

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 7:00 David Won & Tim Steele (BR)	10:00 Pickleball 10:00 Trader Joe's Patriot Place 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 Author Talk w/Emily Franklin: The Lioness of Boston (BR) 2:00 Handcrafters (BL) 3:00 Water Volleyball 7:00 Singo (BR)	10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 1:30 Holiday Treats & Champagne (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Stop & Shop 10:15 Mobility & Stability w/Carol (BR) 10:45 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:45 Chorus (BR) 1:30 Holiday Treats & Champagne (BL) 2:30 Aqua Fit w/Crystal (BR) 3:00 Rosary (BL) 7:00 Handcrafters (BR)	10:00 Towel Cardio (BR) 10:30 Adult Swim Lessons w/Izzy (BR) 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) 1:30 Crafts with Cindy (BL) 2:00 BI - Milton Health Talk: Nutrition (BR) 2:00 NeedlePoint (BR) 3:30 Social Justice Action Group (BR) 7:00 Fuller Village Chorus Holiday Concert (BR)	9:00 Walking Club with Joey 10:00 Wakefield Trip 10:00 Aqua Fit with Crystal (BR) 10:30 Chair Yoga with Carol (BL) 2:00 Stop & Shop 6:30 Cribbage (BR) 7:00 Will McMillan & Molly Ruggles (BL)	10:00 Pickleball 10:00 Holiday Cookie Sale (BR) 7:00 Movie Night (BR/BL)

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 12/13 & 12/27 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.

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

December 2023

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





Winter 2023 ~ 2024 Season

General Winter Preparedness Information

Dear Fuller Village Resident,

I am writing to review our procedures during a winter weather emergency. In the event we lose power, Fuller Village is a shelter in place community, which means we have emergency generators that provide heat and electricity in our common areas at Blue Hill and Brush Hill. The elevator in the Depoyan building on the Blue Hill campus is also on generator. All other elevators are not on generator and are automatically programmed to go to the ground floor. For more details regarding our emergency generators please go to the “Resident Orientation” icon in Touchtown and view the “Emergency Generators” informational sheet.

In case of an extended power outage, we will contact residents in the Villas to make sure those residents are comfortable and safe. If you are unable to remain in your home until the power comes back on, please call 617-361-7900 for assistance. We want to remind residents that if an outage is extended for a long period of time and you can no longer stay warm in your home, you may come to the first-floor lobbies at either the Blue Hill or Brush Hill Buildings until power is restored.

We will be in communication with our live answering service and will respond to your calls. If you have a cell phone, please be sure it is charged and ensure you leave it on. Please check your batteries in your flashlights or lantern to make sure they are working. If you are in need of a lantern, please contact the front desk to request one in preparation for possible power outages. We encourage residents to have a few days supply of non-perishable foods that do not need cooking and bottled water.

In the event of a snowstorm, the Fuller van will be on limited service. As always, please wait inside the building or your Villa to be picked up. Do not wait outside. Please be very careful when entering and leaving the buildings during snow/ice storms. Although we are very cognizant of the need to keep all walkways clear, there are times in the early morning and late evening when ice and snow has accumulated, and the clearing/salting has not yet been completed.

Fuller Village is responsible for snow removal on roadways, sidewalks, and driveways during and following snowstorms. Every effort is made to clear parking spaces at both the Depoyan and Foster Buildings. A supply of ice melt will be located inside each of the building doorways. We make every effort to clear snow off Depoyan and Foster resident’s cars. We ask villa

residents to park in their garages so that their driveways may be plowed. If you have two cars, you may park one in our guest parking spots if necessary. We request residents have no additional cars parked on the property (cars of family members, etc.) during the snowstorms. Parking is limited, and this makes it extremely difficult for the plowing process to be completed.

Please do not interfere with the workers who are clearing snow. Fuller Village has instructed them on what and when things need to be done, and any deviation from their schedule makes it difficult for them to finish as quickly as possible.

Our emergency call system will work with police, fire, and ambulance. Emergency calls will be dispatched immediately. If any Villa resident needs to get to the common area, the fire department, or the Fuller Van (if running) can assist. If you are on oxygen, please make sure you have a portable tank available.

