

SUN

2:00 Resident and Guest Swim
 2:30 Blue Hill Bridge (BL)
 7:00 Billy Novick Duo (BR)

9**MON**

9:00 Community Fair Meeting (BR)
 10:00 Pickleball
 10:15 Chair Yoga with Carol (BL)
 10:30 Blue Hill Coffee Hour (BL)
 11:00 Floor Yoga w/ Carol (BR)
 12:00 Chair Yoga w/ Carol (BR)
 1:00 Bridge (BR)
 2:00 Handcrafters (BL)
 2:00 Opera on Demand (BL)
 2:00 Trader Joe's Patriot Place
 3:00 Author Talk with Elizabeth Millane (BR)
 3:00 Water Volleyball

10**TUE**

10:00 Birthday Breakfast (BL)
 10:30 Functional Fitness (BR)
 11:30 Tony's Clam Shop
 12:00 Back to Basics (BL)
 1:00 Meditation (BL)
 1:00 Tai Chi (BR)
 1:00 New PCP Signups with Donna (BL Conference Room)
 2:00 Rich Travers (BR)
 4:00 Restorative Yoga (BR)
 7:00 Bingo! (BL)
 7:00 Men's Poker Club (BR)

11**WED**

8:00 Bike Club
 10:00 Stop & Shop in Hyde Park
 10:15 Mobility & Stability with Carol (BR)
 10:45 Cornhole (BL)
 11:00 Floor Yoga w/ Carol (BR)
 12:00 Chair Yoga w/ Carol (BR)
 2:00 Residents' Association Board Meeting (BL)
 2:00 Forest Therapy Walk with Jen
 2:30 Aqua Fit with Crystal (BR)
 3:00 Rosary (BL)
 3:00 Resident and Guest Swim (BR)
 4:00 Annual Resident Budget Meeting (BR)
 7:00 Handcrafters (BR)

12**THUR**

10:00 Towel Cardio (BR)
 10:30 Adult Swim Lessons with Izzy
 10:30 News, Coffee and Conversation (BL)
 11:00 Core on the Floor (BR)
 11:30 Women's Lunch to Port 305 Marina Bay
 12:00 Mobility & Stability (BL)
 12:30 Line Dancing with Jean (BR)
 2:00 BIDMC - Dr. Cyrus Yazdi "Back Pain" (BL)
 2:00 NeedlePoint (BR)
 3:00 Pickleball with Marybeth (BR)

13**FRI**

9:00 Walking Club with Joey
 10:00 Aqua Fit with Crystal (BR)
 10:00 Stop & Shop in Hyde Park
 10:30 Chair Yoga with Carol (BL)
 12:30 1-on-1 Tech Help (BL)
 1:00 Zack Lamonthe - South Shore History (BR)
 6:30 Cribbage (BR)
 7:00 Pianist Larry Matthews (BL)

14**SAT**

10:00 Pickleball
 11:30 Brush Hill Cafe Open (BR)
 2:00 Family Swim
 7:00 Movie Night (BR/BL)

15**June 2024**

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

Fuller Village
 in Milton

— LIVE A FULLER LIFE —

Weekend Highlights: Friday 6/7 - Sunday 6/9

See what's happening this weekend!

Friday June 7th

1PM Rich Travers presents “Balanchine and his Ballet Music”

This lecture explores music and dance with a close look at the composers, choreographers and performers who shaped ballet and its music. Scenes from important ballets from dance companies in Russia, Europe and the United States will be presented as well as the impact of composers such as Tchaikovsky and Stravinsky, and dancers such as Nijinsky, Nureyev, Fonteyn, and Baryshnikov. **(Blue Hill Activity Room)**

4:30PM Friday Night Services with Rabbi Benjamin (Brush Hill Function Room)

7PM Music with Lenny Weiner “Pop Songs of the Past”

Join us also for a special treat of cake and refreshments from Bob and Helen Karas as they celebrate their 2nd anniversary as Fuller residents! All are welcome! **(Blue Hill Activity Room)**

Saturday June 8th

7:45AM Van departs for Boston Pride Parade. THIS TRIP IS FULL.

