic teenage singers and dancers! **(Brush Hill Function Room)**

**2PM Author Talk with Matt Robinson**

***PLEASE NOTE CHANGE IN LOCATION TO BLUE HILL ACTIVITY ROOM***

Matt Robinson presents *Lions, Tigers, and...Bulldogs? An Unofficial Guide to the Legends and Lore of the Ivy League*- a humorous look at Ivy League Life.

**3:00PM Green Team Meeting**

**The Green Team meets to discuss all things impacting our environment and supporting sustainability. Please join us. (Brush Hill Library)**

**3:15 Newcomers Meeting**

Join Executive Director Molly Welch and FVRA Activities Committee Chair Marty Allen for an in-depth look at navigating your fantastic new life at Fuller Village, and an opportunity to ask all your questions! Plus, door prizes! 😊 **(Brush Hill Café)**

### **6:30PM Pub Night with The Modernistics**

The Modernistics present the best of Swing from the Jazz Era- along with some fantastic tap dancing! **(Brush Hill Function Room)**

### **Friday April 18**

**10AM Shopping Trip to Stop & Shop Please sign up with Muriel (617) 361-7778**

**3PM Come and hear the Weekly Highlights read aloud in the Brush Hill Parlor  
All are welcome!**

### **Saturday, April 19**

**Movie Night TBD (BR/BL)**

### **Sunday, April 20**

**2PM Easter Sunday Brunch in The Gordon House Dining Room  
THIS EVENT IS FULL**

## **Notes from the Program Director**

**Did you know that you MUST re-register to send in a mail in ballot EVERY year?  
Mail in ballot forms are available at the front desks. Get them in ASAP!**

**There are still seats available for the Blue Man Group Matinee on April 22<sup>nd</sup>. Join your fun-loving friends and neighbors for this fantastic mashup of comedy, music and performance art- you will never forget it! Just the thing for a happy spring distraction from the news. DON'T MISS THIS SHOW!!! 😊 Please call Muriel to sign up!**

**FVRA Italian Dinner has been MOVED to Saturday, April 26th at 5:30 - Brush Hill Café. Reservations required for 25 residents. 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 Roll & Cookies. 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. No wait list. **Call Muriel on Tues. April 22<sup>nd</sup>** starting at 9a.m. for a reservation. Do not stop by the reception desk; you must make a phone reservation only. Keep trying until you reach Muriel who might have to put you on hold...just wait... it's worth it!**

**Attention Earlybirds!** Naturalist Jack Lash will be with us for three Thursday morning BIRDWATCHING sessions on the Fuller Village grounds. Jack will join us April 24, May 1, and May 8 at 8AM. We will meet on the Brush Hill Patio. Come on out!

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

## **Save the Dates**

**4/22 12:15 Trip to see Blue Man Group**

**4/22 1PM Health Care Proxy and Five Wishes Program with Best of Care MSW Jennifer Morris (Blue Hill Activity Room)**

**4/23 10AM Forest Therapy Trip to Eustis Estate**

**4/24 12PM Men's Lunch trip to O'Haras in Newton**

**4/24 4:30 Blue Hill Book Club (Blue Hill Library)**

**4/24 7PM Brush Hill Bingo (Brush Hill Function Room)**

**4/25 3PM History with Paolo (Brush Hill Function Room)**

**4/25 4:30PM Friday Night Services (Brush Hill Function Room)**

**4/25 7PM Music with Matt Browne (Blue Hill Activity Room)**

**4/26 1PM Craft Project with Daniela Hyacinthe (Blue Hill Activity Room)**

**4/27 7PM Music with The Bill McGoldrick Duo (Brush Hill Function Room)**

**SUN**

**MON**

**TUE**

**WED**

**THUR**

**FRI**

**SAT**

2:00 Resident and Guest Swim  
 2:30 Blue Hill Bridge (BL)  
 7:00 **Music with Triology (BR)**

**13**

9:30 **1-on-1 Tech Help (BL)**  
 10:15 Chair Yoga with Carol (BL)  
 11:00 Aqua Fit with Madison  
 11:00 Floor Yoga w/ Carol (BR)  
 11:00 Blue Hill Coffee Hour (BL)  
 11:00 Knitters (BL)  
 12:00 Chair Yoga w/ Carol (BR)  
 12:00 **Prayer Service & Confession with Father McMahon (BL Activity Room)**  
 1:00 Bridge (BR)  
 1:00 Wegman's  
 1:30 **Prayer Service & Confession with Father McMahon (BR Library)**  
 2:00 Adult Swim Lessons with Madison  
 2:00 **Opera on Demand (BL)**