If you have any concerns or questions during a snowstorm, or in the event of a power outage, please call our main number, 617-361-7900 and a staff member will receive the message and return your call. We work closely with the Milton Police Department to make sure everyone is safe and warm. If there are high winds, your internet or cable may be temporarily out of service.

Lastly, if necessary, we will use our notification system through One Call for any emergency communication or announcements. These communications will occur via voice call communications as well as emails. For all voice call communications, please listen to the message in its entirety and allow the message to be repeated if necessary.

I would encourage you to share this information with family members. If you would like to discuss further or have any questions regarding Fuller Village's emergency weather preparedness, please contact me directly at 617-361-9180.

Sincerely,

Molly S. Welch
Executive Director

Weekend Highlights: Friday 12/8 - Sunday 12/10

See what's happening this weekend!

Friday, December 8th

Happy Hanukkah!



Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: Messiah - George Frideric Handel

George Frideric Handel's "Messiah" is such an iconic piece of music — and is so ingrained as a Christmas tradition — that it's easy to take its exuberance and its greatness for granted. Drawing from the Old and New Testaments, Handel designed it in three sweeping sections: Prophecy and Fulfillment, Suffering, and Redemption. Although religious, its message remains universal, and Handel intended it for the concert hall. Its theatricality is another reason for its popularity for nearly 300 years.

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

Rabbi Benjamin will be here for monthly services as Hanukkah begins. Fresh latkes will be served in the café afterwards.

Jeffrey Folmer at 7 pm (Blue Hill Activity Room)

Singer/Guitarist Jeffrey Folmer performs Christmas Classics in his own original style, some peaceful and some sparkling with energy, with "flurries" of humor throughout the show. He's performed as far as Paris and Alaska, starred annually in a major musical in a 1,400-seat theater in Philadelphia, & opened for several famous artists.

Saturday, December 9th

Holiday Singalong at 2 pm (Brush Hill Function Room)

A group of musicians and singers will lead a sing-along of favorite songs of the season. Songs for Christmas, songs for winter and other fun holiday songs will be offered up, along with requests from the audience. Join in for a fun time of celebration where you can participate or just listen and enjoy. Afterward, there will be seasonal refreshments and time to socialize as we keep humming our favorite tunes. We hope you will join us!

Movie Night at 7 pm (BL & BR)

BRUSH HILL showing: *All The President's Men*

Cast: Robert Redford, Dustin Hoffman, Jason Robards

In the Watergate Building, the lights go on and four men are caught in the act of a burglary. That night triggered revelations that drove a U.S. president from office. Bob Woodward and Carl Bernstein stayed with it through doubts, denials and discouragement.

BLUE HILL showing: *Bull Durham*

Cast: Kevin Costner, Susan Sarandon, Tim Robbins

Bull Durham is a funny, sexy, love story about America's favorite pastime. The Bulls baseball season is just getting underway when their catcher punches out their new pitcher he's hired to train. Matters get complicated when both men fall in love with Annie.

Sunday, December 10th

David Won (tenor) & Tim Steele (piano) at 7 pm (Brush Hill Function Room)

Fuller favorites David & Tim will perform a special holiday recital. These incredibly talented musicians are not to be missed!

Weekly Highlights: Monday 12/11 – Sunday 12/17

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

Monday, December 11th

Trip to Trader Joe's Patriots Place at 10 am

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

Author Talk with Emily Franklin: *The Lioness of Boston* at 2 pm (Brush Hill Function Rm)

A deeply evocative novel of the life of trailblazer Isabella Stewart Gardner, a daring visionary who created an inimitable legacy in American art and transformed the city of Boston itself. *The Lioness of Boston* is a portrait of what society expected a woman's life to be, shattered by a courageous soul who rebelled and was determined to live on her own terms. Emily Franklin is an award-winning author of more than twenty novels and a poetry collection, *Tell Me How You Got Here*. *The Lioness of Boston* is now in its 4th printing. Ms. Franklin will have copies of *The Lioness of Boston*, as well as *Tell Me How You Got Here*, for sale before and after her talk. She will accept cash, credit cards, or checks.

