

Weekend Highlights: Friday 7/19 - Sunday 7/21

See what's happening this weekend!

Friday, July 19th

10AM Van departs for shopping at Stop & Shop

1PM “Memories Just Beneath the Surface” with explorer Steve Kiley. Steve presents his relic finds from metal detecting and bottle digging. Come and discuss artifacts found that will bring back memories from the past. **(Brush Hill Function Room)**

2PM Drinks on the Deck at Blue Hill! Come join us for Happy Hour with your favorite frozen beverages- strawberry daiquiris and pina coladas! \$9 alcoholic/\$5 nonalcoholic. Kick back and relax on our beautiful deck at the Gordon House Dining Room with some tasty frozen adult bevies and summertime tunes. Reservations required. **THIS EVENT IS FULL.**

Saturday, July 20th

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! Residents can view the Café's new Saturday menus on Uniguest (formerly Touchtown) under the “Dining” icon. *As previously announced, please note 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.*

7PM Movie Night

“Mother of the Bride” Starring Brooke Shields, Miranda Cosgrove and Benjamin Bratt
A doting mom jets off to a tropical island resort for her daughter's wedding only to discover that the groom's father is the ex she hasn't seen in years.

Weekly Highlights: Monday 7/22 – Sunday 7/28

Look out for these special events and offerings next week!

Monday, July 22nd

1PM Van departs for Wegmans in Westwood

Tuesday, July 23rd

9:30AM Van departs for Cobbs Corner There are still a couple of spots open for this trip. Sign up with Muriel at (617) 361-7778.

1PM Matsiko World Orphan Choir Concert (Brush Hill Function Room)

The mission of Matsiko World Orphan Choir is to use the unifying power of music to uplift every child, bring joy to all who listen, and to inspire generosity that provides a complete education for vulnerable children. Since 2008, The Matsiko World Orphan Choir has brought together our world's orphaned and vulnerable children to share their story of turning the pain of loss, hunger, and hopelessness into personal empowerment, and an educational scholarship through their nation's university or vocational levels to instill love, joy, hope, and optimism for the future.

Wednesday, July 24th

8 AM Bike Club

11AM Music Theory Class with Jane Lash

Come and learn how to read music with Jane in this fun introductory class. Bring a pencil and paper to take notes. **(Brush Hill Function Room)**

2PM Brain Games with Susie and Lindsey

Join us for a fun and casual games group where we collectively work on word puzzles, games and trivia designed to keep our minds sharp! **(Blue Hill Activity Room)**

3PM History with Paolo (Blue Hill Activity Room)

Of Mosque and Madrasa: The Architecture of the Islamic World- Beginning in the 7th century, Islam spread out of Arabia, westward across North Africa, and eastward to northern India. As the culture spread, new ideas in art and architecture developed throughout the region. Over the course of 1400 years, it produced some of the most beautiful structures on earth. From the Alhambra in Spain to the Taj Mahal in India, this talk will highlight some of the great buildings of the Islamic world.

6:30 PM KARAOKE NIGHT!! (Brush Hill Function Room)

Just when you thought summer couldn't get more fun, here comes KARAOKE NIGHT!!!! DJ Cheryl will be spinning tunes that everyone knows and loves and we will all have a chance to wow the audience with our own interpretation of our favorite songs!

We will have a full bar and plenty of snacks, but feel free to bring your own snacks to share so that you can impress your table mates with your singing AND cooking talents! Prizes will be awarded for BOTH best crooning and cooking efforts!

Thursday, July 25th

10:30 Curry College Nursing Program Volunteer Actors Meet and Greet

Join us as we meet with the new director of this collaborative program between Fuller Village and Curry College. We will talk informally about the schedule for September and answer any questions you may have. **(Brush Hill Function Room)**

12:00PM Men's Lunch Trip to Inn at Bay Pointe

2:00 PM Music Lovers (Blue Hill Activity Room)

Friday, July 26th

10AM Van departs for shopping at Stop & Shop

12PM 1 on 1 Tech Help with Liz Flaig (Brush Hill Function Room)

Please call Muriel at 617-3617778 for an appointment- there are three spaces left. Please let Muriel know what is your tech issue.

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

6PM Grill Night (Brush Hill Patio) GRILL NIGHT IS FULL

7PM Music with Jim Porcella (Blue Hill Activity Room)

Jim Porcella grew up in Medford, MA, and started playing drums at the age of 14. While attending The Berklee School of Music in Boston, he began performing around the New England area. He began a jazz vocal career and has recorded 7 critically acclaimed CDs. Jim has performed in jazz and cabaret settings around the world. Jim was also the featured vocalist at Boston's Ritz Carlton and the prestigious Bay Tower Room. He has been the featured vocalist with the Artie Shaw Orchestra, and is the leader of the swing band Bombay Jim and the Swinging Sapphires.

