



From the desk of Molly S. Welch
October 4, 2024
Rosh Hashanah – Happy New Year!

**Welcome to our newest Fuller Village residents:
Rita & John Geaney – Brush Hill F-307**

Fuller Village Vaccine Clinic Reminder - Walgreens Pharmacy will be at Fuller Village on Thursday, October 24th from 12:00 pm to 4:00 pm in the Brush Hill Function Room offering both COVID-19 and Flu vaccinations. Sign-up time slots are still available at the Blue Hill Concierge Desk for either Brush Hill or Blue Hill residents. Please stop by the Blue Hill Concierge Desk or call 617-361-7900.

Pharmacy Courier Medication Deliveries - We ask that all pharmacy couriers deliver medications directly to a resident's apartment home. Please coordinate accordingly with your pharmacy if you receive any medication deliveries via a courier. Fuller Village staff cannot receive or sign for any resident medications at the Concierge Desks. Thank you for your understanding.

Needing a new Primary Care Physician? – Please see flyer in this week's packet and under the Week at Fuller icon in Uniguest.

An appeal from Jane McClellan, 2024 Community Fair Chairperson - The Fuller Village Community Fair is very fun. As the date approaches, I feel an undercurrent of anticipation and excitement growing among us. Several residents have been knitting and sewing all year long in preparation. Admittedly it is a lot of work to produce the fair. But our community is so generous with donations and volunteering that it makes the job much easier.

This year we have emphasized the need to document all our resources and efforts. We now have a planning guide with step-by-step instructions for how things are done. And the many resources that we have to get the job done are well documented. Big jobs have been divided into smaller ones to make volunteering easier and less time-consuming.

We will need a leader for next year's fair: a chairperson or at least a co-chair to share the responsibility. Could that be you? Would you step forward? As this year's fair plans intensify and culminate in a festive, fun day will you picture yourself at the forefront of the activity next year? Will you share your talents with your community?

Please don't brush aside this appeal. As the current chairperson, I would prefer to step back and become an advisor, but I will consider stepping into a team of two if necessary. Every year the fair needs a leader. Now is the time to think about it. Come to the fair and picture yourself at the helm and understand that no leader means no fair for next year. Sincerely, Jane McClellan.

Weekend Highlights: Friday 10/4 - Sunday 10/6

See what's happening this weekend!

Friday, Oct. 4

9AM American Sign Language Group led by Diane Judd (BR Card Room)

11:45AM Wakefield Estate North American Open Masters International Tree Climbing Competition. Come take a peek at these professional arborists from all around the world as they scale new heights! Sign up with Muriel if you want a ride.

1PM “The Life and Music of Stephen Sondheim” with Rich Travers (Blue Hill Activity Room)

6PM Oktoberfest Small Plates in the Lounge- Celebrate Oktoberfest with grilled Bratwurst, soft pretzels, and black forest cake! Lounge is reservation only – THIS EVENT IS FULL.

7PM Music with Elizabeth Steen

Oktoberfest accordion Music to get your oompah on! (Blue Hill Activity Room)

Saturday, Oct. 5

11:30AM – 2:00 PM – Brush Hill Café is NOW open on Saturdays offering a delicious brunch menu along with a children's menu. Residents can view the Café's new Saturday menus on Uniguest (formerly Touchtown) under the “Dining” icon.

5:30 PM FVRA Pizza Night in the BR Café THIS EVENT IS FULL

7PM Saturday Night Movie Night “*Forgotten Love*” starring Leszek Lichota, Maria Kowolska, & Ignacy Liss- A well know physician loses his memory, his family and his money. Then he happens to meet someone from his past who tries to help him. This movie was made from a book by a Polish Author and was made in Poland. It is in English and is described as a beautiful love story. It was made in 2023.

Sunday, Oct. 6

9AM Pancake Breakfast- Come on down and invite friends and neighbors to eat pancakes for a good cause! \$5 per person-Turkey Sausage and Pancakes Galore! (also gluten-free!) \$5 at the door. Golf cart will provide transportation- Please call Muriel (617) 361-7778 to sign up for a ride.

7PM Music with The Castle Tones Trio (Brush Hill Function Room)

Pub Night favorites return to Fuller Village for a Sunday Night Show!

Weekly Highlights: Monday 10/7 – Sunday 10/13

Look out for these special events and offerings next week!

