

SUN	MON	TUE	WED	THUR	FRI	SAT	
Daylight Savings Time Ends 2:30 Blue Hill Bridge (BL) 7:00 The Continentals Duo (BR)	5 9:00 Pickleball 10:00 Cobbs Corner 10:00 Forest Therapy Walk w/Jen 10:15 Chair Fitness w/Carol (BL) 10:30 Blue Hill Coffee Hour 11:00 Floor Yoga w/Carol (BR) 11:15 Aqua Fit w/Jean (BR) 12:00 Chair Yoga w/Carol (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL) 2:00 Rich Travers (BR) 3:00 Water Volleyball	6 10:30 Functional Fitness (BR) 11:00 Bocce (BR) 12:00 Back to Basics (BL) 1:00 Tai Chi (BR) 1:30 Meditation (BL) 2:00 Blue Hills Observatory Tour 3:00 Native American Heritage Month Documentary: "Gather" (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	7 10:00 Stop & Shop 10:15 Mobility & Stability (BR) 10:45 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:45 Chorus (BR) 2:00 Residents' Association Meeting (BL) 2:30 Aqua Fit w/Crystal (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim 7:00 Handcrafters (BR)	8 10:00 Towel Cardio (BR) 10:30 Swim Lessons w/Izzy 10:30 Faith Sharing (BR) 10:30 News, Coffee & Convo (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/Jean (BR) 1:30 Crafts with Cindy (BL) 2:00 Ron's Bowling & Ice Cream 2:00 NeedlePoint (BR) 3:30 Bocce (BR) 3:30 Social Justice Action Group (BR) 4:30 Pickleball w/MacKenzie	9 9:00 Walking Club with Joey 10:00 Aqua Fit with Crystal (BR) 10:30 Chair Yoga with Carol (BL) 1:30 Veteran's Day Program (BR) 2:00 Stop & Shop in Hyde Park 6:30 Cribbage (BR) 7:00 Ron Cote (BL)	10 9:00 Pickleball 7:00 Movie Night (BR/BL)	11 Veterans Day

The Silver Linings Hair Salon at the Gordon House is open Thu & Fri starting at 9 am. She will be closed on 11/23 & 11/24. 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 11/8 & 11/22 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.

Grocery trips: Stop & Shop trips are on **Wednesdays at 10 am** & **Fridays at 2 pm**. On **Mondays at 10 am**, we alternate between other area grocery stores (see calendar for specific locations & dates). 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

November 2023

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



Have you been exposed to COVID-19?

If you have been exposed to a person who has tested positive for COVID, please follow the following guidance from the Massachusetts Department of Public Health:

Wear a mask any time you are around others while indoors for **10 days** following exposure, *even if you've tested negative as you can still develop COVID up to 10 days after exposure.* Please be sure not to eat or drink around others during this time. *Thank you for refraining from dining at the Café and Dining Room during this 10-day period.*



If you develop symptoms at any time, immediately isolate and test. If you are positive for COVID, please follow isolation guidance and be sure to notify Joey at 617-361-3231. If you test negative OR if you have remained without symptoms, test on Day 6 and continue to wear a mask around others while indoors through Day 10 after exposure. If you test positive on Day 6 or after, follow isolation guidance and notify Joey immediately.

Take action if you're exposed to COVID-19

EVERYONE:

<p>Watch for symptoms for 10 days</p> 	<p>Wear a mask around others indoors for 10 days</p> 	<p>Test 5 days after exposure (or sooner if you have symptoms)</p>  <p>If positive, follow isolation guidance</p>	<p>Take extra precautions for 10 days when around people more likely to get very sick</p> 
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 [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) CS328947-GU

Thank you for helping us protect our community!



November 2023 Fitness & Aquatics Update

Kicking off the month of November with some Forest Therapy Walking opportunities:

Monday, November 6th @ 10am ~ Brush Hill Gazebo

&

Monday, November 27th @ 10am ~ off-property location TBD

Participants should be able to walk around unassisted on unpaved surfaces for approximately a half mile.

The best way to learn about Forest Therapy is to experience it, so don't be shy – sign up!

