

## **Weekend Highlights: Friday 3/13- Sunday 3/15**

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

#### **Friday, March 13th**

**10AM Shopping trip to Stop & Shop**

**10:30AM Mah Jongg for Beginners with Annie (Brush Hill card room) THIS CLASS IS FULL**

**11AM Gardeners Meeting (Blue Hill Activity Room) AND 3PM (Brush Hill Function Room)** Let's meet to discuss garden plot maintenance and the ins and outs of growing green at Fuller Village.

**3PM Weekly Highlights Read Aloud (Brush Hill Library)**

**3PM Rosary (Blue Hill Multipurpose Room)**

**7PM Celtic Harp Music with Shelly Otis**

Celtic folk tunes from the "Emerald Isle" come alive on Shelly Otis' beautiful harp!  
**(Blue Hill Activity Room)**

#### **Saturday, March 14<sup>th</sup>**

**11:30AM St Patrick's Day Brunch Brush Hill Café Open for Brunch**

Come on down for some fun and festive food- AND some St Patrick's day tunes with Matt Browne from 12-1!

**7PM Movie Night BL/BR**

**"Eleanor the Great" starring** June Squibb, Erin Kellyman and Chiwetel Ejiofor  
After a devastating loss, witty and proudly troublesome Eleanor Morgenstein 94, tells a tale that takes on its own dangerous life.

#### **Sunday, March 15th**

**2:30PM Blue Hill Bridge**

**7PM Music with Will McMillan and Molly Ruggles**

Singer Will McMillan and pianist Molly Ruggles will perform a top-drawer selection of songs written by Dorothy Fields, an American librettist and lyricist who wrote music for Broadway musicals including "The Way You Look Tonight, A Fine Romance" and "I'm in the Mood for Love."**(Brush Hill Function Room)**

## **Weekly Highlights: Monday 3/16– Sunday 3/22**

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

### **Monday, March 16th**

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

**1PM Shopping Trip to Aldi's in Walpole**

**7PM SPECIAL MONDAY NIGHT PERFORMANCE- *DO NOT MISS!!***

**Irish Folk Music and Fiddle Duo with “Slim Langan”**

Start your St Paddy's Day celebration early with this incredible musical duo!

**(Brush Hill Function Room)**

### **Tuesday, March 17th**

**10:30AM Van Trip Tour of Milton**

Join us today for a drive around Milton to see where you can run your errands close to home! Our tour will take you past the High School, Town Hall, the Library, Milton Hospital, The Council on Aging, East Milton Square, Lower Mills, and the Central Ave Shopping area as well as local supermarkets and drugstores. *Also included- a quick drive by of local train stations and T stops.* Susie will come along as tour guide to answer questions. Your tour will last about 90 minutes.

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

**3PM Irish Soda Bread Taste Test! Sign up with Muriel (Brush Hill Café)**

**4PM Brain Games with Susie (Brush Hill Café)**

Join us for collaborative word games, trivia, puzzles and lots of laughs!

**5:30PM St Patrick's Day Dinner Buffet Gordon House Dining Room  
(5PM for Daily Diners) THIS EVENT IS SOLD OUT**

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

### **Wednesday, March 18th**

**10AM Shopping trip to Stop & Shop**

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

**(Blue Hill Activity Room)**

**12:45PM Chorus (Brush Hill Function Room)**

**2PM Catholic Mass (Blue Hill Activity Room)**

**2:45PM Tea & Treats (Blue Hill Coffee Room)**

**3:30PM Virtual Visit with The Garden Lady (Brush Hill Function Room)**

Whether you're a seasoned gardener or just getting your hands dirty for the first time, join us for a livestream talk with NPR's "Garden Lady" CL Fornari. C.L. Fornari is the author of nine books, the host of The Garden Lady on CAI and GBH 89.7, and a frequent speaker to gardening groups. She will have lots of info to share about beautiful gardens around New England and advice on making your own garden grow!

**7PM Ladies Poker Night (Brush Hill Function Room)**

Looking to learn how to play? Or are you a little rusty? Come on down for a fun-filled and no pressure evening of cards!

**Thursday, March 19th**

**10:30AM Bible Study (Brush Hill Parlor)**

**1:30PM Writing Class with Kathleen Olesky- (THIS CLASS IS FULL)  
(Brush Hill Parlor)**

**3PM History with Paolo "Ferocious Tenacity: The Saga of Ireland"**

Ireland has a long, dramatic history. A story of warriors and priests, poets and politicians, Irish history is a colorful tumultuous tapestry of a lasting legacy. This lecture delves into the trials & triumphs of Irish history, and the ferocious tenacity of the Irish people.

