



From the Desk of Molly S. Welch
January 9, 2026

Welcome to our newest Fuller Village resident:
Martha Walsh, 5 Caroline Drive

Fitness & Aquatics Update – Please be sure to read the January 2026 Fitness & Aquatics Update from our Fitness Manager, Jen DeLeonardis, included in this week’s packet and located under the Week at Fuller icon in our Uniguest App. Jen shares that additional morning Fitness Center hours will be added beginning this month via fob access on Wednesdays and Fridays. Please read January’s Fitness & Aquatics Update to learn details!

Maintenance – We will begin our annual routine preventative maintenance for all apartment homes starting on Tuesday, January 13th until completed. Residents will receive a notice in their Fuller Village mailboxes regarding what day your Building will be completed. Residents do not need to be home when this work occurs.

Bank of Canton Update - Paul Burke is retiring from Bank of Canton at the end of this month. Fuller Village would like to thank Paula for providing her professional service, expertise, and kindness to the residents of Fuller Village. Carie Baily, VP of Business Development & Municipal Banking, will be assuming Paula’s position, and be joining James Bussiere, Business Development Officer each week at Fuller Village to continue the banking program at Brush Hill and Blue Hill as scheduled. Paula will be at Fuller Village on January 20th during banking program hours at both campuses if any resident would like to take the opportunity to thank her and wish her a happy and well-deserved retirement. Words of farewell from Paula: “I would like to take this opportunity to express my gratitude for this wonderful partnership with Bank of Canton and Fuller Village. It has been an honor to provide banking services to the residents and employees of the community since August 2001. I have met so many lovely people through the years, and it has truly been such a fulfilling and rewarding experience for me.”

Beth Israel Lahey Health Primary Care, Extended Care Community Practice (ECCP) – The primary care services of Dr. Milica Perosevic and Roxanne Musto, NP, at Fuller Village will be ending effective February 28th. Any residents that are official patients under their primary care services will receive notification of this along with a listing of local primary care physician offices within the BILH (Milton Hospital) network that are accepting new patients. Fuller Village has already reached out to those individual residents directly to offer assistance and answer any questions they may have. *At this time, Donna Cullinan will continue to offer nurse practitioner services to residents on Tuesdays at Fuller Village after ECCP concludes their services at Fuller Village. Residents can schedule an appointment with Donna at our Wellness Clinic or an in-home visit by calling our Blue Hill Concierge Desk at 617-361-7900.*

MA Dept. of Public Health Respiratory Virus Guidance Reminders - When feeling sick with a respiratory virus, like the Flu, COVID, or RSV, MA DPH recommends the following guidance: Remain at home until symptoms are improved and if a fever was present, you may resume normal activities once you are fever-free without use of a fever-reducing medication for 24 hours; When resuming normal activities, you are advised to take additional prevention strategies for the next 5 days including avoiding crowded indoor spaces, wearing a well-fitting mask, good hand washing hygiene, and getting retested for respiratory viruses. As always, please consult your healthcare provider for individual guidance. **Please DO NOT come to the Concierge Desks in person when you are sick and call instead for assistance. Please stay home if you are not feeling well and it is not too late to consider getting your Flu and COVID-19 vaccines.** Thank you for keeping our community safe and healthy this winter season. *Face masks are readily available for residents at our Concierge Desks and in our transportation van, and hand sanitizer stations are located throughout our common areas.*

Weekend Highlights: Friday 1/9- Sunday 1/11

See what's happening this weekend!

Friday, Jan. 9th

2:30PM Superfood Soup Demo with Therapy Gardens

Learn how to build immunity and fight inflammation with high-powered and great-tasting soup recipes. Plus tastings and recipe handouts. **THIS CLASS IS FULL.**

3PM Rosary All are welcome- please join us! **(BL Multipurpose Room)**

3PM Highlights Read Aloud (Brush Hill Library)

7PM Music with Heather Lynn (Blue Hill Activity Room)

Upbeat tunes with a country flair from this rising Nashville artist!

Saturday, Jan. 10th

11:30AM Brush Hill Café Open for Brunch

2:30PM Art Cart Gathering

Join us for a creative afternoon of arts & crafts, including a brief overview of what materials are kept in the art carts, where they're stored and when they are available for resident use. **(Brush Hill Function Room)**

7PM Movie Night BL/BR

"As Good As It Gets" starring Jack Nicholson, Helen Hunt and Greg Kinnear

A single mother and waitress, a misanthropic author, and a gay artist form an unlikely friendship after the artist is assaulted in a robbery.

