

Weekend Highlights: Friday 8/16 - Sunday 8/18

See what's happening this weekend!

Friday, Aug. 16

12PM Tech Help with Liz Flaig (Blue Hill Activity Room) Sign up with Muriel (617) 361-7778 and let us know what you need help with. Bring your phone, tablet or IPAD with you. **THIS SESSION IS FULL**

2PM Join us for frozen Strawberry Daiquiris and Pina Coladas on the Brush Hill Patio! \$9 alcoholic/ \$5 nonalcoholic. Beverages will be charged to your account. Enjoy some of your favorite frozen drinks (the kiddie or adult version, your choice) and kick back with some summertime tunes! Limited to 16. Please call Muriel to sign up (617)361-7778. **(Brush Hill Front Patio)**

Saturday, Aug. 17

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.

7PM Movie Night

"How Green was My Valley" starring Maureen O'Hara, Walter Pidgeon Roddy McDowell, and Barry Fitzgerald

The story of the struggles of a family in a small Welsh mining town. Winner of 5 Academy Awards. **(Brush Hill)**

"Von Ryan's Express" starring Frank Sinatra and Trevor Howard

A World War II movie about a group of American soldiers imprisoned in an Italian prisoner of war camp. Their Italian captors are losing the war and help them to escape on a train bound for Switzerland, which is being pursued by the Germans. **(Blue Hill)**

Sunday, Aug. 18

2:30 PM Blue Hill Bridge (Blue Hill Activity Room)

Weekly Highlights: Monday 8/19 – Sunday 8/25

Look out for these special events and offerings next week!

Monday, Aug. 19

1PM Van departs for Roche Brothers Please call Muriel to sign up (617) 361-7778.

3PM August Book Group with Susie “Roctogenerians” by Mo Rocca

This fun and inspiring book tells the stories of numerous senior super-achievers, and their amazing accomplishments in their eighties, nineties and beyond! Grab a copy off Amazon or stop by the Blue Hill or Brush Hill front desk for a copy of excerpts and let's discuss our favorites! **(Brush Hill Function Room)**

Tuesday, Aug. 20

10:30 Van departs for a tour of the NEW Milton Firehouse. THIS TRIP IS FULL.

2PM UFOS and Spy Balloons with Christopher Torres

Join podcaster, paranormal enthusiast and Salisbury native Christopher Torres as he takes you through the most recent developments on the topic of UFOS. Chris will review exactly what government officials and prominent scientists have discovered and shared (both on and off the record) about UFOS (now called UAPS) If you're curious as to what has been seen flying around our skies, this talk is for you. **(Brush Hill Function Room)**

Wednesday, Aug. 21

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 Catholic Mass (Blue Hill Activity Room)

2:45 Tea and Treats (Blue Hill Coffee Room)

3PM Caring Committee (Brush Hill Function Room)

6:30 PM Abstract Art Class with Madeline Ludtke (Brush Hill Café)

Join Art Therapist Madeline Ludtke for a class exploring the joy of making art. We will be using a new approach that is fun, failure-free and requires no “talent” or previous experience. A \$30 materials fee will be charged to your account. Sign up with Muriel at (617) 361-7778.

Thursday, Aug. 22

10:30AM Van departs for Eataly in the Back Bay

Explore this vibrant Italian marketplace and food hall that features an array of stores, cafes, and restaurants. Shop for authentic Italian gifts and groceries, and learn all about the centuries-old traditions behind Italian food and wine.

2PM Music Lovers Judy Coble will present “Barbra Streisand” the famous singer, actress, songwriter, producer and director. Come to watch videos of highlights from her career that has spanned over six decades. **(Blue Hill Activity Room)**

Friday, Aug. 23

6PM Grill Night THIS EVENT IS FULL

7PM Music with Karen and Rick (Blue Hill Activity Room) Guitarist and singer Karen Quatromoni and bassist Rick Maida perform songs people love, from pop to country to easy jazz to Americana. Karen and Rick engage audiences with performances that bring back cherished memories, spur them to sing along and tap their feet to the beat.

Saturday, Aug. 24

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.

7PM Movie Night (Movie TBD)

Sunday, Aug. 25

7PM Music with Harpbeat Duo- Harp and Percussion (Blue Hill Activity Room)

This performance duo incorporates the earthy tone of the Peruvian cajon, the bright, crisp sound of the Southern Italian tamburello, and the deep bass and pitched edge strikes of the Middle-Eastern darbuka perfectly to complement the soft sounds of the lever harp in an unusual and captivating way. Shelley and Fabio merge elements of pop covers and world music into a dynamic and entertaining musical act.