Singo! at 7 pm (Brush Hill Function Room)

Over 70 people attend this fun and easy musical bingo-type game! The evening includes DJ music and cookie & soda bar. \$5.00 per card (no \$20's please). Last month the top winner received over \$150! And we tell you the SINGO title of the song to cross off on your card - easy! Sing-a-long if you like! Call 617-361-7778 to reserve transportation from Blue Hill.

Tuesday, December 12th

Meditation at 1 pm (Blue Hill Activity Room)

Group meditation will be moving back to a 1 pm start time moving forward. All are welcome!

Holiday Treats and Champagne at 1:30 pm (Brush Hill Function Room)

Join your neighbors and Fuller Village staff for holiday cheer, treats, and champagne punch. We will also have live music – guitar played by Kevin Scollins. Come get in the spirit!

Wednesday, December 13th

Holiday Treats and Champagne at 1:30 pm (Blue Hill Dining Room)

Join your neighbors and Fuller Village staff for holiday cheer, treats, and champagne punch. We will also have live music – piano played by Kyle Kelleher. Come get in the spirit!

Weekly Highlights: Monday 12/11 – Sunday 12/17

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

Thursday, December 14th

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

A little of this and a little of that. Ornaments, stocking stuffers, gift toppers and cards. A mixed workshop of craft goodies. Please bring a snack to share. This is filling fast so call 617-361-7778 right away to get a spot!

Beth Israel-Milton Health Talk: Nutrition at 1 pm (Brush Hill Function Room)

Juliette Kessell, Registered Dietician and Clinical Nutrition Manager at Beth Israel Deaconess Milton, will be presenting on healthy eating during the holiday season focusing on healthful foods, eating habits and overall nutrition needs as we age.

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

Rescheduled due to delayed Town Meeting Vote The Social Justice Action Group will meet to debrief the outcome of last month's signature gathering for the letter to Milton Town Meeting members to support compliance with the MBTA Communities Act in order to promote affordable housing in our town. We will also begin discussing our next action areas moving into 2024. New members are always welcome!

Fuller Village Chorus Holiday Concert at 7 pm (Brush Hill Function Room)

Join us for this wonderful holiday tradition – our Fuller Village Chorus, under the leadership of Penny Knight and accompanied by Judy Cobble, will perform a series of holiday classics then lead us all through a short and festive sing-along. The Caring Committee will be collecting personal care items for the Milton Food Pantry in our Café from 6 - 7 pm before the concert.

Friday, December 15th

Trip to Wakefield Estate at 10 am

Come see the mansion at Wakefield all gussied up for the holidays and learn about its history and the efforts to maintain this historic building. This is a very special time of year for a visit and we are lucky to have a guided tour from Wakefield's Executive Director, Deb Merriam. Suggested donation of \$5; please bring cash. Call 617-361-7778 to reserve your spot!

Will McMillan & Molly Ruggles at 7 pm (Blue Hill Activity Room)

Will & Molly present *I'll Be Home for Christmas: Songs of Bing Crosby*. Will and Molly will share many of Bing's biggest hits — including "Pennies From Heaven," "Swinging On A Star," "Accentuate The Positive," "In The Cool, Cool, Cool Of The Evening," "Count Your Blessings," and "Brother, Can You Spare A Dime?", as well as holiday favorites "Happy Holiday," "The Secret of Christmas," "A Marshmallow World," "Silver Bells," "Mele Kalikimaka," and "I'll Be Home For Christmas."

Weekly Highlights: Monday 12/11 – Sunday 12/17

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

Saturday, December 16th

Holiday Cookie Sale at 10 am (Brush Hill Function Room)

Please invite all your friends and family to come and support our Residents' Association by buying a great variety of holiday cookies packaged in holiday tins, decorative plates, and bags. They are perfect for gift giving when visiting during this holiday season – or eat them yourself! For further information, call Mimi Roos at 781-608-0552.

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

Sunday, December 17th

Portrait in Jazz Trio at 7 pm (Brush Hill Function Room)

Our good friends from Portrait in Jazz are joining us again to perform creative originals and time-honored jazz standards ranging from the traditional period of the 1920's New Orleans all the way to present-day jazz, with a good mix of blues and Latin mixed in! This talented group joined us in quintet form for last month's Pub Night and are sure to please again as a trio, including an incredibly talented singer.

