

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 3	Labor Day Office, Pool & Cafe Closed 4 9:00 Pickleball 10:00 Seated Zumba Gold (BL) 10:30 Blue Hill Coffee Hour (BL) 1:00 Bridge (BR) 2:00 Handcrafters (BL) 7:00 Metropolitan Opera on Demand (BL)	5 10:30 Functional Fitness (BR) 11:00 Bocce (BR) 12:00 Back to Basics (BL) 1:00 Curry College Volunteer Tour 1:00 Meditation (BR) 1:00 Tai Chi (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	6 8:00 Bike Club 10:00 Mobility & Stability (BR) 10:00 Seated Zumba Gold (BL) 10:00 Stop & Shop 11:00 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:45 Chorus (BR) 2:00 Catholic Mass (BR) 3:00 Rosary (BL) 5:30 Lounge Night (BL) 7:00 Knitters and Sewers (BR)	7 10:00 Towel Cardio (BR) 10:30 News, Coffee and Convo (BL) 11:00 Core on the Floor (BR) 11:00 Castle Island 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/ Jean (BR) 2:00 Talk: MBTA Communities & Milton (BR) 2:00 NeedlePoint (BR) 3:30 Bocce (BR) 4:30 Pickleball w/ MacKenzie (BR)	8 9:00 Walking Club with Joey 10:00 Aqua Fit w/Crystal (BR) 10:00 Stop & Shop 10:30 Chair Yoga w/Carol (BL) 3:00 Newcomers Q&A Hour (BL Dining Room) 4:30 Friday Night Services (BR) 6:30 Cribbage (BR) 7:00 Mike Mosca - Guitar and Vocals (BL)	9 9:00 Pickleball 7:00 Movie Night (BR/BL)

The Silver Linings Hair Salon at the Gordon House is open Thu & Fri starting at 9 am. Please call 617-361-8746 to make an appointment.

Massage Therapist, Jen Borges, is available on Mondays and Thursdays at Blue Hill from 10 am to 3 pm. Please call 508-535-5675 to make an appointment.

The Podiatrist will be here on Wed 9/13 & 9/27 at 1 pm. Please call 781-986-3668 to schedule an appointment.

The Wellness Clinic will be on **Tuesday** from 8:30 - 11 am. Please call 617-361-7900 for an appointment.

Blood Pressure Clinics are Wed 12 - 1 pm at Blue Hill and 1 - 2 pm at Brush Hill.

Stop & Shop trips are on Wednesdays & Fridays at 10 am. **Wegman's** and **Trader Joe's** trips are on alternate Mondays at 10 am (see calendar for exact dates). Please call 617-361-7778 to sign up.

Brush Hill Coffee Hour is Mon-Fri at 9 am. **Blue Hill Coffee Hour** is on Mondays & Thursdays at 10:30 am.

Gordon House Dining:
To schedule a dinner reservation or to-go order please call 617-361-6958

Bank of Canton
Tuesdays
Brush Hill 9 - 10 am
Blue Hill 11 am - 12 pm

Sign Ups
To sign up for rides between campus, grocery trips or any other scheduled trips, please call 617-361-7778

September 2023

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



September Fitness & Aquatics Update

Welcome Izzy - our new Full Time Lifeguard & Fitness Professional!

We are all very excited to have Izzy on board, so please do stop in to introduce yourselves and extend a warm welcome. As Izzy adjusts to her new schedule, and as we onboard new high school students for the late afternoon & weekend shifts, please be patient with the pool schedule.

Please note the following, but subject to change:

Friday, September 1st, Monday, September 4th and Thursday, September 7th: POOL CLOSED FOR THE WHOLE DAY

Tuesday, September 5th, Wednesday, September 6th and Monday, September 11th: POOL CLOSED IN THE AFTERNOON ONLY

Tuesday, September 12th & Wednesday, September 13th: POOL CLOSED IN THE MORNING ONLY

The pool will not be open on Friday afternoons until we have trained new lifeguards.

Beginning the week of September 18th, we plan to have a more regular schedule in place and hope to bring back Family Swim & Guest Swim on the weekends as soon as our new high school lifeguards are trained and in place.

Also beginning Monday, September 18th, we have added another Aqua Fit class with Jean at 11:15am. Crystal will continue to teach on Wednesdays @ 2:30 and Fridays @ 10am.