**14**

10:30 Functional Fitness (BR)  
 12:00 Back to Basics (BL)  
 12:00 **Women's Lunch to Seasons 52**  
 1:00 Meditation (BL)  
 1:00 Tai Chi (BR)  
 3:00 **Bereavement Support Group #2 (BL Multi Purpose Room)**  
 3:30 **Brain Games with Susie (BL)**  
 4:00 Restorative Yoga (BR)  
 7:00 Bingo! (BL)  
 7:00 Men's Poker Club (BR)

**15**

9:00 **Bike Group Interest Meeting (BR Yoga Studio)**  
 10:00 Cornhole (BL)  
 10:00 Stop & Shop in Hyde Park  
 10:15 Mobility & Stability (BR)  
 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  
 2:45 **Treats & Tea (BL)**  
 3:00 Caring Committee (BR)  
 3:00 Visit with Representative Ayanna Pressley (BR)  
 3:00 American Sign Language Class 2 (BR)  
 3:00 Resident and Guest Swim (BR)  
 7:00 Handcrafters (BR)

**16**

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)  
 2:00 **Author Talk with Matt Robinson (BR)**  
 2:00 NeedlePoint (BR)  
 3:00 **Green Team Meeting (BR)**  
 3:15 **Newcomer's Meeting (BR Cafe)**  
 6:30 **Pub Night with The Modernistics (BR)**

**17**

**Good Friday**  
 10:00 Aqua Fit with Crystal  
 10:00 Stop & Shop in Hyde Park  
 10:30 Chair Yoga with Carol (BL)  
 3:00 Rosary (BL)  
 6:30 Cribbage (BR)

**18**

11:30 **Brush Hill Cafe Open (BR)**  
 2:00 Family Swim  
 5:30 **FVRA Italian Night (BR)**  
 7:00 Movie Night (BR/BL)

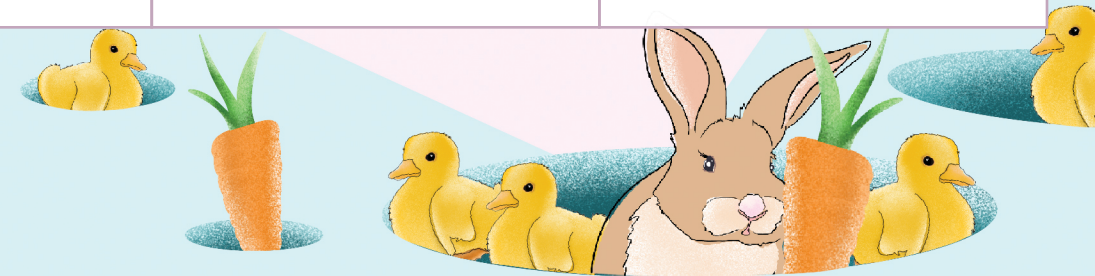
**19**

**April 2025**

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

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# Gordon House

## Dining Room Dinner Menu

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

### Monday, April 14<sup>th</sup>

Broccoli Cheddar Soup (GF) (V)  
or Salad du Jour  
Roast Beef (GF)  
Baked Salmon (GF)  
Mashed Potatoes, Asparagus (GF)  
Lemon Poppy Seed Cookies or Chocolate Torte

### Friday, April 18<sup>th</sup>

NE Clam Chowder (GF)  
or Salad du Jour  
Veal Cutlet  
Lemon Butter Haddock (GF)  
Roasted Potato, Peas & Corn (GF)  
Peanut Butter Cookies or Chocolate Cake

### Tuesday, April 15<sup>th</sup>

French Onion Soup (GF)  
or Salad du Jour  
Marinated Pork Chops (GF)  
Parmesan Crusted Cod (GF)  
Herb Rice Pilaf, Sauteed Broccoli (GF)  
Smores Cookie or Apple Pie

### Saturday, April 19<sup>th</sup>

Chicken Noodle Soup  
or Salad du Jour  
Liver & Onions w/ Bacon (GF)  
Blackened Tilapia (GF)  
Steak Fries, Sauteed Spinach (GF)  
Peanut Butter Cookies or Cherry Pie

### Wednesday, April 16<sup>th</sup>

Carrot Ginger Soup (GF) (V)  
or Salad du Jour  
Bolognese (GF)  
Sole Piccata (GF)  
Spaghetti, Green Bean Almondine (GF)  
Lime Coconut Cookies or Cupcake