**(Brush Hill Function Room)**

**6:30PM Pub Night is Cabaret Night!**

Riverside Theatre Works presents "That's Entertainment!" This exciting performance features outstanding movie themes and Broadway show tunes performed by SWEET HARMONY, a troupe of captivating young professionals from Riverside Theatre Works, in Hyde Park. Come hear showstoppers such as "That's Entertainment!", "Over the Rainbow", "Boogie Woogie Bugle Boy", "Zing Went the Strings of my Heart!" plus show medleys from George Gershwin Tribute, Andrew Lloyd Webber Tribute, A Chorus Line, Chicago, and Hairspray. **(Brush Hill Function Room)**

**Friday, March 20th**

**9:30AM Tech Help with Liz Flaig (Brush Hill Function Room)**

**9:30AM AARP Tax Prep Help (Brush Hill Function Room)**

**10AM Shopping trip to Stop & Shop**

**10:30AM Mah Jongg for Beginners with Annie (Brush Hill card room) THIS CLASS IS FULL**

**3PM Weekly Highlights Read Aloud (Brush Hill Library)**

**3PM Rosary (Blue Hill Multipurpose Room)**

**7PM Music with Classical Pianist Olga Vinokur**

Fuller welcomes back fan favorite classical pianist Olga Vinokur! **(Blue Hill Activity Room)**

**Saturday, March 21st**

**7PM Movie Night BL/BR TBD**

**Sunday, March 22nd**

**9AM Pancake Breakfast at Brush Hill**

Eat Pancakes for a good cause! Join us at 9AM for Pancake Breakfast in the Brush Hill Function Room. Enjoy pancakes, turkey sausage, juice, coffee, etc. for just \$5 per person.

**12PM Tech Help with Kelly & Eben Lenz**

Sign up with Muriel for a 20 minute appointment for help with your tablet, phone or laptop. **(Brush Hill Library)**

**2:30PM Blue Hill Bridge**

## *Notes from the Program Director*

**FVRA BBQ is BACK!!!! 😊**

Sign up on Monday March 16<sup>th</sup> at 9AM for BBQ night on Saturday March 21<sup>st</sup> at 5:30PM in the Brush Hill Café! On the menu- award-winning bbq ribs, chicken, mac n' cheese, coleslaw and cornbread. Limited to 25. \$20 per person collected at the door. No-shows will be charged.

**On Tuesday March 24<sup>th</sup> at 3PM in the Brush Hill Function Room, join us for a beginner's workshop on Set/Ceili dancing with Instructor Cait Bracken.** Join us for the dancing, the music or just for fun!

**Did you know?** Please see The Massachusetts Vote by Mail Application at the end of this week's packet. Please note that you need to submit this application EVERY YEAR you intend to vote by mail- AND it needs to be submitted at least 5 business days prior to the election!

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

# Save the Dates

**3/23 1PM Van trip to Market Basket**

**3/23 3PM Library Book Club has been moved to 4/13 at Brush Hill**

**3/24 12PM Women's Lunch to Village Manor in Dedham**

**3/24 1PM Meditation with Andy Kelley (BL)**

**3/24 3PM Irish Dance Class with Cait Bracken (BR)**

**3/25 9AM Bike Group Interest Meeting (BR)**

**3/25 2PM Author Talk with Tom Hall (BR)**

**3/25 4PM Your Latest Read (BR)**

**3/26 12PM Men's Lunch Trip to Milkweed in Dorchester**

**3/26 1:30PM Writing Class with Kathleen Olesky (BR)**

**3/26 4:30PM Blue Hill Book Club (BL)**

**3/26 7PM Brush Hill Bingo (BR)**

**3/27 11AM "Sylvia Plath" with Prof. Larry Lownethall (BL)**

**3/27 2PM "Music Lovers" with Louie Piero (BR)**

**3/27 7PM Music with Steve King (BL)**

**3/29 7PM Music with Triology (BR)**

**3/30 9AM Hiking Group Interest Meeting (BR)**

**3/30 1PM Shopping Trip to Trader Joes West Roxbury**

**SUN**

**MON**

**TUE**

**WED**

**THUR**

**FRI**

**SAT**

8:00 Open Swim (BR) **15**  
 2:00 Resident and Guest Swim  
 2:30 Blue Hill Bridge (BL)  
**7:00 Music with Will McMillan (BR)**

10:15 Chair Yoga with Carol (BL) **16**  
 11:00 Blue Hill Coffee Hour (BL)  
 11:00 Floor Yoga with Carol (BR)  
 12:00 Chair Yoga with Carol (BR)  
**1:00 Van Trip to Aldi's**  
 1:00 Bridge (BR)  
 2:30 Knitters/Handcrafters (BL)  
**7:00 Irish Music with Slim Langan (BR)**