Monday, Oct. 7

9:30AM Blue Hill Coffee Hour (Blue Hill Coffee Room)

1PM Shopping trip to Wegmans

3PM History with Paolo “The Great Undecided: Hayes, Tilden, and the Disputed Election of 1876” In the aftermath of the Civil War, amid the political and social turbulence of Reconstruction, deep fissures still remained in the United States. Add into the mix a scandal plagued presidency and the results were a highly contentious, disputed, and controversial election. **(Brush Hill Function Room)**

Tuesday, Oct. 8

10:00AM Birthday Breakfast! Celebrate October birthdays with coffee, fruit and pastries. All are welcome! **(Blue Hill Activity Room)**

10:40AM Van departs for Plymouth Bay Winery

The Plymouth Bay Winery crafts wines (and wine related products) from fruits native to the Northeast USA. \$28 per person includes a curated flight of 5 wines to taste, in addition to fruit and cheese plates and charcuterie boards served family style. Please sign up and fill out a trip form with Muriel.

1PM Meditation with “The Boston Buddha” Andy Kelley (Blue Hill Activity Room)

2PM Music with Rich Travers “The Swing Era” This lecture will look at the significant composers and performers of the heyday of Jazz- the Swing Era, where Jazz exploded upon the popular music scene. Goodman, Ellington, Basie, and Miller are just a few of the Big Bands we will discuss, as well as the singers and dance styles that swept the nation. **(Brush Hill Function Room)**

3PM Toxic, Tattooed and Tougher than Margaret Thatcher- Maria Judge chronicles a year of her life fighting cancer. **(Brush Hill Function Room)**

Wednesday, Oct. 9

10AM Cornhole (PLEASE NOTE NEW TIME) Blue Hill Activity Room

12:45 PM Chorus (Brush Hill Function Room)

2PM Residents' Association Annual Board Meeting (Brush Hill Function Room)

3PM Rosary (Blue Hill Multi Purpose Room)

Thursday, Oct.10

8-10AM Birdwatching with Jack Lash

Join Ecologist Jack Lash to identify and learn more about birds and other wildlife here at Fuller Village, as you take a guided walk of the grounds. **(Meet on BR front patio)**

11:30AM Van departs for Women's Lunch at Inn at Bay Pointe THIS TRIP IS FULL

12:30PM Line Dancing with Jean is Back! Meet in the Brush Hill Yoga Studio.

1:30PM Crafts with Cindy Welcome Autumn into your home with all the colors of fall by creating an adorable easy to make Gnome door decoration. **(Blue Hill Activity Room)**

Friday, Oct. 11

1:00PM Van departs for Pakeen Farm in Canton

7PM Music with Chris Carter

Our favorite acoustic guitarist of Grill Night fame returns with more of your favorite tunes! Perfect for a chill Friday Night. **(Blue Hill Activity Room)**

Notes from the Program Director

The Voice of Fuller October newsletter was sent to all residents on Tuesday. Please check your email from Molly. It will read: "Please click on the underlined link below to read the October 2024 Voices of Fuller. Attachments available for 30 days until Thursday, October 31, 2024:

[The Voices of Fuller October 2024-final.pdf](#) Also, please notify Marty Allen if you do not have access to email or your vision is impaired. We will arrange for you to receive a printed copy. Please do not remove the newsletter from other resident's mail slots who need this printout. There are copies in the Blue Hill library and in the Brush Hill sitting room. Relax in these rooms to read a printed copy. **-Thank you, Marty Allen, Editor.**

Community Fair Update:

Thank you to everyone who has contributed to our raffle table. We have wonderful donations and many more gift cards than we anticipated. If you have not already purchased a gift card, please do not as we are well supplied now! Thank you again for your generous support!- Jane McClellan Community Fair Chairperson

Calling All Bakers! The Fuller Village Community Fair is being held on Saturday Oct. 26th. We need bakers to supply items for our bake table. Any baked items will be gratefully accepted: cookies, cakes, brownies, breads, pies, etc. Please call or text Mimi Roos at (781) 608-0552 or email pmroos@aol.com to sign up. Please bring your baked items to the Brush Hill Function Room on Friday Oct. 25 between 9-1. Let's make 2024 the best fair ever!

We are looking for a resident who would be willing to be the contact for the Brush Hill Bridge Group. If you can help with this, please contact Susie (617) 361-2116.