The Fitness Center will now be open at 9am on Saturday & Sunday. Please remember to bring your FOB so you can access the gym & studio!



Forest Therapy Walks are scheduled for Monday, September 18th @ 11am and Monday, September 25th @ 10am. The walk on the 18th will meet on the Blue Hill Deck and is designed for those with less mobility. More details to follow about the walk on the 25th as the date approaches. Please call the Brush Hill Front Desk to sign up!

Weekend Highlights: Friday 9/1 - Monday 9/4

See what's happening this weekend!

Friday, September 1st

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: Around the Musical World in 60 Min

Grab your passport and join me for a musical adventure that explores music from exotic places and familiar countries.

Pianist Sean Hurley at 7 pm (Blue Hill Activity Room)

Milton native Sean Hurley has been playing piano for audiences since he was 14. An energetic and engaging performer, his repertoire includes classical, Broadway, standards and pop music all with a distinctive style. He is also happy to take requests!

Saturday, September 2nd

Movie Night at 7 pm (Brush Hill Function Room & Blue Hill Activity Room)

BRUSH HILL showing: *Imitation of Life*

Cast: Lana Turner, Mahalia Jackson, Sandra Dee, Robert Alda

A white widow and a black divorcee decide to move in together. The daughters of both grow up together. The daughter of the black woman favors her light skinned father and comes to resent her black mother.

BLUE HILL showing: *Woman in Gold*

Cast: Helen Mirren, Max Irons, Elizabeth McGovern, Katie Holmes

Six decades after World War II, a Jewish woman Maria Altman begins a quest to find her family's art works stolen by the Nazis.

Monday, September 4th

Happy Labor Day!

Metropolitan Opera On Demand at 7 pm (Blue Hill Activity Room)

Showing: Falstaff

A deeply human farce full of humor and genuine emotion, **Verdi's** last opera is a splendid finale to an unparalleled career in the theater. The story is an amalgamation of scenes from Shakespeare, primarily drawn from *The Merry Wives of Windsor*, but when **Robert Carsen** directed the opera for the Met, he relocated the action to mid-20th century England – an era when long-established social norms were rapidly changing and the aristocracy lost much of their wealth and influence. In this performance, baritone **Michael Volle** headlines Carsen's raucous staging, bringing his signature portrayal of the roguish Sir John Falstaff to the Met for the first time. Maestro **Daniele Rustioni** takes the podium to lead a sterling ensemble cast that also features soprano **Ailyn Perez**, mezzo-soprano **Jennifer Johnson Cano**, and contralto **Marie-Nicole Lemieux** as the merry wives who deliver Falstaff's comeuppance, with baritone **Christopher Maltman** as Ford and soprano **Hera Hyesang Park** and tenor **Bogdan Volkov** as the lovers Nannetta and Fenton. (*Run time: 2 hour, 22 minutes*)

Weekly Highlights: Tuesday 9/5 – Sunday 9/10

Look out for these special events and offerings next week! (Page 1)

Tuesday, September 5th

Curry College Volunteer Tour at 1 pm

This trip is only open to residents who are already engaged in the Curry College School of Nursing Volunteer Health Care Actor program. If you are interested in volunteer opportunities in the future, please reach out to Julia at 617-361-2116.

Meditation at 1 pm (Brush Hill Yoga Studio)

Andy Kelley, the “Boston Buddha” will be leading guided meditation at Brush Hill this week. All are welcome!

Wednesday, September 6th

Fuller Village Chorus at 12:45 pm (Brush Hill Function Room)

We are excited for our Chorus to get started for a new season! Please remember that this year, the Chorus will be rehearsing at Brush Hill. If you have any questions, feel free to arrive a little early and check in with the Chorus Director, Penny Knight, directly.

Catholic Mass at 2 pm (Brush Hill Function Room)

Father Bennett will preside over Mass at Brush Hill.

Lounge Night at 5:30 pm (Gordon House Lounge)

Take a look at the insert for more information on our fun and tasty Lounge Night!

Thursday, September 7th

Castle Island Trip at 11 am

This is a rescheduled trip due to poor weather on the original date. The trip is full with a wait list, but feel free to call Muriel to add your name to the wait list.