Sunday, Jan. 11th

12-2PM Tech Help with Kelly Lenz- FULL

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

4:30PM New Yorker Short Story Group with Ruth Segal

Discussion of "*Neighbors*" by Zach Williams in March 25, 2024 edition of *The New Yorker*. Please see flyer for details. **(Brush Hill Function Room)**

7PM Music with The Red Line Band- Featuring talented young musicians from Milton High School who will be playing pop to rock from the 80s to the present! **(Brush Hill Function Room)**

Weekly Highlights: Monday 1/12– Sunday 1/18

Look out for these special events and offerings next week!

Monday, Jan. 12th

10AM Aquafit with Angel

1PM Van trip to Wegmans

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

2PM Opera “*Il Barbiere di Siviglia*” Part 1

Rising mezzo-soprano Aigul Akhmetshina makes a splash at the Met as Rosina, the feisty heroine of Rossini’s effervescent comedy *Il Barbiere di Siviglia*. In this Live in HD cinema transmission, Akhmetshina stars alongside high-flying tenor Jack Swanson as her beloved Count Almaviva and baritone Andrey Zhilikhovsky as the swaggering barber of Seville, Figaro. **Part II will be shown Jan. 19th (Blue Hill Activity Room)**

2:30PM Knitters/Handcrafters (Blue Hill Library)

3PM Library Book Club Meets to discuss *Democracy Awakening* (Brush Hill Parlor)

Tuesday, Jan. 13th

10:30AM Birthday Breakfast

Join friends and neighbors to celebrate January Birthdays! Fruit and pastries will be served. All are welcome! **(Blue Hill Activity Room)**

10:30AM Van trip to Boston Public Library for “Revolution- 250 Years of Art & Activism” This FREE exhibition at The Boston Public Library spans more than two centuries of Boston’s history, and features art of extraordinary significance curated from the BPL Art collections. **THIS TRIP IS FULL**

1PM Meditation with Andy Kelley “The Boston Buddha” (Blue Hill Library)

2PM Music with Rich Travers “Taylor Swift” (Brush Hill Function Room)

Taylor Allison Swift is an American singer-songwriter known for her songwriting, stage presence and artistic reinventions. She has become a worldwide cultural phenomenon.

7PM Blue Hill Bingo (Blue Hill Activity Room)

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

Wednesday, Jan. 14th

10AM Shopping trip to Stop & Shop

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

11:15 Mandala Making with Jen (Blue Hill Activity Room)

12:45PM Chorus (Brush Hill Function Room)

2PM FVRA Board Meeting (Blue Hill Activity Room)

3PM "Avoiding Scams" with Robin Putnam, Commonwealth of MA Consumer Affairs Specialist (BR Function Room)

Thursday, Jan. 15th

10AM Van trip to The BSO Open Rehearsal THIS TRIP IS FULL

6:30 PM Pub Night with The Wiley Brothers Band

Join us at 6:30 for snacks and refreshments. Music starts at 7PM with Milton Gazebo concert favorites The Wiley Brothers Band; They'll keep you dancing all night with music from the 50s to the 80s and beyond. **(Brush Hill Function Room)**

Friday, Jan. 16th

3PM Rosary (Blue Hill Multipurpose Room)

3PM Weekly Highlights Read Aloud (Brush Hill Library)

Saturday, Jan. 17th

11:30AM Brush Hill Café Open for Brunch

7PM Movie Night BL/BR TBD

Sunday, Jan. 18th

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

Notes from the Program Director

Resident artist Mary Harman is collecting art to be contributed to “Do Good- Buy Art!” *Art for All* pick your price sale. Please consider contributing your artwork to this ART FOR ALL event that will raise money to provide support to The Brazilian Women’s Group, an organization that supports immigrant women and their families. The fundraiser will take place on Saturday, February 7th from 2-4 at the Brookline Teen Center, 40 Aspinwall Ave, Brookline. Mary will be accepting labeled art until Feb. 1st.

“Aging & Resilience” discussion group with Maria Tollefson

Join us for a supportive and sacred space to share, and be seen and heard. We will discuss ways to tap inner reserves of strength and wisdom, and perhaps even reframe our challenges in a new light. This group will be limited to ten participants, and meet for six sessions weekly on Thursdays from 2-3 pm starting January 22nd in the Brush Hill parlor, concluding on February 26th. This program will be facilitated by Maria Tollefson, BA, MA, CPC, CGE—an experienced Certified Grief Coach trained by David Kessler, a renowned grief expert. To build intimacy and community we ask you to preregister, and only sign up if you are able to attend all six sessions. **Please sign up with Muriel-There are still a couple of spots open.**

DON'T MISS! “A Bit of Springtime” Flower Arranging Class with Fuller Village Floral Designer Christine Paxhia Jan. 30th 1PM Brush Hill Function Room. \$20 per person. Please sign up with Muriel (617) 361-7778.