**St. Patrick's Day** **17**  
 10:30 Functional Fitness (BR)  
**10:30 Van Trip Tour of Milton**  
 12:00 Back to Basics (BL)  
**1:00 Meditation (BL)**  
 1:00 Tai Chi (BR)  
**3:00 Irish Soda Bread Taste Test (BR)**  
 4:00 Restorative Yoga (BR)  
**4:00 Brain Games with Susie (BR)**  
**5:30 St. Patrick's Day Dinner Buffet (BL)**  
 7:00 Bingo! (BL)  
 7:00 Men's Poker Club (BR)

10:00 Cornhole (BL) **18**  
 10:00 Stop & Shop Van Trip  
 10:15 Mobility & Stability (BR)  
 11:00 Floor Yoga with Carol (BR)  
 12:00 Chair Yoga with Carol (BR)  
 12:45 Chorus (BR)  
**2:00 Catholic Mass (BL)**  
 2:30 Aqua Fit with Crystal  
**2:45 Treats & Tea (BL)**  
 3:00 Resident and Guest Swim  
**3:30 Virtual Visit w/The Garden Lady (BR)**  
**7:00 Ladies Poker Night (BR)**

10:00 Towel Cardio (BR) **19**  
**10:30 Bible Study (BR)**  
 11:00 Adult Swim Lessons  
 11:00 Core on the Floor (BR)  
 11:00 Coffee & News (BL)  
 12:00 Mobility & Stability (BL)  
 12:30 Line Dancing with Jean (BR)  
**1:30 Writing Class (BR)**  
 2:00 NeedlePoint (BR)  
**3:00 History with Paolo (BL)**  
**6:30 Pub Night with Riverside TheatreWorks (BR)**

9:00 ASL Class (BR) **20**  
**9:30 AARP Tax Prep (BR)**  
 10:00 Aqua Fit with Crystal  
 10:00 Stop & Shop Van Trip  
 10:30 Chair Yoga w/ Carol (BL)  
 3:00 Rosary (BL)  
 3:00 Weekly Highlights Read Aloud (BR)  
**4:30 Friday Night Services (BR)**  
 6:30 Cribbage (BR)  
**7:00 Classical Pianist Olga Vinokur (BL)**  
**9:30 Tech Help with Liz Flaig (BR)**

8:00 Open Swim **21**  
 11:30 Brush Hill Cafe (BR)  
 1:00 Open Swim  
 2:00 Family Swim  
**5:30 FVRA BBQ Dinner (BR)**  
 7:00 Movie Night (BR/BL)

**March 2026**

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, March 16th

Ham & Lentil Soup (GF)  
or Salad du Jour  
Roasted Chicken (GF)  
Shrimp & Sausage Jambalaya  
Scalloped Potatoes, Green Beans (GF)

### Friday, March 20th

Seafood Chowder (GF)  
or Salad du Jour  
Honey Bourbon Chicken  
Tilapia Almondine (GF)  
Farro Kale Risotto, Braised Red Cabbage (GF)

### Tuesday, March 17th

St Patrick's Day Buffet  
\*Reservation required

### Saturday, March 21st

Garden Vegetable Soup (GF) (V)  
or Salad du Jour  
Roasted Turkey w/ Cranberry Chutney (GF)  
Sole Piccata  
Mashed Potatoes, Broccoli (GF)

### Wednesday, March 18th

Broccoli Cheddar Soup  
or Salad du Jour  
Herb Crusted Beef Roast (GF)  
Lemon Honey Glazed Salmon (GF)  
Potatoes Au Gratin, Grilled Asparagus (GF)

### Sunday, March 22nd

Tomato Basil Soup (GF) (V)  
or Salad du Jour  
Bulgogi Beef (GF)  
Teriyaki Salmon (GF)  
Fried Rice, Vegetable Stir-fry (GF)

### Thursday, March 19th

Chicken Noodle Soup (GF)  
or Salad du Jour  
Roasted Pork Loin (GF)  
Broiled Trout (GF)  
Roasted Sweet Potatoes, Sauteed Brussels Sprouts (GF)

### Weekly Dessert Specials

Brown Butter Cake  
Blueberry Cobbler  
Sugar Cookies  
Macadamia Nut Cookies  
Chocolate Torte (GF)

Fuller Village   
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

### Buffalo Shrimp with Gorgonzola Crumbles

## 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

#### California Shrimp Wrap

Avocado, Shrimp, Lime-cilantro Dressing

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

#### Quinoa & Mixed Greens

Quinoa, Mixed Greens, Black Beans, Corn,  
Cilantro-lime Dressing

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)

