

SUN	MON	TUE	WED	THUR	FRI	SAT
9:00 Pancake Breakfast (BR) 10	9:00 Pickleball 11	10:00 Birthday Breakfast (BL) 12	8:00 Bike Club 13	10:00 Towel Cardio (BR) 14	<i>Rosh Hashanah - Happy New Year!</i> 15	<i>Rosh Hashanah</i> 16
2:30 Blue Hill Bridge (BL)	10:00 Seated Zumba Gold (BL)	10:30 Functional Fitness (BR)	10:00 Mobility & Stability (BR)	10:30 News, Coffee & Convo (BL)	9:00 Walking Club w/Joey	9:00 Pickleball
3:00 Scavenger Hunt (BR)	10:00 Wegman's Coffee Hour (BL)	11:00 Bocce (BR)	10:00 Seated Zumba Gold (BL)	11:00 Core on the Floor (BR)	10:00 Aqua Fit w/Crystal (BR)	7:00 Movie Night (BR/BL)
7:00 Boston Musical Theater (BR)	10:30 Blue Hill	12:00 Back to Basics (BL)	10:00 Stop & Shop (BL)	11:00 Core on the Floor (BR)	10:00 Stop & Shop	
	11:00 Floor Yoga w/Carol (BR)	1:00 Meditation (BL)	11:00 Cornhole (BL)	12:00 Mobility & Stability (BL)	10:00 Hull Lifesaving Museum & Jake's Seafood Restaurant	
	11:00 Water Aerobics (BR)	1:00 Tai Chi (BR)	11:00 Floor Yoga w/Carol (BR)	12:30 Line Dancing w/Jean (BR)	10:30 Chair Yoga w/Carol (BL)	
	11:00 Newcomers Q&A Hour (BL Dining Room)	1:30 Crescent Ridge Dairy Trip	12:00 Chair Yoga w/Carol (BR)	1:30 Crafts with Cindy (BL)	6:30 Cribbage (BR)	
	12:00 Chair Yoga w/Carol (BR)	4:00 Restorative Yoga (BR)	12:45 Chorus (BR)	2:00 NeedlePoint (BR)	7:00 Pianist Mark West (BL)	
	1:00 Bridge (BR)	7:00 Bingo! (BL)	2:00 Residents' Assoc. Board Meeting (BL)	3:00 BI - Milton Educational Speaker (BR)		
	2:00 Handcrafters (BL)	7:00 Men's Poker Club (BR)	2:30 Aqua Fit w/Crystal (BR)	3:30 Bocce (BR)		
	3:30 Green Team Meeting (BL)		3:00 Rosary (BL)	4:30 Pickleball w/MacKenzie (BR)		
	7:00 History with Paolo (BL)		7:00 Handcrafters (BR)	7:00 Brush Hill Bingo (BR)		

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





From the desk of Molly S. Welch
September 8, 2023

Villa Residents - Please be sure to check your mailbox on Friday morning for an envelope with ballots to vote for a Villa Representative on the Residents' Association Board. Voting instructions are included on the ballot. Please contact Cheryl Manoli, Chair of Residents' Association Nominating Committee, with any questions if necessary.

On-Campus Transportation Requests - Please plan ahead for your transportation needs! If you would like transportation between the Blue Hill and Brush Hill campuses for attending programming, use of our fitness center or pool, or for café or Gordon house dining, please call our Brush Hill front desk at 617-361-7778 to reserve your transportation. While we try our best to say yes to last-minute resident transportation requests, we cannot always accommodate unscheduled, immediate transportation needs. With the weather changing soon, we will also be losing use of our golf carts as an additional transport option to offer. Scheduling your transportation needs ahead helps avoid any unnecessary frustrations and ensures you get to enjoy all that Fuller offers each day!