Notes from the Program Director:

Bakers - It's not too late to volunteer to bake a batch of cookies, bars or candy for the **Holiday Cookie Sale** on Saturday December 16 from 10 am to noon. To sign up, please contact Mimi Roos at 781-608-0552. Bakers will need to bring your baked goods to the Brush Hill Function Room between 10 am - noon on Friday, December 15th. And don't forget to bring your friends and family on Saturday to buy yummy treats to eat or to give as gifts!

Thank you to Jane McClellan for taking the time to meet with so many residents to help them with their Medicare choices through the SHINE program. She helped many people here save money, especially with their prescription medicines. Jane has graciously offered to volunteer her services again during next year's Open Enrollment Period and we appreciate her sharing her time, patience, and expertise!

Fuller Village
in Milton

— LIVE A FULLER LIFE —



New Year's Eve Dinner

Sunday, December 31st

4:00 PM – 6:00 PM

Holiday Attire

Caesar Salad with Homemade Croutons

Lamb Chops with Mint Jelly

Or

Truffle Butter Cod

Potatoes Au Gratin, Roasted Baby Carrots and

Mushroom Risotto

Dinner Rolls with Butter

Festive Chocolate Mousse with Raspberries

\$29.95

Please RSVP - Joey - 617-361-3231

Cancellations after Friday, December 22nd will be charged

No Deliveries or Take Out – Fuller Village Residents Only

Brush Hill Café Specials

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

Monday, December 11th

Chicken Waldorf Salad Sandwich

Chicken Salad Mixed With Grapes, Apples and
Toasted Pecans On Your Choice Of Bread

Tuesday, December 12th

Grilled Pastrami Sandwich

On Rye Bread with Swiss Cheese

Wednesday, December 13th

BBQ Pulled Pork Sandwich

With Onions and Housemade BBQ Sauce on
Brioche Roll

Thursday, December 14th

Turkey and Avocado Wrap

With Lettuce, Tomato, Mayonnaise and Crispy
Bacon

Friday, December 15th

Seafood Salad Croissant

With Lettuce and Tomato

Gordon House

Dining Room Dinner Menu

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

Monday December 11th

Mushroom Vegetable Barley Soup
or Salad du Jour
Roast Turkey With Gravy (GF)
Orange Glazed Trout (GF)
Mashed Potatoes (GF), Green Bean Almondine (GF)
Chocolate Chip Cookie or
Coconut Custard Pie

Friday, December 15th

Clam Chowder (GF)
or Salad du Jour
Beef Medallions With Demi Glace (GF)
Grilled Swordfish (GF)
Baked Sweet Potato (GF), Chef's Medley (GF)
Oreo Cake
or Peanut Butter Cookie

Tuesday, December 12th

Turkey Noodle Soup (GF)
or Salad du Jour
Herb Roasted Pork Tenderloin (GF)
Fish Cakes With Remoulade Sauce (GF)
Potato Wedges, Peas and Corn (GF)
Oatmeal Cookie
or German Chocolate Cake

Saturday, December 16th

Cream of Asparagus Soup (GF)
or Salad du Jour
Ossobuco (GF)
Parmesan Crusted Sole (GF)
Scalloped Potatoes, Baby Carrots (GF)
Carnival Cookie
or Tiramisu

Wednesday, December 13th

Butternut Squash Soup (GF)
or Salad du Jour
Grilled Fillet (GF)
Honey Garlic Cod (GF)
Rice Pilaf, Grilled Asparagus (GF)
Banana Foster Cookie
or Pumpkin Pie

Sunday, December 17th

Italian Sausage Minestrone (GF)
or Salad du Jour
Veal Parmesan (GF)
Haddock Francese (GF)
Spaghetti (GF), Roasted Cauliflower (GF)
Snickerdoodle Cookie
or Assorted Desserts

Thursday, December 14th

Beef & Rice Soup (GF)
or Salad du Jour
Chicken Schnitzel With Gravy (GF)
Herb Crusted Salmon (GF)
Roasted Red Potatoes (GF), Broccoli Gratin (GF)
Mocha Cookie
or Chocolate Cupcake



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

Spring Rolls With Sweet and Sour 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 Special...14.00

Roasted Turkey Panini

Served with Your Choice of Side

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)

Vegetable Lasagna

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.