

# 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. 19<sup>th</sup> (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. 1<sup>st</sup>.

### **“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 22<sup>nd</sup> in the Brush Hill parlor, concluding on February 26<sup>th</sup>. 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. 30<sup>th</sup> 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. 19<sup>th</sup> 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
<b>12:00</b> Tech Help with Kelly Lenz (BR) <b>11</b>	10:00 Aqua Fit with Angel <b>12</b>	<b>10:00</b> Birthday Breakfast (BL) <b>13</b>	10:00 Cornhole (BL) <b>14</b>	<b>9:00</b> Van Trip to BSO Open Rehearsal <b>15</b>	10:00 Aqua Fit with Crystal <b>16</b>	11:30 Brush Hill Cafe Open (BR) <b>17</b>
2:00 Resident and Guest Swim	10:15 Chair Yoga w/ Carol (BL)	10:30 Functional Fitness (BR)	10:00 Stop & Shop Van Trip	10:00 Towel Cardio (BR)	10:00 Stop & Shop Van Trip	2:00 Family Swim
2:30 Blue Hill Bridge (BL)	11:00 Floor Yoga w/ Carol (BR)	<b>10:30</b> Van Trip to The BPL "Revolution" Exhibit	10:00 Mobility & Stability (BR)	10:30 News & Coffee Chat (BL)	10:30 Chair Yoga w/ Carol (BL)	7:00 Movie Night (BR/BL)
<b>4:30</b> New Yorker Short Story Group (BR)	11:00 Blue Hill Coffee Hour (BL)	12:00 Back to Basics (BL)	11:00 Floor Yoga w/ Carol (BR)	11:00 Adult Swim Lessons	3:00 Rosary (BL)	
<b>7:00</b> Music with the Red Line Band (BR)	12:00 Chair Yoga w/ Carol (BR)	<b>1:00</b> Meditation (BL)	<b>11:15</b> Mandala Making (BL)	11:00 Core on the Floor (BR)	3:00 Weekly Highlights Read Aloud (BR)	
	<b>1:00</b> Van Trip to Wegman's	1:00 Tai Chi (BR)	12:00 Chair Yoga w/ Carol (BR)	12:00 Mobility & Stability (BL)	6:30 Cribbage (BR)	
	1:00 Bridge (BR)	<b>2:00</b> Music with Rich Travers (BR)	12:45 Chorus (BR)	12:30 Line Dancing with Jean (BR)		
	<b>2:00</b> Opera on Demand (BL)	4:00 Restorative Yoga (BR)	<b>2:00</b> FVRA Board Meeting (BL)	2:00 NeedlePoint (BR)		
	2:30 Knitters/ Handcrafters (BL)	7:00 Bingo! (BL)	2:30 Aqua Fit with Crystal	<b>6:30</b> Pub Night with The Wiley Brothers (BR)		
	<b>3:00</b> Library Book Club (BR)	7:00 Men's Poker Club (BR)	<b>3:00</b> "Avoiding Scams" Talk (BR)			
			3:00 Resident and Guest Swim			
			7:00 Handcrafters (BR)			

# January 2026

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

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

# Gordon House

## Dining Room Dinner Menu

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

### Monday, January 12<sup>th</sup>

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 16<sup>th</sup>

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

### Tuesday, January 13<sup>th</sup>

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

### Saturday, January 17<sup>th</sup>

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

### Wednesday, January 14<sup>th</sup>

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

### Sunday, January 18<sup>th</sup>

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

### Thursday, January 15<sup>th</sup>

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 14<sup>TH</sup>

**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 12<sup>th</sup>**

### **Hot Italian Sub**

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

**TUESDAY, JANUARY 13<sup>th</sup>**

### **Beef Teriyaki**

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

**WEDNESDAY, JANUARY 14<sup>th</sup>**

### **Aztec Vegetable Grain Bowl**

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

**THURSDAY, JANUARY 15<sup>th</sup>**

### **Chicken Pesto Flatbread w/ Side Salad**

Grilled Chicken, Pesto, Mozzarella Cheese, on Flatbread

**FRIDAY, JANUARY 16<sup>th</sup>**

### **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  
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# 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.

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