Call the Brush Hill Front Desk to secure your spot.

We are also excited to announce two new Fitness offerings: Water Volleyball on Mondays @ 3pm and Adult Swim Lessons on Thursdays @ 10:30am. Both classes will be taught by Izzy, our full-time lifeguard.

Please note that there will be no Open Swim during these class times

If you are a new resident and have questions about the Fitness Center, Fitness Classes, Pool Activities, or anything fitness-related, please give me a call or email to discuss.

I can be reached at 617.361.7196 / jdeleonardis@fullervillage.org

Finally, a reminder that our Fitness Center, Yoga Studio, and all equipment are for Residents only. If you have family visiting, they are welcome to walk the grounds, or enjoy

Family Swim on Saturdays from 2-4pm, but please refrain from allowing your family members, especially young children, in the Fitness Center or Studio. Thank you for your cooperation.



Jen

Weekend Highlights: Friday 11/3 - Saturday 11/4

See what's happening this weekend!

Friday, November 3rd

Belly Dancing with Betty Tamer at 12:30 pm (Brush Hill Yoga Studio)

Unleash your inner dancer! Our very own fuller resident, Betty Tamer, will guide you in 30 minutes of creative movement, inspired by Betty's very own experience and love of dancing. No experience necessary!!

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: The Life and Music of Ray Charles

Ray Charles was a pianist, singer, composer, and bandleader, a leading entertainer billed as "the Genius." Charles was credited with the early development of soul music, a style based on a melding of gospel, rhythm and blues, and jazz music.

Michael Goodwin at 7 pm (Blue Hill Activity Room)

Special Veterans Day Show: From The Star Spangled Banner and Yankee Doodle to Irving Berlin and Glenn Miller, join us in honoring our veterans with a special program filled with some of our favorite music through the years. Sure to be an engaging and interactive show!

Saturday, November 4th

Fuller Village Harvest Festival from 10 am – 2 pm (Brush Hill Function Room)

It's time! After all of the hard work from dozens of residents, the Fuller Village Harvest Festival is taking place! Please be sure to invite friends and family and to come check out the crafts, baked goods, homewares, raffle baskets, and more. There will also be donuts and coffee for sale in the café from 10 am – 12 pm. **If you are coming down from Blue Hill, please walk or call for a ride as there will be limited parking at Brush Hill and the access road will be closed off to cars.** We look forward to seeing you there!

Movie Night at 7 pm (BL & BR)

BRUSH HILL showing: *Scent of a Woman*

Cast: Al Pacino, Chris O'Donnell, Thomas Newman

An overbearing blind retired lieutenant colonel who hires a young guardian to assist him. They embark on a wild weekend trip which changes the lives of both men forever. Al Pacino won his first best actor award for his portrayal of the blind Colonel.

BLUE HILL showing: *Dr. Zhivago (Part I)*

Cast: Omar Sharif, Julie Christie, Geraldine Chaplin, Alec Guinness, Rod Steiger

Boris Pasternak epic tale of war and love. Omar Sharif plays the title role, Julie Christie his love and both caught up in the tidal wave of history. Winner of 5 Academy Awards including a haunting melody: Lara's Theme.

Weekly Highlights: Sunday 11/5 – Sunday 11/12

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

Sunday, November 5th

Daylight Saving Ends – Don't forget to set your clocks back 1 hour!

The Continentals Duo (Drum/Keys) at 7 pm (Brush Hill Function Room)

The Continentals are one of New England's longest running entertainment groups and have a repertoire that spans the decade from the '40s and up, covering most musical genres. They've played as a full band and in duo sets for us several times – come enjoy a great musical evening led by Jack Coleman on keys and Don McNeil on percussion. **Based on feedback from residents, we will be returning to a 7 pm start time for our Sunday evening shows in November.**

Monday, November 6th

Trip to Cobbs Corner in Brockton at 10 am

We visit a different grocery store every Monday – Cobbs Corner has a Shaw's, HomeGoods, Chicco's, and other shops as well. Call 617-361-7778 to sign up.