Join us for Card Party Fun on Monday Jan. 19th from 1-4PM in the Brush Hill Function Room! Mahjong, Poker, Gin Rummy, Cribbage, Bridge, Whist, Pinochle, Spades, Hearts, etc. **Please register in advance (\$5) with Ellie Forman (781) 690-9009 or Anne Segal (857) 345-9933.** Form your own group or ask to be seated with a group who needs an extra player. Bring your own cards, tiles, etc. This event is sponsored by The Activities Committee of FVRA.

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

Save the Dates

1/19 Staff Offices, Café and Pool closed for MLK holiday

1/19 1PM Card Party Please sign up with Ellie Forman or Anne Segal (BR)

1/19 2PM MLK Discussion Group with Pat Morris (BR Parlor)

1/20 11:30AM Lunch trip with Molly to Not Your Average Joes

1/20 2PM Brain Games with Susie (BL)

1/20 3PM History with Paolo (BR)

1/21 2PM Catholic Mass (BR)

1/22 11AM Van trip to Frugal Fannies

1/22 2PM Aging & Resilience group meets in BR parlor (Sign up with Muriel)

1/22 3PM Pizza Taste Test (BR Café) \$5 per person. (Sign up with Muriel)

1/23 9:30AM Tech Help with Liz Flaig (Sign up with Muriel)

1/23 1PM Flowers at Forbes House Trip- only 2 spots left!

1/23 7PM Music with Josh Friedman (BL)

1/25 4:30PM New Yorker Short Story Group with Ruth Segal- *see flyers for details*

1/25 Jazz Music with The Skyline Trio

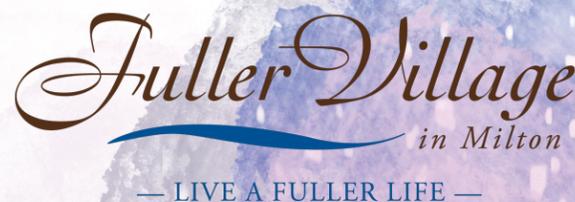
Words of Wisdom from C104-

“Whenever I try to eat healthy, a chocolate bar looks at me and Snickers.”

SUN	MON	TUE	WED	THUR	FRI	SAT
12:00 Tech Help with Kelly Lenz (BR) 11 2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 4:30 New Yorker Short Story Group (BR) 7:00 Music with the Red Line Band (BR)	10:00 Aqua Fit with Angel 12 10:15 Chair Yoga w/ Carol (BL) 11:00 Floor Yoga w/ Carol (BR) 11:00 Blue Hill Coffee Hour (BL) 12:00 Chair Yoga w/ Carol (BR) 1:00 Van Trip to Wegman's 1:00 Bridge (BR) 2:00 Opera on Demand (BL) 2:30 Knitters/ Handcrafters (BL) 3:00 Library Book Club (BR)	10:00 Birthday Breakfast (BL) 13 10:30 Functional Fitness (BR) 10:30 Van Trip to The BPL "Revolution" Exhibit 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 2:00 Music with Rich Travers (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Cornhole (BL) 14 10:00 Stop & Shop Van Trip 10:00 Mobility & Stability (BR) 11:00 Floor Yoga w/ Carol (BR) 11:15 Mandala Making (BL) 12:00 Chair Yoga w/ Carol (BR) 12:45 Chorus (BR) 2:00 FVRA Board Meeting (BL) 2:30 Aqua Fit with Crystal 3:00 "Avoiding Scams" Talk (BR) 3:00 Resident and Guest Swim 7:00 Handcrafters (BR)	9:00 Van Trip to BSO Open Rehearsal 15 10:00 Towel Cardio (BR) 10:30 News & Coffee Chat (BL) 11:00 Adult Swim Lessons 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing with Jean (BR) 2:00 NeedlePoint (BR) 6:30 Pub Night with The Wiley Brothers (BR)	10:00 Aqua Fit with Crystal 16 10:00 Stop & Shop Van Trip 10:30 Chair Yoga w/ Carol (BL) 3:00 Rosary (BL) 3:00 Weekly Highlights Read Aloud (BR) 6:30 Cribbage (BR)	11:30 Brush Hill Cafe Open (BR) 17 2:00 Family Swim 7:00 Movie Night (BR/BL)

January 2026

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



Gordon House

Dining Room Dinner Menu

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

Monday, January 12th

Cream of Asparagus Soup (GF) (V)
or Salad du Jour
Beef Medallions w/ Demi Glace (GF)
Crab Cakes (GF)
Farro Pilaf, Green Bean Almondine (GF)

Friday, January 16th

Seafood Chowder (GF)
or Salad du Jour
Honey Glazed Pork Loin (GF)
Lemon Pepper Haddock (GF)
Potato Wedges, Asparagus (GF)

Tuesday, January 13th

Beef Barley Soup
or Salad du Jour
Chicken Marsala (GF)
Brown Butter Trout (GF)
Mashed Potatoes, Swiss Chard (GF)