Vaccination Clinics - Please be sure to sign up at the Blue Hill or Brush Hill front desks for our flu vaccine clinic by Sullivan's Pharmacy on Friday September 29th at 1:00 pm in the Brush Hill Function Room. We ask all residents that are interested in receiving the flu vaccine to please sign up no later than Monday, September 25th. Phone calls will not be accepted for sign up. Once the COVID-19 vaccine has an updated formula that has received FDA approval, we anticipate scheduling our COVID-19 vaccine clinic for early October along with the possibility of RSV vaccine clinic at Fuller this fall as well. More details to come. Please contact your primary care physician for individual vaccination guidance as you determine what is best for you.

Walking on Campus Reminders - When walking on campus, please make every effort to use the sidewalks instead of the road or if necessary, walk in a single file on the side of the road for safety. Ensure you always have a cell phone with you when walking. Also note, there have been several wildlife sightings, coyotes particularly, and we encourage all residents to walk with a whistle as a deterrent. Should you like a whistle, please contact your front desk to request one.

COVID Status - Since Friday September 1st, Fuller has been notified of 2 new individuals that tested positive for COVID. They are self-isolating and have notified any exposed residents and staff. Should you test COVID positive, we kindly ask that you notify Joey DiGiano at 617-361-3231 along with any close contact fellow residents. We continue to request that residents and staff follow the most current MA Department of Public Health guidance when you test positive for COVID-19 or when you have had known close contact with someone with COVID-19. As a helpful reminder of what DPH's current guidance is, we have an informational handout, "MA DPH COVID-19 Isolation & Exposure Guidance for the General Public," in Touchtown under the "Week at Fuller" icon. Should the guidance change, we will update that handout accordingly.

As we head into the colder weather months and spend more time together indoors, we want to remind residents it is very important to stay home when you are not feeling well and contact your primary physician for guidance. Please note that face masks are readily available on our transportation van or at our front desks for resident use if you choose to do so. Thank you for caring for each other and we appreciate everyone doing their part to help our community be healthy and safe this fall and winter!

Weekend Highlights: Friday 9/8 - Sunday 9/10

See what's happening this weekend!

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)

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

Saturday, September 9th

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

BRUSH 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.

BLUE HILL showing: *Still Alice*

Cast: Julianne Moore, Alec Baldwin, Kristen Stewart

Julianne Moore gives a heart warming performance as Alice Howland, a linguistic professor who at 50 years old begins to forget words which ultimately leads to Alzheimer's disease and how her family learns to cope although devastated.

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. 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)

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.

Weekly Highlights: Monday 9/11 – Sunday 9/17

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

Monday, September 11th

Newcomers Q&A Hour at 11 am (Blue Hill Dining Room)

Another opportunity for Newcomers to learn more about Fuller Village in an informal setting!

Please contact Marty Allen at 617-312-8058 with questions.

Green Team Meeting at 3:30 pm (Blue Hill Activity Room)

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.

History with Paolo at 7 pm (Blue Hill Activity Room)

Topic: La Forza del Destino: The Story of Italian Unification

Italy, as we think of it today, is a relatively modern creation. It is the work of Italian patriots who struggled against the forces of Napoleonic France and Hapsburg Austria to forge a unified nation on the Italian peninsula. The story of Italian unification is a dramatic, exciting tale populated with a colorful cast of characters who shaped the destiny of Italy and Europe in the 19th century.

Tuesday, September 12th

Birthday Breakfast at 10 am (Blue Hill Activity Room)

All are welcome to join us to celebrate September birthdays. Fresh fruit, pastries, and coffee will be provided. It is generously co-sponsored by our friends at Bank of Canton.

Meditation at 1 pm (Blue Hill Activity Room)

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

Crescent Ridge Dairy at 1:30 pm

Since 1968, Crescent Ridge Dairy Bar has been serving their famous ice cream to people of all ages. It's somewhere between an ice cream stand and ice cream heaven! Treat yourself to a cone & grab a pint to bring home. **There are still spots available** on this trip so call Muriel today to sign up: 617-361-7778.