Fall is for the birds! Join us (weather permitting) for a tour of the FV grounds with Ecologist Jack Lash, who will lead us in a walking discussion about the birds and wildlife right here on campus. **Thursdays at 8AM 10/10 and 10/17.**

Save the dates!

Oct. 6th 9AM Pancake Breakfast! Bring your friends and neighbors and eat pancakes for a good cause! \$5 per person. Golf cart will be available for rides, weather permitting.

Oct. 8th 3PM Maria Judge presents "Tattooed, Toxic, and Tough as Margaret Thatcher" which explores her personal journey with treating (and beating!) cancer.

Oct. 15th 3PM Flower Arranging Class with Floral Scents florist Joan Marie Driscoll, who will be leading us in designing this living arrangement of fabulous fall flowers! Please sign up with Muriel at 617-361-7778. \$35 materials fee due to Joan Marie at class. Brush Hill Café.

Oct. 19th 5:30PM FVRA BBQ Dinner! Memphis BBQ Ribs, Chicken, Mac N' Cheese, Coleslaw and Cornbread from Tennessee's BBQ. \$20 collected at the door. No-Shows will be charged. **Please call Muriel to sign up (617) 361-7778 beginning Tuesday Oct. 8 at 9AM. (Not Before!)** Limited to 25 residents.

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

| SUN | MON | TUE | WED | THUR | FRI | SAT |
|--|---|---|--|--|--|--|
| <p>9:00 Pancake Breakfast (BR) 6</p> <p>2:00 Resident and Guest Swim</p> <p>2:30 Blue Hill Bridge (BL)</p> <p>7:00 Castle Tones Trio (BR)</p> | <p>9:30 Blue Hill Coffee Hour (BL) 7</p> <p>10:15 Chair Yoga with Carol (BL)</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>11:30 Handcrafters (BL)</p> <p>12:00 Chair Yoga w/ Carol (BR)</p> <p>1:00 Bridge (BR)</p> <p>1:00 Wegman's</p> <p>2:00 Adult Swim Lessons with Madison</p> <p>3:00 History with Paolo (BR)</p> | <p>8:30 Pickleball 8</p> <p>10:00 Birthday Breakfast (BL)</p> <p>10:30 Functional Fitness (BR)</p> <p>10:40 Plymouth Bay Winery Tour</p> <p>12:00 Back to Basics (BL)</p> <p>1:00 Meditation (BL)</p> <p>1:00 Tai Chi (BR)</p> <p>2:00 Rich Travers (BR)</p> <p>3:00 Maria Judge Tougher Than Margaret Thatcher (BR)</p> <p>4:00 Restorative Yoga (BR)</p> <p>7:00 Bingo! (BL)</p> <p>7:00 Men's Poker Club (BR)</p> | <p>10:00 Cornhole (BL) 9</p> <p>10:00 Forest Therapy Walk with Jen</p> <p>10:00 Stop & Shop in Hyde Park</p> <p>10:15 Mobility & Stability w/ Carol (BR)</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>12:00 Chair Yoga w/ Carol (BR)</p> <p>12:45 Chorus (BR)</p> <p>2:00 Residents' Association Annual Board Meeting (BR)</p> <p>2:30 Aqua Fit with Crystal</p> <p>3:00 Rosary (BL)</p> <p>3:00 Resident and Guest Swim (BR)</p> <p>7:00 Handcrafters (BR)</p> | <p>8:00 Birdwatching with Jack Lash 10</p> <p>8:30 Pickleball with Marybeth</p> <p>10:00 Towel Cardio (BR)</p> <p>10:30 News, Coffee and Conversation (BL)</p> <p>11:00 Core on the Floor (BR)</p> <p>11:30 Women's Lunch at the Inn at Bay Pointe</p> <p>12:00 Mobility & Stability (BL)</p> <p>12:30 Line Dancing with Jean (BR)</p> <p>1:30 Crafts with Cindy (BL)</p> <p>2:00 NeedlePoint (BR)</p> <p>2:30 BIDMC Parkinsons Talk (BL)</p> | <p>Yom Kippur Begins 11</p> <p>9:00 Walking Club with Joey</p> <p>9:00 American Sign Language Class (BR Card Room)</p> <p>10:00 Aqua Fit with Crystal</p> <p>10:00 Stop & Shop in Hyde Park</p> <p>10:30 Chair Yoga with Carol (BL)</p> <p>1:00 Apple Taste Test (BR Cafe)</p> <p>1:00 Pakeen Farm in Canton</p> <p>6:30 Cribbage (BR)</p> <p>7:00 Music with Chris Carter (BL)</p> | <p>Yom Kippur Ends 12</p> <p>8:30 Pickleball</p> <p>11:30 Brush Hill Cafe Open (BR)</p> <p>2:00 Family Swim</p> <p>2:00 Blue Hills Observatory Tour & Foliage Drive</p> <p>7:00 Movie Night (BR/BL)</p> |