Saturday July 27th

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! Residents can view the Café's new Saturday menus on Uniguest (formerly Touchtown) under the "Dining" icon. *As previously announced, please note 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.*

5:30PM FVRA BBQ! Memphis BBQ Ribs, Chicken, Mac N Cheese, Coleslaw and Cornbread from award-winning Tennessee BBQ restaurant. Sponsored by FVRA Activities Committee. \$20 collected at the door. No-Shows will be charged. No Wait list- Sign up limited to 25. Registration begins Monday 7/22 at 9AM with Muriel. Call 617-361-7778 to sign up.

7PM Movie Night (Movie TBD)

Sunday, July 28th

7PM Music with The Splinters

The Splinters, a bluegrass and old-time string band from Massachusetts, deliver a relentless groove to accompany their tight 3-part harmonies. Anne Rouillard (fiddle) brings the heat to her old-time influenced fiddle playing. J Johnson (mandolin) adds a jazzy flair to his breaks. Chris Reckling (guitar, banjo) picks solid rhythm and punchy leads on top of Garrett Wallace's grooving bass fiddle. A Splinters set veers from straight ahead bluegrass to traditional fiddle tunes and back, with the occasional detour into a modern song. They released their first album as a quartet, "Grey Owl", at the Thomas Point Beach Bluegrass Festival. **(Brush Hill Function Room)**

Notes from the Program Director

Just when you thought summer couldn't get more fun, here comes KARAOKE NIGHT!!!! On **Wednesday July 24th at 6:30PM** DJ Cheryl will be spinning tunes that everyone knows and loves and we will all have a chance to wow the audience with our own interpretation of our favorite songs! **We will have a full bar and plenty of snacks-** but feel free to bring your own snacks to share so that you can impress your table mates with your singing AND cooking talents! **Prizes will be awarded for BOTH best crooning and cooking efforts! (Brush Hill Function Room)**

Flower Arranging Workshop! Come on down and create something beautiful with the help of Joan Marie Driscoll of the Canton Garden Club. She will be here on Wednesday July 31st at 3PM to help us make lovely arrangements to take home or give to family and friends! \$35 covers all supplies and materials. Reservations are required. Please sign up with Muriel by 7/24. (617)361-7778. **(Brush Hill Café)**

A Newcomers Q&A will be held on Wednesday July 31st in the Brush Hill Function Room from 3-4:15. Newcomers are encouraged to attend this informative, informal get-together to meet with resident Marty Allen and the Executive Director Molly Welch. Together, they will quickly cover dozens of important items to help you navigate life at Fuller Village. Residents will also have an opportunity to ask questions and a door prize gift bag will be awarded to one lucky attendee! Hope to see you there!

The Community Fair is Coming! Mark your Fall Calendars for October Oct. 26th! In preparation, Fair Committee members are collecting jewelry donations. Feel free to drop off donations with any of the following designated volunteers:

Depoyan- Pam Craig 211, Foster- Janet Carlson 115, Villas- Ellen Pendoley 49 Caroline, Brush Hill A-D- Marie O'Keefe A301, and Brush Hill E-H- Eileen Millane G 204

Brain Games! Wed July 24th at 2PM in the Blue Hill Activity Room- Join Susie and FV volunteer Lindsey Fiske for a fun and casual games group where we collectively work on word puzzles, crosswords, games and trivia designed to keep our minds sharp!

Curry Nursing Meet and Greet is happening on July 25th at 10:30AM in the Brush Hill Function Room. Come on down and learn more about this rewarding volunteer program! Meet the new director, ask questions, and hear about the new schedule for September.

Groovy, Man! Jump into your hip-huggers and join us for "The Fashion of the Sixties" with Fashion Stylist, Historian and Educator Ren Antonowicz on Monday July 29th at 2PM in the Brush Hill Function Room.

Wards Berry Farm trip is rescheduled for Aug.1. Please call Muriel (617)361-2116 to sign up.

Coming up in August-

A tour of the NEW Milton Firehouse, Fascinating facts about the Neponset River Trail, Inspiration with Ironman finisher and *Forward is a Pace* Author Adina O'Neil, Pina Coladas on the Patio at Brush Hill, The Continentals in Concert, A Charles River Boat Cruise, and MORE Ice cream with Ellie's treats!