### Sunday, April 20<sup>th</sup>

Easter Sunday Buffet  
**Reservations Only**

### Thursday, April 17<sup>th</sup>

Beef & Wild Rice Soup (GF)  
or Salad du Jour  
Grilled Glazed Chicken (GF)  
Sauteed Shrimp (GF)  
Roasted Sweet Potatoes, Carrots Steamed (GF)  
Chocolate Chip Cookies or Carrot Cake

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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)

\*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

### Potato Skins w/ Sour Cream

## 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

#### \* Grilled Vegetable Wrap (V)

Grilled Yellow Squash, Zucchini Squash, Red  
Onion, Roasted Tomato, Provolone Cheese

### Salad Special...12.00 (GF)

#### Cheddar Bacon Ranch Salad

Romaine, Cheddar Cheese, Red Onion, Tomato,  
Cucumber, Bacon

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

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

#### Cheese Manicotti w/ Marinara

Served with Side Salad

### \*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

### Veggie Special of the Month... 15.00 (V)

#### Vegetable Quiche

Served with Side Salad

## 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 gluten-free 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.

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

\*Gluten Free Bread / Wraps 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.

### SIDES À LA CARTE

**Sausage 4**

**Bacon 4**

**Vegetarian Sausage 4**

**Crispy Potatoes 3**

**Fresh Fruit Cup 3**

### BEVERAGES

**Coffee**

**Tea**

**Hot Chocolate**

**Soda**

**Diet Soda**

**Apple Juice**

**Orange Juice**

**V8**

**2% Milk**

**1.75 Each**

### From The Griddle Monthly Specials

all specials served with choice of two sides and a beverage

#### **Corned Beef Omelet 15**

traditional folded omelet with Corned Beef, Potato, Onion, & Cheese

#### **Strawberry French Toast 15**

with whipped cream and maple syrup

# Brush Hill Café

## DAILY SPECIALS

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

**MONDAY, April 14<sup>th</sup>**

### **Pastrami & Swiss on Rye**

Grilled Pastrami & Swiss Cheese, Thousand Island on Rye  
w/ Side Salad

**TUESDAY, April 15<sup>th</sup>**

### **Falafel Wrap**

Chickpea Fritters, Shredded Romaine Lettuce, Tomato, Dill  
Pickles, Tzatziki Sauce, Wrapped in Pita

**WEDNESDAY, April 16<sup>th</sup>**

### **Grilled Chicken Cobb Salad**

Grilled Chicken, Bacon, Avocado, Tomato, Romaine Lettuce,  
Hardboiled Egg

**THURSDAY, April 17<sup>th</sup>**

### **Italian Sausage Flatbread**

Sausage, Peppers, Onions, Marinara, Mozzarella Cheese

**FRIDAY, April 18<sup>th</sup>**

### **Fish & Chips**

Beer Batter Fish, French Fries, Coleslaw, Tarter Sauce w/ Lemon  
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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## HEALTHY AGING

“HEALTHY AGING” focuses on a variety of ways to improve our well being as we age.

The different issues related to “HEALTHY AGING” focus on our physical health,our mental well being,our ability to navigate in social situations,our actively engaging in continuous learning and how we manage stress.

The BOSTON UNIVERSITY CENTENARIAN STUDY suggests that our lifetime choices help us to live longer healthier lives.

Those behavioral choices involve:

Do we get enough sleep each and every night?

Do we make time each and every day to exercise?

Do we enjoy a varied and healthy diet daily?

Do we make an effort to maintain relationship with old friends?

Do we extend ourselves to form new friendships here at Fuller Village?

Do we maintain a positive attitude, focusing on the good in life?

“THE NATIONAL INSTITUTE ON AGING” ask us to consider:

How do we cope with change?

Are we able to recover quickly ,to bounce back from difficult situations?

How do we deal with the inevitable limitations in our abilities as we age?

Challenges may differ in degree, but they challenge our resiliences.

We should recognize the little word”NO” is actually a love word!

Learn to use it if what is being asked of you intrudes on your well being.

Stress impacts our everyday life and bombards us from a variety of sources.

Perhaps it is time to take a break from reading or listening to the news each and every day. Make time to unwind and prioritize self care.

It’s good to be informed but the constant barrage of negative events can be upsetting.

Take time for friends, fun and family.

Will Rogers , comedian and social commentator once said, “We could certainly slow down the aging process if it had to work its way through Congress.”

Betsy Buchbinder

Chair, The Caring Committee