

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 26 7:00 Dave and Marcia Duo (BR)	9:00 Pickleball 27 10:00 Forest Therapy 10:00 Walk w/Jen Market Basket 10:00 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) 3:00 Water Volleyball 7:00 History with Paolo (BR)	10:30 Functional Fitness (BR) 28 12:00 Back to Basics (BL) 12:00 Men's Lunch to Mick Morgan's in Sharon 1:00 Tai Chi (BR) 1:30 Meditation (BL) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Stop & Shop 29 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) 2:30 Aqua Fit w/Crystal (BR) 3:00 Adrienne Brodeur Book Talk: Little Monsters (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR)	9:30 Peabody Essex Museum Trip 30 10:00 Towel Cardio (BR) 10:30 Adult Swim Lessons w/Izzy 10:30 Bible Study (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) 2:00 Music Lovers Club (BR) 2:00 NeedlePoint (BR) 4:30 Blue Hill Book Club 4:30 Pickleball w/MacKenzie (BR)	9:00 Walking Club 1 with Joey 10:00 Aqua Fit with Crystal (BR) 10:30 Chair Yoga w/Carol (BL) 2:00 Stop & Shop 6:30 Cribbage (BR) 7:00 World AIDS Day Speaker: Dr. Gary Bailey (BR)	9:00 Pickleball 7:00 Movie Night (BR/BL) 2

**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 11/22 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/December 2023

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



## **Weekend Highlights: Friday 11/24 - Sunday 11/26**

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

### **Friday, November 24<sup>th</sup>**

*Offices & Salon Closed*

*Fitness Center, Café and Lounge Open Regular Hours*

*Pool Open from 8 am – 1 pm*

### **Saturday, November 25<sup>th</sup>**

**Movie Night at 7 pm (BL & BR)**

**BRUSH HILL showing: *Ghost***

*Cast: Patrick Swayze, Demi Moore, Whoopi Goldberg*

This romantic mystery won two Academy Awards. Patrick Swayze who is living as a ghost discovers his death was no accident. To help him reconnect with the love of his life Demi Moore, he enlists the help of a psychic (Whoopi Goldberg) to solve his murder.

**BLUE HILL showing: *The Caine Mutiny***

*Cast: Humphrey Bogart, Jose Ferrer, Van Johnson*

When a U.S. Naval captain shows signs of mental instability that jeopardizes the ship, the first officer is urged to consider relieving him of command.

### **Sunday, November 26<sup>th</sup>**

**Dave & Marcia Duo at 7 pm (Brush Hill Function Room)**

You love them with their band, the David Burbank Orchestra, and you love them as a talented and engaging (and married!) duo. Dave and Marcia will delight you with songs from across the genres!

## **Weekly Highlights: Monday 11/27 – Sunday 12/3**

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

### **Monday, November 27<sup>th</sup>**

#### **Trip to Market Basket in Brockton at 10 am**

We visit a different grocery store every Monday - Call 617-361-7778 to sign up.

#### **Forest Therapy Walk at 10 am**

The practice of taking a Forest Therapy Walk (aka Forest Bathing) is an intentional and mindful way of engaging with the natural world around you through your primary senses. Jen will guide the group through a slow-paced, mindful outdoor experience. Residents will meet offsite (transportation on your own). Participants should be able to walk about half a mile unassisted. Please call 617-361-7778 by end of day on Wednesday, November 22<sup>nd</sup> to sign up. Jen will follow up with those who register with information about the meeting location.

#### **History with Paolo at 7 pm (Brush Hill Function Room)**

*Topic: In the Halls of Valhalla: Myths, Legends, and Epics of the Vikings*

The Scandinavian raiders who burst into Western Europe in the 8<sup>th</sup> and 9<sup>th</sup> centuries carried with them a complex tradition of epic tales of gods and heroes. Many of the stories from Norse mythology have influenced and shaped aspects of our modern storytelling and left a legacy in our collective culture. This lecture will discuss some of the great characters and adventures of the Vikings.

### **Tuesday, November 28<sup>th</sup>**

#### **Men's Lunch to Mick Morgan's in Sharon at 12 pm**

Mick Morgan's provides a traditional pub atmosphere with a wide selection of high-quality sandwiches, burgers, seafood, and other entrees. They also have a Crescent Ridge Ice Cream Shoppe on site in case you want to grab a pint to go! This is a great chance to get to know some of the other men at Fuller Village and enjoy a lunch out. Please bring cash and plan for beverages, dessert, tax, and tip. Call 617-361-7778 to sign up.

## **Weekly Highlights: Monday 11/27 – Sunday 12/3**

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

### **Wednesday, November 29<sup>th</sup>**

#### **Author Talk: Adrienne Brodeur's *Little Monsters* at 3 pm** (BR Function Room)

Best-selling author Adrienne Brodeur will join us for a conversation about her new novel, *Little Monsters*, a riveting story about Cape Cod, complicated families, and long-buried secrets. Ms. Brodeur is the best-selling author of the memoir, *Wild Game*, which was a Best Book of the Year by Amazon, NPR, People, and the Washington Post, and *Little Monsters*, a New York Times Editors' Choice. The conversation will be moderated by our very own Resident Librarian, Mary Owens!