11:30AM – 2:00 PM – Brush Hill Café is NOW open on Saturdays offering a delicious brunch menu along with a children's menu. Come and enjoy the Brush Hill Café on Saturdays! Thank you for supporting this dining offering. Residents can view the Café's new Saturday brunch and children's menus on Uniguest (formerly Touchtown) under the “Dining” icon. *As previously announced, we want to remind all residents that this offering on Saturdays is a dining charge to your house account, and residents' \$60 per month dining benefit cannot be used on Saturdays in the Café.*

5:30 Italian Night! Italian Night will be held on **Saturday, June 8th at 5:30 pm** in the Brush Hill Cafe. This event is FULL.

7PM Movie Night “Amadeus” The life, success and troubles of Wolfgang Amadeus Mozart, as told by Antonio Salieri, the contemporaneous composer who was deeply jealous of Mozart's talent and claimed to have murdered him. **(Blue Hill/Brush Hill)**

Sunday June 9th

7PM Music with the Billy Novick Duo (Brush Hill Function Room)

Billy Novick is internationally recognized as a musician, performer and composer. He has been featured on over 250 recordings, and his music has appeared in more than 100 film scores, television shows, and commercials. His clarinet playing can be heard on the theme songs of the popular PBS shows "Antiques Roadshow" and "This Old House."

Weekly Highlights: Monday 6/10 – Sunday 6/16

Look out for these special events and offerings next week!

Monday, June 10th

2PM Van departs for Trader Joes at Patriot Place.

2PM Opera on Demand (Blue Hill Activity Room)

3PM Author Talk with Elizabeth Millane, author of "Sixty Blades of Grass" (Brush Hill Function Room)

Tuesday, June 11th

10AM Birthday Breakfast

Come and celebrate all the June birthdays with friends and neighbors! (Blue Hill Activity Room)

11:30AM Van departs for Tony's Clam Shack THIS TRIP IS FULL

1PM TUESDAY JUNE 11TH FROM 1:00 PM – 4:00 PM Drop in and sign-up for new PCP Dr. Milica Perosevic who is offering in-home patient visits. (Blue Hill Conference Room)

2PM Rich Travers presents "Music and Commercials" Ever since the early days of advertising, music and TV commercials have gone hand in hand. So why exactly does music work so well and how can advertisers make the most of it? (Brush Hill Function Room)

Wednesday, June 12th

8:00AM Bike Club

10:45AM Cornhole Join us for this super fun to play game (**Blue Hill Activity Room**)

2PM Resident's Association Board Meeting (Blue Hill Activity Room)

2PM Forest Therapy Walk with Jenn at the Boston Nature Center. Participants must be comfortable walking on uneven surfaces. Please plan to carpool and call Muriel to sign up (617) 361-7778.

4PM Annual Residents Budget Meeting (Brush Hill Function Room)

Thursday, June 13th

11AM Van departs for Women's Lunch trip to Port 305 at Marina Bay THIS TRIP IS FULL.

2PM BIDMC back pain specialist Dr. Cyrus Yazdi presents "Interventional pain management to treat back pain and advance techniques to treat back pain after surgery" All are welcome. (Blue Hill Activity Room)

Friday, June 14th

12:30PM 1 on 1 Tech Help with Liz Flaig

Need help with your phone or tablet? Have a question about your tech at home? Make an appointment to see Liz. Sign up with Muriel (617) 361-2116 (**Blue Hill Activity Room**)

1PM "History Lover's Guide to the South Shore" with Zack Lamonthe

Zachary Lamothe is a writer based out of Plymouth, Massachusetts. He has published three books all about Massachusetts: "A History Lover's Guide to the South Shore", "Classic Restaurants of Boston" and his most recent, "Distilled in Boston." He writes the travel blog "Backyard Road Trips" (www.backyardroadtrips.com) and co-hosts the podcast of the same name. His presentation focuses on the fun, mysterious, and always fascinating side of the history of the South Shore. Culling mostly from his book, "A History Lover's Guide to the South Shore", Lamothe highlights little-known historic tidbits from this Massachusetts region. (**Brush Hill Function Room**)

7PM Music with pianist Larry Matthews

Great tunes. Great time! All are welcome! (**Blue Hill Activity Room**)

Saturday June 15th

7PM Movie Night (Movie TBD)

Sunday June 16th

2PM Father's Day Burger Buffet! Enjoy a choice of 6 oz. Beef, Salmon or Veggie burger with over 15 toppings and Sauces! Bring your family and enjoy a special day! Complimentary caricatures for everyone! **Call Joey to Reserve your seats at 617-361-3231! (Brush Hill Function Room)**

Notes from the Program Director

Here's an important note from the Fuller Village Green Team: According to the Wall Street Journal, of the 90 billion tons of plastic waste produced in 2019 in the United States, only 5% was recycled, 9% incinerated, and 86% sent to landfills- which continues to pollute our environment. If you are a regular at the Brush Hill Café, please consider bringing down your own "to go" container and reusing it. Look for more simple and easy green ideas coming your way soon!