Special Talk: MBTA Communities & Milton at 2 pm (Brush Hill Function Room)

Join your neighbors for a special presentation on the MBTA Communities Law and what it means for Milton by Tim Czerwienski, Director of Planning and Community Development for Milton and Cheryl Tougias, a Milton Planning Board Member. There will be opportunities for questions and discussion after the presentation.

Weekly Highlights: Tuesday 9/5 – Sunday 9/10

Look out for these special events and offerings next week! (Page 2)

Friday, September 8th

Newcomers Q&A Hour at 3 pm (Blue Hill Dining Room)

We realize there is so much to learn about living at Fuller Village that it can't possibly be completely covered in the orientation meeting. So, here is a fabulous opportunity to meet other newcomers in a small group setting where you can learn new information and ask as many questions as you'd like! Please contact Marty Allen at 617-312-8058 with questions.

Friday Night Services at 4:30 pm (Brush Hill Function Room)

Rabbi Benjamin will be here for monthly services.

Mike Mosca – Guitar & Vocals at 7 pm (Blue Hill Activity Room)

We are excited to welcome a new entertainer to Fuller Village! Mike Mosca draws his inspiration from the music of Stevie Wonder, Bob Dylan, John Coltrane, Cole Porter, Carole King, Marvin Gaye, and Duke Ellington to perform songs that reflect the human experience. Songs about love, joy, friendship, peace, and unity are conveyed through his original music and fresh takes on classics. His wide background in jazz, pop, RnB, rock, blues, and funk creates a unique style and sound that traverses genres.

Saturday, September 9th

Movie Night at 7 pm (BL & BR) – *Titles to be announced*

Sunday, September 10th

Pancake Breakfast at 9 am (Brush Hill Function Room)

Come enjoy a pancake breakfast served fresh all morning. \$5 will get you pancakes (regular and/or blueberry), turkey sausage, coffee, tea, and juice, with all proceeds going to the Fuller Village Benevolent Association. Contact Bob Lash at 781-828-2657 with questions.

Scavenger Hunt at 3 pm (Brush Hill Function Room)

This activity is fun & easy with prizes for the winning table! Simply pack a grocery/tote bag with at least 20 small items from any or all rooms from your home and bring it with you to the Brush Hill Function Room. Each table of residents is a team and will be asked to produce an item. **If at least one person at your table has that item, then your table/team wins a point!** The table with the most points will win prizes!

Boston Musical Theatre at 7 pm (Brush Hill Function Room)

This weekend brings yet another new performer to Fuller Village! Boston Musical Theater consists of Dan Loschen (Assistant Chair of the Jazz Department at Rivers School Conservatory) on piano and Mara Bonde (former guest artist for Boston Pops' "Holiday Pops"!) on vocals. They will perform music from the American Songbook, including Gershwin, Cole Porter, Rodgers and Hart (and Hammerstein) as well as songs from the 60s (Joni Mitchell, James Taylor, etc.), and musical theater. They will surely have something for everyone!

Notes from the Program Director

Thank You!

Thank you to all of the residents who have stopped by to welcome me back to Fuller Village since I returned from my leave. It is great seeing you all again and I look forward to continuing to reconnect in the coming weeks! I am also excited to meet the many new residents who have joined our community this year – please don't hesitate to swing by and say hi or reach out to me to set up a time to talk about our programs. My phone number is (617) 361-2116 and my email is jmacmahon@fullervillage.org.

- Julia MacMahon, Program Director

Fuller Village Green Team

Do you care about the environment, conservation, and the impacts of climate change? The Green Team will gather on Monday, September 11th at 3:30 pm in the Blue Hill Activity Room. This meeting will give old members an opportunity to get reacquainted and potential new members a chance to learn about this group. Please contact Julia with questions.

Voices of Fuller

Please watch for Molly's email on Friday Sept. 1st that will include access to the September issue of **The Voices of Fuller** newsletter. It is also available on the Touchtown App. A very limited number of printed copies (50 for Brush Hill and 50 for Blue Hill) will be available per request at the reception desk only for those with no access to electronic devices. We need to determine how many residents actually need a hard copy for the future. Please leave your name and unit info when you pick up the hard copy. A few copies are also available in the libraries. Thank you.