Saturday, January 17th

Red Beet Soup (GF) (V)
or Salad du Jour
Spaghetti & Meatballs
Shrimp Scampi (GF)
Spaghetti, Broccoli (GF)

Wednesday, January 14th

Chicken Noodle Soup*
or Salad du Jour
Pork Stir-fry (GF)
Eggplant w/ Garlic Sauce (GF) (V)
White Rice, Bok Choy (GF)

Sunday, January 18th

Beef Chili (GF)
or Salad du Jour
BBQ Turkey Tips (GF)
Blackened Tilapia (GF)
Roasted Sweet Potatoes, Sautéed Spinach (GF)

Thursday, January 15th

Vegetable Minestrone Soup* (V)
or Salad du Jour
2 Grilled Hot Dogs & Beans (GF)
Salmon BLT
Steak Fries, Mediterranean Corn (GF)

Weekly Dessert Specials

Lemon Bars
Chocolate Cake
Blueberry Pie
Chocolate Chip Cookies
Oatmeal Cookies
Chocolate Torte (GF)



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

Shrimp & 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

Baked with Buttered Ritz Cracker Crumbs

Sandwich Special...14.00

*Chicken Pesto Ciabatta

Grilled Chicken, Red Onion, Tomato, &
Provolone Cheese

Salad Special...12.00 (GF)

Cobb Salad

Romaine, Hardboiled Eggs, Avocado,
Cucumbers, Tomato, Red Onion, Bacon Bits,
Cheddar Cheese

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

add Grilled Salmon...7.00

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

Stuffed Shells

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

*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

add Grilled Salmon...7.00

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

Vegetable or Cheese Omelet

Served with Side Salad

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.



January 2026 Fitness & Aquatics Update

Fuller Village consistently strives to meet the needs of our ever-changing community while maintaining a safe environment for all. To this end, we are pleased to offer additional morning Fitness Center hours beginning the second week of January.

The Fitness Center will now open at 7:00 am on Wednesday and Friday mornings, effective Wednesday, January 14th, 2026, for use of the Gym.

Please note that the Gym will not be staffed during this time. Fuller Village staffing levels are at a minimum during these early morning hours, and those on-site are attending to other responsibilities. Residents who are not comfortable exercising without staff present, or who require gym equipment instructions or assistance, should only use the gym when staffed, in the event of an emergency.

Residents will require their personal FOB to access the Fitness Center, and we politely request that all doors remain closed (Yoga Studio & Gym doors) until 7:45am and on the weekends.

This is solely to maintain the safety of all residents and the security of this semi-public environment.

As we have done with the Fitness Center's extended evening hours on Tuesday and Thursdays, we will monitor usage and safety during these additional morning hours.

Thank you for your support and understanding as we strive to meet and serve the needs of the Fuller Village community as a whole.

{Resident use of Fuller Village's Fitness Center can only occur if a resident has a signed Resident Waiver Agreement with completed Medical History Form on file with Fuller Village's Fitness Director.}

NEW FITNESS CENTER HOURS ~ EFFECTIVE WEDNESDAY, JANUARY 14TH

Monday: 7:45am – 5pm
Tuesday: 7:45am – 7pm
(NEW!) Wednesday: 7am – 5pm
Thursday: 7:45am – 7am
(NEW!) Friday: 7am – 5pm
Saturday: 9am – 4pm
Sunday: 9am – 4pm

Brush Hill Café

DAILY SPECIALS

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

MONDAY, JANUARY 12th

Hot Italian Sub

Ham, Salami, Pepperoni, Provolone Cheese, Red Onion, Tomato, Lettuce, on Toasted Sub

TUESDAY, JANUARY 13th

Beef Teriyaki

Sauteed Beef, Peppers, Onions, Teriyaki Sauce w/ Fried Rice

WEDNESDAY, JANUARY 14th

Aztec Vegetable Grain Bowl

Maple-lime roasted red onion, gold potatoes, sweet potatoes, broccoli & corn, Farro, black beans, avocado, cilantro

THURSDAY, JANUARY 15th

Chicken Pesto Flatbread w/ Side Salad

Grilled Chicken, Pesto, Mozzarella Cheese, on Flatbread

FRIDAY, JANUARY 16th

Shrimp Salad Roll w/ French Fries

Shrimp Salad, Lettuce, on Grilled New England Hotdog Roll

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 —

DO GOOD! BUY ART

SUPPORT IMMIGRATION JUSTICE

Art for All is a 'pick your price' art sale where you can shop for unique and original pieces donated by local artists. Find what you like and pay what you can. 100% of what you donate helps **The Brazilian Women's Group** support families affected by deportations and ICE raids in our community.

Saturday, February 7, 2:00–4:00pm
Brookline Teen Center
40 Aspinwall Ave., Brookline, MA



ALL proceeds to the
Brazilian Women's Group