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

Gordon House

Dining Room Dinner Menu

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

Monday, July 22nd

Turkey and Rice Soup
or Salad du Jour
Beef Tips With Gravy (GF)
Tuscan Grilled Trout (GF)
Barley Mushroom Pilaf
Squash and Tomato (GF)
Coconut Key Lime Cookies or
Apple Pie

Friday, July 26th

Seafood Bisque (GF)
or Salad du Jour
Pork Schnitzel (GF)
Shrimp Stir-fry (GF)
Fried Rice
Snap Peas (GF)
Double Chocolate Cookies or
Tiramisu

Tuesday, July 23rd

Carrot Ginger Soup (GF)
or Salad du Jour
Chicken Picatta (GF)
Lemon and Garlic Salmon (GF)
Mashed Parsnips (GF)
Roasted Asparagus (GF)
Chocolate Chip Cookies or
Bread Pudding

Saturday, July 27th

Butternut and Apple Bisque (GF)
or Salad du Jour
Chicken Cordon Bleu (GF)
Baked Lemon Sole (GF)
French Fries
Coleslaw (GF)
Orange Cranberry Cookies or
French Silk Pie

Wednesday, July 24th

Beef and Noodle Soup
or Salad du Jour
Veal Parmesan (GF)
Baked Stuffed Haddock (GF)
Penne Pasta
Broccoli (GF)
Strawberry Shortcake Cookies or
Chocolate Torte (GF)

Sunday, July 28th

Chicken Minestrone Soup (GF)
or Salad du Jour
American Chop Suey With Macaroni
Flounder Meuniere (GF)
Baked Potato (GF)
Parmesan Roasted Carrots (GF)
Assorted Cookies or
Assorted Desserts

Thursday, July 25th

Ham and Bean Soup (GF)
or Salad du Jour
Beef Meatloaf (GF)
Tomato Basil Cod (GF)
Mashed Potatoes (GF)
Spinach and Leeks (GF)
Oatmeal Cookies
or Pineapple Upside Down Cake



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

Spinach and Artichoke Dip With House Made Pita Chips

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

Sandwich of the Special...14.00 (GF)

Pesto Chicken Panini

With Provolone Cheese, Lettuce and
Tomato

Salad Special...12.00 (V) (GF)

**Mixed Greens With Berries and Feta
Cheese**

Tossed with Raspberry Vinaigrette

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

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

Vegetable Lasagna

Served with Side Salad

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, July 22nd

Chicken Quesadilla

Grilled Chicken, Sauteed Onions, Peppers and Cheese With Guacamole and Sour Cream

TUESDAY, July 23rd

*Apple and Spinach Salad (GF) (V)

With Feta Cheese, Walnuts and Honey Balsamic Vinaigrette

WEDNESDAY, July 24th

Grill Day (GF)

Choice Of: Grilled Honey BBQ Chicken **OR** Grilled Tilapia
Served with Side Salad

THURSDAY, July 25th

A1 Burger (GF)

Beef Patty Topped with A1 Sauce, Swiss Cheese, Lettuce,
Sauteed Onions and Mushrooms

FRIDAY, July 26th

Tuna Melt Deluxe

With American Cheese, Tomato and Bacon

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

Gluten Free Bread / Wrap 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.

UNIDINE

Fuller Village
in Milton
— LIVE A FULLER LIFE —



DIRECTORY 2025

If you have not completed the form on the right, please do so as soon as possible and return it to the front desk. This will ensure that your accurate contact information is included in the 2025 Fuller Village Directory. Every resident must complete this form to be included in the directory, even if your contact information is the same as last year. Thank you for your cooperation.



DIRECTORY 2025

PLEASE LIST THE PHONE NUMBERS YOU WANT INCLUDED IN THE 2025 DIRECTORY

Name: _____

Apartment: _____

Home Number 1: _____

Cell Number 2: _____

Email: _____

Signature: _____

Please write clearly, SIGN and return this

form to the front desk

NO LATER THAN FRIDAY, AUGUST 1ST

THANK YOU



Dealing with summer heat effectively involves several strategies:

1. **Stay Hydrated:** Drink plenty of water throughout the day to stay hydrated. Avoid excessive amounts of caffeine and alcohol, as they can dehydrate you.
2. **Stay Cool:** Use fans, air conditioning, or cool showers to lower your body temperature. Close blinds or curtains during the hottest part of the day to keep indoor spaces cooler.
3. **Dress Appropriately:** Wear lightweight, loose-fitting clothing in light colors to reflect sunlight and heat.
4. **Limit Outdoor Activity:** If possible, schedule outdoor activities for cooler parts of the day, such as early morning or evening.
5. **Use Sun Protection:** Wear sunscreen, a hat, and sunglasses when outside to protect against sunburn and reduce heat absorption.
6. **Eat Light:** Opt for lighter meals that are easier to digest. Include fruits and vegetables with high water content.
7. **Cooling Techniques:** Use cool cloths on the neck or wrists, or place ice packs or cold compresses on pulse points to cool down quickly.
8. **Stay Informed:** Keep an eye on weather forecasts and heat advisories to plan your activities accordingly.

By incorporating these strategies, you can better cope with summer heat and stay comfortable during hot weather conditions.



From: **Betsy Buchbinder**

betsy.buchbinder@gmail.com

Subject: **A REMINDER FROM THE CARING COMMITTEE**