### **Thursday, November 30<sup>th</sup>**

#### **Peabody Essex Museum Trip at 9:30 am**

*This trip is full with a wait list.*

#### **Music Lovers Club at 2 pm** (Brush Hill Function Room)

This group gathers monthly for a presentation and discussion of all things music! This month's topic is the life & music of Leonard Bernstein: Part 2. The club is open to all residents so please join!

#### **AIDS Memorial Quilt Display Begins** (Brush Hill Function Room)

*We will have a block of the AIDS Memorial Quilt on display from 10 am - 4 pm on Thursday, November 30th and 10 am - 7 pm on Friday, December 1st.* The AIDS Memorial Quilt is the largest ongoing community folk art project in the world. It celebrates the lives of people who have died of AIDS-related causes. Created in 1987, the Quilt consists of more than 50,000 3-foot by 6-foot panels that have been individually sewn together into 6,000 12-foot x 12-foot block sections which, in its entirety, weighs more than 54 tons and encompasses 1.5 million square feet of fabric. The Quilt is a source of remembrance, healing and hope. Within each panel are sewn the names and stories of more than 110,000 friends, family members and loved ones whose precious lives were lost to this devastating disease. *This event is co-sponsored by the Fuller Village Residents Association. (See next page for related programming)*

## **Weekly Highlights: Monday 11/27 – Sunday 12/3**

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

### **Friday, December 1<sup>st</sup>**

**World AIDS Day Speaker: Dr. Gary Bailey** at 7 pm (Brush Hill Function Room)

Every year on December 1st, the world unites to commemorate World AIDS Day, a reminder of the global struggle to end HIV-related stigma, an opportunity to honor those we have lost, and a rallying cry to continue working toward a day when HIV is no longer a public health threat. In 2023, we mark the 35th commemoration of this important day with the theme “World AIDS Day 35: Remember and Commit”. To mark the day, we will be joined by Dr. Gary Bailey, the MSW Program Director for the School of Social Work at Simmons University. Professor Bailey has devoted his career to sharing his deep knowledge, expertise, and leadership in the fields of Social Work, Public Health, and Affordable Housing. He was a member and served as Chair of the Board of the AIDS Action Committees (AAC), Inc. Advisory Council; and the AIDS Action Committees Program Committee.

### **Saturday, December 2<sup>nd</sup>**

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

### **Sunday, December 3<sup>rd</sup>**

**Canton Choral Society at 2 pm** (Brush Hill Function Room)

Come enjoy our first holiday concert of the season! The Canton Choral Society is a non-profit, community-focused organization open to adult residents of Canton and surrounding towns. The Society is dedicated to fostering enthusiasm and accessibility to a variety of music types. Founded in 2003 by Crosby Goshgarian Jr., the Society has performed at numerous civic and private events.

**Mr. Chan’s Chinese Food FV Café Dinner Event at 5:30 pm** (Brush Hill Café)

Reservations Only – Limited to 25 Residents; \$20 when seated. The Pre-Set Menu is: Spring Rolls, Crab Rangoon, Peking Raviolis, General Gau's Chicken (non-spicy), and Pork Fried Rice. Tea, water, and ginger ale will also be available. Each individual, or couple, must call Muriel at (617) 361-7778 to make a reservation. **Reservations begin: Mon. Nov. 27<sup>th</sup> at 9:00 a.m. Note: This a set menu – no replacements – each dinner plate is the same.** Presented by the Fuller Village Activities Committee.

# Fuller Village

*in Milton*

— LIVE A FULLER LIFE —



## **CHRISTMAS EVE DINNER 2023**

Sunday, December 24<sup>th</sup> 2:00 PM

Gordon House Dining Room

Holiday Salad with Pomegranate Seeds, Goat Cheese, Tomato, Cucumber, Onions, and Candied Walnuts

Braised Lamb Shank

OR

Baked Stuffed Haddock with Crabmeat

Cheesy Scalloped Potatoes, Carrots and Turnips

Candy Cane Peppermint Brownie with Ice Cream

**\$29.95**

**Please RSVP to Joey at 617-361-3231 by Friday, December 15<sup>th</sup>**

**Cancellations after Monday, December 18<sup>th</sup> will be charged.**

**There will be no take-outs or deliveries.**

**Growth Through Learning**



## **Update on Girls' Education in East Africa!**

First of all, thank you! A very special thank you to the 35 Fuller Village residents who together have supported fifteen (15) girls in secondary school in 2023! What wonderful generosity!