Notes from the Program Director

Attention Gardeners! If you have any surplus produce that you would like to contribute to The Milton Food Pantry, here's how it works: Each SATURDAY MORNING (or Friday evening into September or first frost) please put produce to be donated into boxes in the sheds at each garden area. On Saturday mornings by 8AM, items are picked up by each week's volunteer and driven to the food pantry at 158 Blue Hills before 9AM. To volunteer as a driver, please reach out to Jeanne Bronk (jeannembronk@gmail.com) or (617)910-9936. **Thanks Gardeners!**

Curry College is looking for volunteers again this fall to be "actors" in their simulation training lab. We will tour the Curry College School of Nursing Simulation Labs where students practice their clinical skills. Then we are invited to a Lunch & Learn session where we will meet the new director of this important volunteer program! Tuesday September 10th, 2024. Van departs 10:30AM. Please sign up with Muriel.

FV Resident Diane Judd will be teaching a class in American Sign Language (ASL) Sept 20th-Oct. 25th on Fridays from 9-10:30AM. This class is designed to introduce you to the basics of American Sign Language. Participants will learn fingerspelling, essential signs, basic expressions and conversational skills to communicate in sign language. Class is limited to 10. Please sign up with Muriel at (617) 361-7778.

Here are some ideas for trips and programs that are in the works for this fall. If any of these sound interesting to you, please reach out and let me know! This is helpful in being able to negotiate discounted rates, etc.

Calling all Green Team Members and curious environmentalists! Fuller Village has the opportunity to take a **tour of Conigliaro Recycling** in Framingham to learn about modern recycling processes first hand! This trip will offer a fascinating peek at what and how things are recycled- and how we can help be a part of it!

The Beacon Restaurant/ The View (formerly Top of the Hub) at The Prudential has a special lunch package that allows diners to experience the View exhibit and enjoy a casual lunch for a price fixe under \$40. This is a chance to enjoy the amazing view from the top AND enjoy lunch with friends in the city!

The Titanic Exhibit is coming to Boston! With more than 250 authentic artifacts recovered from the wreck site of Titanic on display with full-scale room recreations, TITANIC: The Artifact Exhibition is an educational and intriguing experience for all ages. Tickets will be in the \$35 range.

BSO Open Rehearsals Thursday mornings this fall and spring. I am exploring purchasing a block of tickets for Boston Symphony Orchestra Open rehearsals, which happen at 10:30AM at Symphony Hall. We can also consider lunch following, if folks are interested. Tickets will be in the \$25-30 range.

The Brush Hill Bridge Group is looking for new players! Please join us in the card room on Mondays at 1PM for this fun and not super competitive game. We will teach you!

For residents who are interested in the Week View of the monthly calendar, a copy will be available at Blue and Brush Hill front desks.

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

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 18	10:15 Chair Yoga with Carol (BL) 19 10:30 Blue Hill Coffee Hour (BL) 11:00 Floor Yoga w/ Carol (BR) 11:30 Handcrafters (BL) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 1:00 Roche Brothers in Westwood 3:00 Book Group with Susie "Roctogenerians" (BR)	8:30 Pickleball 20 10:30 Functional Fitness (BR) 11:00 New Firehouse Tour 12:00 Back to Basics (BL) 1:00 Tai Chi (BR) 2:00 UFOs and Spy Balloons (BR) 3:00 Brain Games (BL Activity Room) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	8:00 Bike Club 21 10:00 Stop & Shop in Hyde Park 10:15 Mobility & Stability w/ Carol (BR) 10:45 Cornhole (BL) 11:00 Music Theory Workshop Series (BR) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 2:00 Catholic Mass (BL) 2:30 Aqua Fit with Crystal (BR) 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 6:30 Madeline Ludtke Abstract Art Class (BR) 7:00 Handcrafters (BR)	8:00 Pickleball 22 with Marybeth (BR) 10:00 Towel Cardio (BR) 10:30 Eatery in the Back Bay 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 2:00 Music Lovers (BL) 2:00 NeedlePoint (BR)	9:00 Walking Club 23 with Joey 10:00 Aqua Fit with Crystal (BR) 10:00 Stop & Shop in Hyde Park 10:30 Chair Yoga with Carol (BL) 4:30 Friday Night Services (BR) 6:00 Grill Night (BR Patio) 6:30 Cribbage (BR) 7:00 Music with Karen and Rick (BL)	8:30 Pickleball 24 11:30 Brush Hill Cafe Open (BR) 2:00 Family Swim 7:00 Movie Night (BR/BL)

August 2024

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

Fuller Village
in Milton

— LIVE A FULLER LIFE —

Gordon House

Dining Room Dinner Menu

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

Monday, August 19th

Chicken and Vegetable Soup (GF)
or Salad du Jour

Sweet and Sour Pork (GF)