Wednesday, September 13th

Residents' Association Board Meeting at 2 pm (Blue Hill Activity Room)

Residents' Association Board Members will hold their regular meeting. As with all meetings, all residents are welcome to join if interested.

Weekly Highlights: Monday 9/11 – Sunday 9/17

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

Thursday, September 14th

Crafts with Cindy at 1:30 pm (Blue Hill Activity Room)

You are guaranteed to have a good time making fall door decorations with our good friend Cindy! All experience levels are welcome – crafts are for everyone! Spots are limited so call right away to reserve your spot: 617-361-7778.

Beth Israel- Milton Educational Speaker Series at 3 pm (Brush Hill Function Room)

Topic: Options for Palliative Care – Family & Caregiver Support, Planning, & Resources

Join us for our second 2023 BI-Milton Hospital Speaker Event, this month regarding palliative care, a specialized medical approach to care for people with a serious or life-limiting illness. The aim is to improve the quality of life by offering symptom relief and emotional support that are associated with conditions such as: cancer, heart failure, COPD, Parkinsons, or advanced kidney or liver disease. This month's presentation is by Beth Israel Lahey Health Palliative Care Nurse Practitioner, Jennifer Kales MS, APRN, ANP-BC.

Brush Hill Bingo at 7 pm (Brush Hill Function Room)

Once a month, Brush Hill hosts a fun game of Bingo! All are welcome - \$5 gets you two cards and lots of fun!

Friday, September 15th

Hull Lifesaving Museum & Jake's Seafood Restaurant at 10 am

This trip is full with a waitlist. Please call Muriel at 617-361-7778 with any questions or to have your name added to the waitlist.

Harvest Festival Donation Collection from 12-2 pm (BL Activity Room & BR Function Room)

Fair volunteers will be collecting gift cards, pocketbooks, and jewelry for the Harvest Festival on both campuses. Sign-up sheets will also be available for residents to volunteer for 1-2 hours at the Festival on November 4th.

Pianist Mark West at 7 pm (Blue Hill Activity Room)

Come hear Mark play a lively mix of classical, ragtime, and jazz piano. He plays it all, from Bach to Duke, and is sure to put on a fun show!

Saturday, September 6th

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

Sunday, September 17th

Madeleine Metraux – Operatic Vocalist at 7 pm (Brush Hill Function Room)

Please join us for an unforgettable evening! At the unbelievable age of 15, Madeleine has a shockingly mature soprano with an impressive range and a stage presence to match. With a level of professionalism and confidence beyond her years, she plans to pursue a vocal performance degree in Geneva after graduating from high school in Massachusetts.

Program Notes & Updates

The 7:00 pm Wednesday BR Gathering called **Knitters and Sewers** has now become more inclusive and will be named **Handcrafters**. In that way we'll be aligned with the Blue Hill Handcrafters Group which meets on Monday afternoons at 2:00 in the library. We invite our current multi-talented fiber artists to resume meeting at 7:00 in the BR card room on September 13 after our summer hiatus! We also invite all other knitters, crocheters, quilters, needlepointers and sewers to please join us! Our goal is to enjoy great company making items for our November 4th Fall Festival, family treasures, and also charities such as Project Linus. We have plenty of yarn, needles, fabric, patterns, and fun conversation. No previous experience is required! Please contact Nancy Kearns at (617) 333-3215 with questions.

The Voices of Fuller September issue was emailed to you from Molly last Friday. We hope you enjoyed the interviews, the hikers story, and info on Best of Care and all the great photos of residents! If you do not have access to email or the Touchtown Community App, then please see the lobby receptionists for your printed copy. These are limited! Please sign your name and unit number if you take one."