Forest Therapy Walk with Jen at 10 am (Brush Hill Gazebo)

Meet Jen at the Brush Hill Gazebo at 10 am for a sensory experience. Participants should be comfortable walking on uneven ground for about a half a mile. This experience is designed for Fuller residents who might be more comfortable experiencing the natural world closer to home. Please call 617-361-7778 to sign up. Class is limited to 8 residents.

Rich Travers at 2 pm (Brush Hill Function Room)

Topic: The Life and Music of Jimmy Webb

Jimmy Layne Webb is an American songwriter, composer, and singer. He has written numerous platinum-selling songs, including "Up, Up and Away", "By the Time I Get to Phoenix", "MacArthur Park", "Wichita Lineman", "Worst That Could Happen", "Galveston", and "All I Know".

Tuesday, November 7th

Guided Tour at Blue Hill Observatory at 2 pm

This trip was so popular that we are doing it for a third time! Sign-ups are full, but you can be added to the waitlist in case of a cancellation by calling Muriel at 617-361-7778.

Native American Heritage Month Documentary: *Gather* at 3 pm (Blue Hill Activity Room)

Gather is an intimate portrait of the growing movement amongst Native Americans to reclaim their spiritual, political and cultural identities through food sovereignty, while battling the trauma of centuries of genocide. The documentary, selected as a Critics' Pick by the *New York Times*, follows members of four different tribes as they use their individual interests to work with community members to reclaim or preserve their cultural traditions.

Weekly Highlights: Sunday 11/5 – Sunday 11/12

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

Wednesday, November 8th

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

These meetings are always open to all residents to attend.

Thursday, November 9th

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

Autumn is in the air! Using fall fabric, stuffing, twigs and leaves, you will enjoy making a set of pumpkins. Gather them together to make a beautiful centerpiece for your Thanksgiving table. Space is limited so be sure to call Muriel at 617-361-7778 to reserve your spot!

Trip to Ron's Bowling and Ice Cream at 2 pm

Join your friends for a trip to Ron's, an old-fashioned (candlepin!) neighborhood bowling alley right around the corner from Fuller Village. Besides bowling, Ron's makes wonderful homemade ice cream that Presidents have stopped in to try! You can also enjoy reasonably priced lunch items such as pizza & hotdogs. Please bring cash to cover any food, shoe rentals (\$3.50/person), & bowling (\$4.50/person/game). There is still space on the van so call Muriel at 617-361-7778 to join!

Social Justice Action Group at 3:30 pm (Brush Hill Function Room)

This month, the Social Justice Action Group will continue with the local focus on convincing the Milton Town Meeting members to support compliance with the MBTA Communities Act in order to promote affordable housing in our town. We'll give updates on recent meetings and efforts, work together to finalize a joint letter to our precinct's Town Meeting Members, and strategize around getting more community members to sign on to the letter in support. New members are always welcome!

Friday, November 10th

Veteran's Day Program at 1:30 pm (Brush Hill Function Room)

The Fuller Village Chorus and several residents who have served in the Armed Forces will lead this program to honor our veterans. We are pleased to have Kevin Cook, Director of Veteran Services for Milton, in attendance for our event. If you are a veteran that would like to do a reading or share any remarks for the ceremony, please contact Julia at 617-361-2116 as soon as possible. All are welcome for this special program.

Ron Cote at 7 pm (Blue Hill Activity Room)

Whether playing with his band, The Castle Tones, or performing solo, Ron is a Fuller Village favorite! He is sure to entertain with a variety of oldies and feel-good tunes!

Weekly Highlights: Sunday 11/5 – Sunday 11/12

Look out for these special events and offerings next week! (Page 3)

Saturday, November 11th

Veterans Day

Please note the Town of Milton and the office of Veteran Services will hold a Veterans Day Ceremony today at 11 am at Milton's Town Hall.