Honey Glazed Salmon (GF)

Orzo, Sauteed Spinach (GF)

Carnival Cookies or Cheesecake Brownie

Friday, August 23rd

Manhattan Clam Chowder (GF)
or Salad du Jour

Pizza Night

(Cheese, **Pepperoni**, **Gluten Free**)

Grilled Swordfish (GF)

Au gratin Potatoes (GF), Broccoli (GF)
Sugar Cookies or Blueberry Pie

Tuesday, August 20th

Turkey Noodle Soup (GF)
or Salad du Jour

Sailsbury Steak (GF)

Parmesan Tilapia (GF)

Mashed Potatoes (GF), Corn (GF)

Oatmeal Raisin Cookies or Chocolate Molten Cake

Saturday, August 24th

Potato Leek Soup (GF)
or Salad du Jour

Meatballs With Marinara (GF)

Sole With Lemon Butter Sauce (GF)

Spaghetti, Asparagus (GF)

Peanut Butter Cookies or Carrot Cake

Wednesday, August 21st

Cream of Broccoli Soup (GF) (V)
or Salad du Jour

Veal Liver and Onions (GF)

Cod Puttanesca (GF)

White Rice, Brussel Sprouts (GF)

Chocolate Chip Cookies or Boston Cream Pie

Sunday, August 25th

Split Pea and Bacon Soup
or Salad du Jour

BBQ Chicken Breast (GF)

Lobster Raviolis With Alfredo Sauce

Baked Sweet Potato, Chef's Medley (GF)

Assorted Cookies or Assorted Cream Pies (GF)

Thursday, August 22nd

French Lentil Soup (GF) (V)
or Salad du Jour

Herb Marinated Chicken Leg (GF)

Basil Pesto Shrimp (GF)

French Fries, Roasted Carrots (GF)

Coconut Key Lime Cookies or Lemon Pound 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

Mozzarella Sticks With Marinara Sauce

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)

"BTZ" Panini

With Mozzarella, Bacon, Grilled Zucchini
and Tomato

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

Spinach Salad

With Candied Walnuts, Craisins and Goat
Cheese

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

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

Spinach and Mushroom Gnocchi

With Parmesan Cream Sauce

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, August 19th

Egg Salad on Croissant

With Lettuce, Bacon and Tomatoes

TUESDAY, August 20th

“New York Style” Hot Dogs (GF)

Spicy Brown Mustard, Sauerkraut, Onion Sauce

WEDNESDAY, August 21st

Grill Day (GF)

Choice Of: Teriyaki Chicken Breast **OR** Grilled Salmon

Served with Warm Vegetable Pasta Salad-(**Not Gluten Free**)

THURSDAY, August 22nd

Cheeseburger Salad (GF)

With Seasoned Ground Beef, Romaine, Chopped Pickles, Cheddar Cheese, Onions, Tomatoes and 1000 Island Dressing

FRIDAY, August 23rd

Shrimp Tempura

Deep Battered Fried Shrimp Served with Stir-fry Vegetables

*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 —



Best of Care

OUR Family Serving YOUR Family

August 8, 2024

Dear Fuller Village Clients and Families,

I am excited to announce that Cara Kelley – a Milton native and resident – who has been an integral part of the Best of Care team for some time, will now be joining Angela Wilson as our Community Partnership Specialist at Fuller Village. Cara brings her extensive long-term care experience and compassionate approach to support the Fuller Village community, further enhancing our commitment to exceptional care.

Cara is a dedicated Geriatric Care Manager who will assist clients and families in various ways, including providing information, referrals, and detailed insights about our suite of services, which include Best of Care's private home care and private nursing services, TUCKed In's care management and consultation, and Moving Mentor's move management and organizing.

With Cara on board, you can expect knowledgeable and personalized guidance to navigate these services. She will be on site at Fuller Village several times a week and is also available during business hours at (617) 587-7526 or via email at cara@tuckedineldercare.com. Cara's presence will ensure that families receive immediate and informed support when considering or transitioning to care services.

Angela will continue her invaluable role in assisting clients and families once they have signed on for services, ensuring continuity of care and support.

This arrangement allows us to offer enhanced, personalized attention from the very start of your journey with us. Cara's expertise and dedication to our mission of providing exceptional care will undoubtedly benefit clients and their families, making the process smoother and more reassuring.

Thank you for being a part of the Best of Care family, or for considering us for your future needs. We look forward to continuing to serve the Fuller Village community with the highest standard of care and support.

Warm regards,

Kevin Smith

Kevin Smith
CEO