#### Spinach Quiche with Brie

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

add Grilled Salmon...7.00

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

#### Cheese Ravioli

House-made Marinara

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

## DAILY SPECIALS

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

MONDAY, MARCH 16th

**Cheese Steak**

TUESDAY, MARCH 17th

**Corned Beef, Cabbage, and Potato**

WEDNESDAY, MARCH 18th

**Vegetable Grain Bowl**

THURSDAY, MARCH 19th

**Chicken Pesto Flatbread**

FRIDAY, MARCH 20th

**Shrimp Salad 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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# Massachusetts Vote by Mail Application



William Francis Galvin  
Secretary of the Commonwealth

## Section 1 - Voter Information:

Name: \_\_\_\_\_

Address of Voter Registration: \_\_\_\_\_

Ballot Mailing Address (if different): \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone Number (optional): \_\_\_\_\_

E-mail Address (optional): \_\_\_\_\_

## Section 2 - Ballot Information:

Elections:

All elections this year

A specific election (date): \_\_\_\_\_

Primary Ballots (choose one):

Democratic

Republican

Libertarian

No Primary Ballots

## Section 3 - Assistance:

Voter required assistance in completing application due to physical disability.

Assisting person's name: \_\_\_\_\_

Assisting person's address: \_\_\_\_\_

This application is being made by a family member.

Relationship to Voter: \_\_\_\_\_

➔ Signed (under penalty of perjury): \_\_\_\_\_ Date: \_\_\_\_\_

## Completing the Application

1. Voter Information – Provide your name, the address where you are registered to vote, your ballot mailing address (if different) and date of birth.

2. Ballot Information – Choose which ballot(s) you want to receive by mail.  
Choose a primary ballot option if you are not registered in a party.

3. Assistance – If you're helping someone complete this application, or you're requesting a ballot for a family member, fill out this section.

4. Sign your name – If you can't sign your name, you may ask someone to sign your name in your presence.

## Submitting the Application

Send this completed application to the local election office for your city or town. Find contact information for local election officials at [www.VoteInMA.com](http://www.VoteInMA.com) or by calling 1-800-462-VOTE (8683).

## Application Deadlines

This application must reach your local election office by 5 p.m. on the fifth business day before Election Day.

# What Can I Put In the Garbage Disposal?

**GOOD**

**BAD**

## **COLD WATER (NOT HOT)**

Water should be running the whole time the garbage disposal is on. Cold water is best because it solidifies grease and fatty foods.

**HOT WATER CAN CAUSE OVERHEATING**

## **SMALL BITS OF FOOD**

Small scraps of food left over on your plate after a meal is what a garbage disposal is intended for. Grind Away!

**AVOID LARGE AMOUNTS OR BIG CHUNKS**

## **BREADS**

Breads break up easily and dissolve quickly in water. Use plenty of water to avoid turning to paste

**AVOID USING THE WHOLE LOAF**

## **COOKED VEGETABLES AND MEAT**

Most cooked vegetables and meats are soft enough to grind up in the disposal with ease

**AVOID BONES AND STRINGY VEGGIES**

## **EGG SHELLS**

This is a controversial subject, but they break up easily and are not heavy so they won't sit in your drain and build up. So go for it!

**THE CARTON THEY COME IN IS NOT OK**

## **ICE CUBES AND/OR ROCK SALT**

Yes, it makes a horrible noise but ice will beat the rock salt around the blades and will help scrape things off and keep things clean.

**THIS WILL NOT SHARPEN THE BLADES**

## **BONES, FRUIT PITS, SMALL PEBBLES**

Generally speaking if it is something that you can not chew up yourself then it should probably not go into your garbage disposal

**CAUSES: BLADE DAMAGE AND CLOGS**

## **GREASE, OIL, GREASY FOODS**

Grease and oil do not mix well with water, just ask your mechanic. It hardens when cooled and is very bad for septic systems

**CAUSES: CLOGS AND GUMS UP BLADES**

## **PASTA OR RICE**

Large quantities of rice and pasta will soak up the water and expand in your pipes

**CAUSES: CLOGS IN THE PIPES**

## **STRINGY VEGETABLES**

Things like celery or asparagus can wrap around the blades and stop them from spinning

**CAUSES: IMPEDE FUNCTIONALITY**

## **VEGETABLE AND FRUIT PEELS**

The exteriors of most fruits and vegetables are harder than you think. A little at a time would be ok but avoid a whole fruit salad

**CAUSES: BLADE DAMAGE AND CLOGS**

## **OTHER ITEMS TO AVOID**

Stems, Shrimp Shells, Cigarette Butts, Glass, Plastic, Banana Peels, Onion Skins, Nut Shells, Artichokes, Silverware, Rocks, Jewelry, Wood

**NEVER PUT YOUR HAND IN THE DISPOSAL**