Fuller Village is unable to provide transportation, but wanted to share the information for those who are able to attend on their own:



Milton's Select Board and Milton Veterans Services, along with members of the American Legion Post 114 will conduct ceremonies to commemorate all our Veterans past and present. They will have special posthumous honors for a Milton Marine GYSGT Vincent Rafferty who served our nation for 20 years with multiple deployments to the Middle East and SW Asia. Their featured speaker will be Professor Scott Smith, US Naval War College who served 32 years as a Surface Warfare Officer in the United States Navy. They will be joined by Milton High Chorus and Marching Band. If you should have any questions regarding this year's observance, you may contact Milton's Director of Veterans Services Kevin J Cook at kcook@townofmilton.org or 617-251-7767.

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

Sunday, November 12th

The Good Tymes Banjo Band at 7 pm (Brush Hill Function Room)

The Good Tymes Banjo Band is a non-profit band of volunteer musicians who love the music of the "Great American Songbook", the fun they get from the band, and the wonderful feeling they get from entertaining people. The four string tenor banjo was very popular in the teens, twenties and thirties, but faded from the music scene with the advent of the big bands.

However, the happy toe-tapping music of that bygone era is still alive and well. **Based on feedback from residents, we will be returning to a 7 pm start time for our Sunday evening shows in November.**

Gordon House

Dining Room Dinner Menu

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

Monday, November 6th

Chicken and Rice (GF)
or Salad du Jour
Smothered Chicken Breast (GF)
Seared Halibut (GF)
Roasted Potatoes, Yellow Squash and Tomato (GF)
Sugar Cookies or
Apple Pie

Friday, November 10th

Seafood Bisque (GF)
or Salad du Jour
Pork Tenderloin Medallions (GF)
Grilled Swordfish (GF)
Baked Sweet Potatoes Wedges, Green Beans
Smores Cookies
or Chocolate Cupcake

Tuesday, November 7th

Cream of Asparagus (GF)
or Salad du Jour
Pork Schnitzel (GF)
Shrimp Stir-fry (GF)
Fried Rice, Snap Peas (GF)
Oatmeal Cookies
or Tiramisu

Saturday, November 11th

Vegetable Barley Soup (GF)
or Salad du Jour
Roast Beef (GF)
Braised Tomato Basil Cod (GF)
Mashed Potatoes, Cauliflower (GF)
Peanut Butter Cookie
or Apple Pie

Wednesday, November 8th

Beef and Noodle Soup (GF)
or Salad du Jour
Veal Parmesan (GF)
Lemon Butter Haddock (GF)
Spaghetti, Broccoli (GF)
Carnival Cookies
or Chocolate Torte

Sunday, November 12th

Baked Potato Soup (GF)
or Salad du Jour
Turkey Tetrazzini (GF)
Parmesan Crusted Flounder (GF)
Rice Pilaf, Sauteed Spinach (GF)
Banana Foster Cookie
or Assorted Desserts

Thursday, November 9th

Carrot Ginger Soup (GF)
or Salad du Jour
Chicken Picatta (GF)
Honey Glazed Salmon (GF)
Mashed Parsnips, Roasted Asparagus (GF)
Chocolate Chip Cookies
or Pumpkin Pie



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

Bacon Wrapped Scallops

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 Entree...21.95 (GF)

Baked with Buttered GF Crumbs
Served with Entrée Sides.

Sandwich Special...14.00

Turkey and Cranberry Panini

Salad Special...12.00 (V)

Fall Harvest Salad

Roasted Squash, Toasted pumpkin Seeds,
Craisins and Goat Cheese.

Tossed with Sherry Vinaigrette

add **Grilled Chicken**...5.00

add **Tuna** or **Chicken Salad**...5.00

Vegetarian Special... 15.00 (V)

Cheese Raviolis With Marinara Sauce

Served with Side Salad.

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, November 6th

BBQ Chicken Wrap

Lettuce, Tomato, Onions, BBQ Sauce and
Cheddar Cheese

Tuesday, November 7th

Italian Sausage Sub

With Provolone Cheese, Grilled Peppers and
Onions

Wednesday, November 8th

Greek Salad With Chicken

Cucumbers, Tomatoes, Banana Peppers and
Feta Cheese

Thursday, November 9th

Marinated Steak Tips

Served with Mixed Vegetables

Friday, November 10th

Salmon Cakes

Served with Pineapple Slaw