Calling all grill masters! Join us for a quick meeting on **Tuesday June 11th at 3PM in the Brush Hill Café** to discuss logistics for grilling for our Summer Concert series- which kicks off on June 20th with a white hot performance from the Dave Macklin band! Mark your calendars for July 18th with the world's best Elvis Impersonator Dan Fontaine, and Aug. 15th with The Continentals, who will be sure to get you on your feet and singing along! Bring a friend grandchild, or neighbor! These concerts are open to guests- The Men's Group will serve hot dogs hot off the grill (served with chips, soda and all the fixings) for \$5 pp before the concerts from 5:30-6pm. In case of rain, the concerts will be held in the function room at Brush Hill.

More culinary adventures await this summer! **DO NOT MISS our Wine and Chocolate Tasting happening on June 26th at 6:30PM.** Join us for a sommelier-led wine tasting adventure with Napa Wines and award-winning, ethically sourced chocolates hand crafted at a 225-year-old farm in Sudbury Massachusetts. \$20 per person. Reservations Required- Space is Limited. Please call Muriel to sign up (617) 361-7778.

Save the date for summer Grill Nights happening June 28, July 26, and Aug. 23 at 6PM, and (if you didn't get enough ice cream at The Scooperbowl!) Ellie's Treats Ice Cream Truck will be back at Fuller Village on July 2, Aug.1, and Aug. 29.

There's something for everyone out there this Spring!- *Susie*

Gordon House

Dining Room Dinner Menu

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

Monday, June 10th

Beef and Barley Soup
or Salad du Jour
Teriyaki Chicken Breast (GF)
Baked Shrimp (GF)
Fried Rice
Corn and Peas (GF)
Sugar Cookies or
Apple Pie

Friday, June 14th

Seafood Bisque (GF)
or Salad du Jour
Marinated Steak Tips (GF)
Cod With Olive Tapenade (GF)
Couscous
Asparagus (GF)
Oatmeal Raisin Cookies or
Peanut Butter Brownie

Tuesday, June 11th

Portuguese Kale Soup (GF)
or Salad du Jour
Prime Rib (GF)
Cod Puttanesca (GF)
Mashed Potatoes (GF)
Green Beans (GF)
Carnival Cookies or
Red Velvet Cake

Saturday, June 15th

Cream of Chicken Soup (GF)
or Salad du Jour
Seafood Cakes (GF)
Baked Ziti (V)
Roasted Potato Wedges (GF)
Zucchini and Tomatoes (GF)
Strawberry Shortcake Cookies
or Apple Crisp

Wednesday, June 12th

Broccoli and Cheese Soup (GF)
or Salad du Jour
Braised Pork Loin (GF)
Crab Stuffed Haddock (GF)
Creamy Polenta
Roasted Cauliflower and Red Peppers (GF)
White Chocolate Macadamia Cookies or
Rice Pudding

Sunday, June 16th

Lentil Soup (GF)
or Salad du Jour
Rotisserie Seasoned Chicken (GF)
Parmesan Crusted Sole (GF)
Roasted Potato Wedges (GF),
Zucchini and Tomatoes (GF)
Assorted Cookies or
Pecan Pie (GF)

Thursday, June 13th

Vegetable Soup (GF)
or Salad du Jour
Chicken Schnitzel (GF)
Baked Salmon (GF)
Lemon Herb Couscous
Sautéed Broccoli (GF)
Peanut Butter Cookies
or Coconut Cream 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

Bruschetta on Garlic Crostini's

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...21.95 (GF)

Baked with Buttered GF Crumbs

Served with Entrée Sides

Sandwich of the Special...14.00 (GF)

Tarragon Chicken Salad Sandwich

Served with Your Choice of Side

Salad Special...12.00 (V)

Spinach Salad

With Pears, Goat Cheese and Walnuts

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

Veggie Special of the Week... 15.00 (V)

Pasta Primavera

Served with Your Choice of Side

Fuller Village's

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...5.00

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

DAILY SPECIALS

all daily specials served with a beverage and one side \$14

MONDAY, JUNE 10th

***Philly Chicken Grinder (GF)**

Sauteed Chicken Breast, and Melted Cheese on a Sub Roll

TUESDAY, JUNE 11th

Vegetarian Cobb Salad (V)