Although the value of girls' education is well known, few girls in East Africa attend high school and even fewer graduate. Growth Through Learning (GTL) provides full secondary education scholarships for exceptional young women in Kenya, Uganda, and Tanzania who would otherwise be unable to afford education beyond primary school.

As we enter our second 25 years, we are funding the most GTL scholars (378) ever supported! We've also graduated the most students (181) in 2022, so that more than 2,000 girls have now graduated from secondary school thanks to GTL.

For the third straight year, 95 percent of GTL scholars have graduated. The graduation rate is especially remarkable given the challenges that GTL scholars face. Among this year's graduates, almost half come either from single parent families or are orphans. The parents are mostly subsistence farmers or day laborers, not in the cash economy. These families live on the edge without health insurance or other support programs.

All of you who have contributed to GTL in the past have received this year's newsletter, hot off the presses (on paper or electronically). If you would like a paper copy of our newsletter or want more information about GTL, just let me know. Just send me an email ([mary\\_ann\\_millsap@msn.com](mailto:mary_ann_millsap@msn.com)), leave a note in my villa mailbox (50 Caroline) or call. I have many copies!

We appreciate whatever you can give, either by mail (GTL, P.O. Box 390975, Cambridge, MA 02139) or on-line at our web-site ([www.growththroughlearning.org](http://www.growththroughlearning.org)). Your donation today will directly support 400 scholars in 2024.

Thank you,

Mary Ann Millsap

# Gordon House

## Dining Room Dinner Menu

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

### Monday, November 27th

Carrot Ginger Soup  
or Salad du Jour  
Turkey Tips (GF)  
Baked Lemon Sole With Dill Sauce (GF)  
Mexican Rice, Roasted Cauliflower (GF)  
Cheesecake Cookie or  
Tres Leches Cake

### Friday, December 1st

Seafood Bisque (GF)  
or Salad du Jour  
BBQ Ribs (GF)  
Seared Halibut With Lemon Sauce (GF)  
Potato Wedges, Corn (GF)  
Pumpkin Pie  
or Oatmeal Cookie

### Tuesday, November 28th

Beef Noodle Soup (GF)  
or Salad du Jour  
Dijon Pork Tenderloin (GF)  
Cilantro Pesto Cod (GF)  
Roasted Potatoes (GF), Spinach and Tomato (GF)  
Snickerdoodle Cookie  
or Chocolate Cake

### Saturday, December 2nd

Chicken and Rice Soup (GF)  
or Salad du Jour  
Shepards Pie  
Herd Crusted Haddock (GF)  
Sweet Potato Fries, Peas and Carrots (GF)  
Chocolate Chip Cookie  
or Red Velvet Cupcake

### Wednesday, November 29th

Cream Of Cauliflower Soup (GF)  
or Salad du Jour  
Prime Rib (GF)  
Orange Glazed Salmon (GF)  
Mashed Potatoes (GF), Asparagus (GF)  
Mocha Chocolate Cookie  
or Tiramisu

### Sunday, December 3rd

Tomato Orzo Soup (GF)  
or Salad du Jour  
Spaghetti and Meatballs (GF)  
Shrimp Scampi (GF)  
Spaghetti, Broccoli (GF)  
Assorted Cookies or Assorted Desserts

### Thursday, November 30th

Mushroom Lentil Soup (GF)  
or Salad du Jour  
Chicken Marsala (GF)  
Blackened Trout (GF)  
Rice Pilaf (GF), Chef's Medley (GF)  
Banana Foster Cookie  
or Strawberry Cheesecake



### 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

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## APPETIZERS ... 5.00

Soup du Jour / Fresh Garden Salad / Fresh Fruit Salad

\* ask about our selection of house made dressings \*

## Weekly Special ... 7.00

Vegetable Dumpling With Sweet Chili Sauce

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## 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 Special...14.00

#### Roast Beef Sandwich

With Cheddar Cheese and Horseradish  
Cream Sauce.

### Salad Special...12.00 (V)

#### Mixed Greens with Berries and Feta

Tossed with Raspberry Vinaigrette  
add **Grilled Chicken**...5.00  
add **Tuna** or **Chicken Salad**...5.00

### Vegetarian Special... 15.00 (V)

#### Curried Vegetables With Rice

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

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## 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

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## 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.

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# Brush Hill Café Specials

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

Monday, November 27th

## **Tuna Melt Deluxe**

With Swiss, tomato and Bacon

Tuesday, November 28th

## **Greek Chicken Gyro**

Tzatziki Sauce, Tomato, Onion and Feta Cheese

Wednesday, November 29th

## **Cheese and Garlic Stuffed Mushrooms**

Herb Seasoned Breadcrumbs, Mozzarella  
Cheese, Onions and Spinach

Thursday, November 30th

## **Cuban Melt**

Sliced Pork, Ham, Swiss Cheese and Mustard

Friday, December 1st

## **Fried Shrimp**

Served with Coleslaw, French Fries and Tarter  
Sauce