- Marty Allen, The Voices of Fuller

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September Lounge Night

WEDNESDAY
SEPTEMBER 6TH, 2023
5:30PM
GORDON HOUSE LOUNGE

RESERVATIONS REQUIRED
CANCELLATIONS WILL BE CHARGED
PLEASE CALL 617-361-6958
MONDAY – FRIDAY 1PM-3PM

◆ MAIN ◆
CLAMS CASINO
WITH GRILLED CIABATTA
AND
BURRATA CAPRESE WITH FIGS

◆ DESSERT ◆
VANILLA CREAM CANNOLI
WITH
CHOCOLATE SHAVINGS

\$15.95PP



— LIVE A FULLER LIFE —

SULLIVANS PHARMACY FLU CLINIC
AT FULLER VILLAGE

***LOCATION: BRUSH HILL FUNCTION ROOM**

DATE: FRIDAY, SEPTEMBER 29TH

TIME: 1:00 PM – 4:00 PM

Please come by the front desk at Blue Hill or Brush Hill to sign up.

NO PHONE CALLS

The Fuller Village Van will be transporting Blue Hill Residents to Brush Hill for their appointments. Please indicate if you will need a ride.

This clinic is open to all Fuller Village residents and staff.

REGISTER NO LATER THAN MONDAY, SEPTEMBER 25th

Please bring your insurance information with you at the time of your appointment.

Flu Shots



Gordon House

Dining Room Dinner Menu

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

Monday, September 4th

Beef & Barley
or Salad du Jour
Roasted Chicken
Seared Striper (GF)
Pasta With Marinara, Green Beans
Key Lime Cookie or
Blueberry White Chocolate Cheesecake

Friday, September 8th

Cream of Cauliflower
or Salad du Jour
Oven Roasted Turkey (GF)
Baked Salmon (GF)
Mashed Potatoes (GF), Stuffing, Baby Carrots
Pineapple Upside Down Cake
or Peanut Butter Cookie

Tuesday, September 5th

Cream of Broccoli (GF)
or Salad du Jour
Braised Brisket (GF)
Lobster Raviolis With Alfredo Sauce
Roasted Potatoes (GF), Carrot Tzimmes
Tiramisu
or Chocolate Chip Cookie

Saturday, September 9th

Minestrone (GF)
or Salad du Jour
Pulled Pork (GF)
Fried Shrimp
Warm German Potato Salad (GF), Corn (GF)
White Chocolate Macadamia Cookie
or Brownie

Wednesday, September 6th

Vegetable Lentil (GF)
or Salad du Jour
Roasted Pork Tenderloin (GF)
Cod Picatta (GF)
Rice Pilaf (GF), Brussel Sprouts
Smores Cookie
or Peach Pie

Sunday, September 10th

Vegetable Florentine (GF)
or Salad du Jour
Pasta Bolognese
Stuffed Baked Haddock (GF)
Mashed Sweet Potatoes, Chefs Medley Veg
Assorted Cookies or Assorted Desserts

Thursday, September 7th

Chicken Noodle (GF)
or Salad du Jour
Braised Beef Short Ribs (GF)
Seared Scallops (GF)
Mushroom Risotto (GF), Roasted Root Vegetables
Oatmeal Raisin Cookie
or Chocolate Torte Cake (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)



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

Fried Calmari W/ Marinara Sauce

SIGNATURES

a non-alcoholic beverage and your choice of side is included with Entrée,
Sandwich of the Month 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
Served with Entrée Sides.

Sandwich of the Month...14.00

Chicken Pesto Panini

With Provolone and Tomatoes
Served with Choice of Side

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

Spinach Salad

With Candied Walnuts, Craisins and
Goat Cheese

Vegetarian Special of the Week... 15.00 (GF) (V)

Eggplant Moussaka

Fuller Village

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...3.00

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 Specials

– Daily Specials –
all served with one side...14.00

Monday September 4th
Labor Day
Café Closed

Tuesday September 5th
BBQ Chicken Melt Wrap
Crispy Chicken, Bacon, Cheddar Cheese,
Red Onion and BBQ Sauce

Wednesday September 6th
Grill Day

Option 1: Bourbon Steak Tips

Option 2: Marinated Shrimp

Served with Potato Salad

Thursday September 7th
Pizza Day

Cheese, Pepperoni, Veggie

Served with a Side Salad

Friday September 8th

Filet -O-Fish

Cod, American Cheese, Tater Sauce