Romaine, Tomatoes, Hard Boiled Eggs, Avocado, Chickpeas and Red Wine Vinaigrette

WEDNESDAY, JUNE 12th

Grill Day

Lemon Grilled Cod in Foil Packet **OR** Grilled Keilbasa
Served with Caesar Pasta Salad

THURSDAY, JUNE 13th

Caprese Panini

Fresh Sliced Mozzarella, Tomatoes, Pesto and Balsamic Reduction on Ciabatta

FRIDAY, JUNE 14th

Crab Cakes (GF)

Served with Your Choice of Side

Gluten Free (GF), Vegetarian (V), Low Sodium (LS)

*Gluten Free Bread / Wraps Available

All menu items are plus tax

Before placing your order, please inform your server if a person in your party has a food allergy.

2,000 calories a day is used for general nutrition advice, but calorie needs vary.

 *Fuller Village*
in Milton
— LIVE A FULLER LIFE —



Celebrate Father's Day!

Sunday, June 16th 2:00 – 4:00 PM

Brush Hill Function Room

Build Your Own Burger Bar

(Choice of 6 oz. Beef, Salmon or Veggie)

Over 15 toppings and Sauces!

Fuller Village House Chips, Garden Pasta Salad and
Tuscan Potato Salad

Toasted Brioche Buns/Gluten Free Buns

Water or Soda

Chocolate Fudge Brownies and Assorted Cookies

\$29.95 per person

Beer and Wine available at a separate charge

Bring your family and enjoy a special day!
We have invited a caricature artist to create
one-of-a-kind complimentary portraits for
you and your family.

Call Joey to Reserve your seats at 617-361-3231!



Needing a new Primary Care Physician?

Donna Cullinan, Nurse Practitioner servicing Fuller Village, will be available to assist residents with new patient sign-up paperwork for Dr. Perosevic on

**TUESDAY JUNE 11TH FROM 1:00 PM – 4:00 PM
at Blue Hill Conference Room.**

Drop in and sign-up for new PCP that offers in-home patient visits.

We are pleased to announce that **Donna Cullinan, FNP** has joined a new physician group, **Beth Israel Lahey Health's Extended Care Community Program (ECCP)** and will continue to provide nurse practitioner services to residents every Tuesday at Fuller Village. To schedule an appointment please call 617-361-7900.

In addition to Donna's services continuing, we are pleased to share that **Dr. Milica Perosevic**, an ECCP physician, is now available as a primary care physician to any Fuller Village resident in need. Dr. Perosevic will provide in-home physician visits and services to residents that establish her as their primary care physician. Residents can still use Donna's services without having Dr. Perosevic as their primary care physician.

If you are interested in establishing your primary care with Dr. Perosevic you may pick up a new patient informational pamphlet / packet at the Blue Hill or Brush Hill Concierge Desks or call ECCP Practice Manager at 781-474-3255.

Fuller Village does not require any resident to utilize the services of ECCP. Donna Cullinan, FNP and Dr. Milica Perosevic offer ancillary, optional services available through ECCP for any Fuller Village resident to independently choose to utilize.

DECISIONS! DECISIONS! DECISIONS!

Researchers at Cornell University estimate we make 226.7 decisions just about food choices daily and suggest that the average adult ,over a single day ,can make almost 30,000 decisions !

Many of our decisions are made intuitively, how we feel at the moment or after a long deliberation! Often we postpone making a decision because of sheer “decision fatigue”. Frequently, “information overload” prevents us from actually making a decision! Psychologist George Armitagh Miller suggests that our decision making can become inhibited because of an overload of information.

We might alternate between thoughtful deliberations and impulsivity; we might delegate a decision to someone else or reflect at length about an issue and avoid making a decision altogether.

In the 1980’s psychologist Leon Mann and his associates developed a decision making process using the acronym GOFER:

- 1) Goals: Clarify them
- 2)Options: Generate alternatives
- 3)Facts: Provable
- 4)Effects. Results
- 5) Review. Biases

Some decisions can be a difficult internal process .

But some decisions are more simple ones to make, choosing between easier alternatives. Harder or easier, they all have consequences!

Decisions. Decisions. We make them all day long, maybe not as profound as Shakespeares’ asking :” to be or not to be—-“

Betsy Buchbinder, Chair
The Caring Committee