Volunteers are still welcome to join our partnership with the Curry College School of Nursing Simulation Lab. Volunteers will be serving as Healthcare Actors to help nursing students practice their interpersonal and clinical skills in the school's state-of-the-art Simulation Labs! No acting or nursing experience is necessary! Simulation Labs run on Tuesday mornings at Curry and Fuller Village provides transportation. Volunteers are welcome to stay for lunch with students afterwards. All volunteers are required to attend a training the Wednesday prior to the Lab from 3-4:30 pm in the Brush Hill Function Room, where they will get more information on the goals of the lab and the roles they will be playing, and get an opportunity to practice and ask questions. If you are interested, please reach out to Julia at jmacmahon@fullervillage.org or 617-361-2116.



Donations for this year's *Fuller Village Harvest Festival*
will be collected on Friday, September 15

from 12 – 2 pm



in the Blue Hill Activity Room
and the Brush Hill Function Room



The Fair will take place on November 4 from 10 to 2 in the Brush Hill Function Room

Please spread the word by inviting family and friends to come

Gordon House

Dining Room Dinner Menu

call at 617-361-6958 1:00P.M.- 3:00P.M. Mon-Fri

Monday, September 11th

Split Pea & Bacon Soup (GF)
Or Salad du Jour
Salisbury Steak (GF)
Pan Seared Trout (GF)
Tater Tots, Roasted Beets
Chocolate Chip Cookie or
Vanilla Pudding w/ Fresh Berries

Friday, September 15th

Clam & Corn Chowder (GF)
or Salad du Jour
BBQ Chicken Breast
Baked Swordfish (GF)
Loaded Baked Potato, Cauliflower
Carnival Cookie or
Apple Cobbler

Tuesday, September 12th

Tomato Orzo Soup
or Salad du Jour
Chicken Marsala (GF)
Lemon Butter Cod (GF)
With Gnocchi and Spinach
Sugar Cookie or
Double Chocolate Chip Brownie

Saturday, September 16th

French Lentil Soup (GF)
or Salad du Jour
Italian Sausage w/ Peppers & Onions (GF)
Bacon Swiss Quiche Lorraine
Sweet Potato Fries, String Beans
Peanut Butter Cookie or
Caramel Cheesecake

Wednesday, September 13th

Mushroom Barley Soup
or Salad du Jour
Pizza Night
(Plain, Pepperoni or **Gluten Free**)
Or: Honey Glazed Salmon (GF)
Mashed Potatoes, Asparagus
M & M Cookie or Flourless Chocolate Torte

Sunday, September 17th

Chicken Wild Rice Soup (GF)
or Salad du Jour
Rotisserie Chicken Breast (GF)
Baked Shrimp (GF)
Rice Pilaf, Acorn Squash
Double Chocolate Cookie or
Assorted Desserts

Thursday, September 14th

White Chicken Chili (GF)
or Salad du Jour
Teriyaki Boneless Pork Chop (GF)
Crab Stuffed Sole
White Rice and Baby Carrots
Oatmeal Raisin Cookie or
Oreo Chocolate Cake



Vegetarian Options Available Upon Request

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)



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

Meatball Sub Bites with Marinara Sauce

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

Baked Haddock Entree...21.95 (GF)

Baked with Buttered GF Crumbs
Served with Entrée Sides

Sandwich Special

"BZT" Panini...14.00

With Mozzarella, Bacon, Grilled Zucchini and Tomato

Salad Special...10.00 (V)

Spinach Salad

With Candied Walnuts, Craisins and Goat Cheese

Vegetarian Special...15.00 (V) (GF)

Spinach & Mushroom Gnocchi

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 11th

Pastrami Reuben

Sauerkraut, Swiss and 1000 Island

Tuesday, September 12th

Egg Salad Croissant

Bacon, Lettuce, Tomato

Wednesday, September 13th

Grill Day

Option 1: *Honey BBQ Chicken Sandwich*

Option 2: *Ginger Shrimp*

Thursday, September 14th

Buffalo Chicken Wrap

Lettuce, Tomato, Blue Cheese

Friday, September 15th

Fish & Chips

Tartar Sauce, Coleslaw