October 2024

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



— LIVE A FULLER LIFE —

Gordon House

Dining Room Dinner Menu

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

Monday, October 7th

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

Grilled Orange Chicken Breast (GF)
Cod Puttanesca (GF)

Baked Sweet Potato (GF), Sauteed Zucchini (GF)
Chocolate Chip Cookies or Tiramisu

Friday, October 11th

New England Clam Chowder (GF)
or Salad du Jour

Honey Apple Pork Tenderloin (GF)
Seared Tilapia (GF)

Rice Pilaf, Brussel Sprouts (GF)
White Chocolate Macadamia Cookies or Chocolate
Cake

Tuesday, October 8th

Vegetable Soup (GF) (V)
or Salad du Jour

Mojito Lime Pork Chops (GF)
Fish Cakes (GF)

Basmati Rice (GF), Mixed Vegetables (GF)
Carnival Cookies or Chocolate Mousse

Saturday, October 12th

Chicken Noodle Soup (GF)
or Salad du Jour

BBQ Turkey Tips (GF)

Baked Pasta Primavera (GF) (V)
Oven Browned Potatoes (GF), Roasted Carrots (GF)
Chocolate Chip Cookies or Carrot Cake

Wednesday, October 9th

Broccoli and Cheese Soup (GF) (V)
or Salad du Jour

Penne Bolognese (GF)
Butter Crusted Sole (GF)

Penne Pasta (GF), Creamy Coleslaw (GF)
Peanut Butter Cookies or Blueberry Pie

Sunday, October 13th

Beef and Cabbage (GF)
or Salad du Jour

Glazed Ham (GF)

Eggplant Parmesan (GF) (V)
Parmesan Risotto (GF), Delicata Squash (GF)
Assorted Cookies or Assorted Desserts

Thursday, October 10th

Minestrone Soup (GF) (V)
or Salad du Jour

Chicken Picatta (GF)
Honey Glazed Salmon (GF)

Mashed Potatoes (GF), Broccoli (GF)
Oatmeal Raisin Cookies or Apple Crisp

Fuller Village  UNIDINE
in Milton
— LIVE A FULLER LIFE —

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

Meatball Slider

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 Special...14.00 (GF)

Classic Italian Sub

With Ham, Salami, Pepperoni, Lettuce,
Tomato and Provolone Cheese

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

Spinach and Strawberry 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)

Sauteed Curry Squash with Rice

Served with a 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, October 7th

Philly Cheesesteak (GF)

Sautéed Shaved Steak and Melted Cheese on a Sub Roll

TUESDAY, October 8th

Chef Salad (GF)

Mixed Greens with Tomato, Cucumber, Turkey, Ham, Hard Boiled Eggs, Cheddar Cheese and Red Onions

WEDNESDAY, October 9th

Egg Salad On Croissant (GF)

With Lettuce and Tomato

THURSDAY, October 10th

Chicken Caesar Wrap

Sliced Chicken, Romaine, Croutons, Housemade Caesar Dressing
Wrapped in a Tortilla

FRIDAY, October 11th

Crab Cakes (GF)

Served with Remoulade Sauce

*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 —



October 2024 Fitness & Aquatics Update

AquaFit Bingo!!

A great opportunity to get into our lovely pool & win prizes! See flyer (or go see Madison) for more info. The first three residents to get Bingo will win a prize!!

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Adult Swim Class continues with Madison!

Mondays from 2-2:30pm join Madison and some of your fellow residents to gain more confidence in the water through low impact exercises and beginner swim strokes.

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Fall Forest “Walks”

Get out and enjoy a gentle, guided, meditative walk this month! And if you can't get outside (or just don't want to), come to the Indoor Nature Experience!

Wednesday, October 9th @ 10am – Brookwood Farm

Wednesday, October 23rd @ 11am – Function Room of Brush Hill

Wednesday, October 30th @ 10am – Eustis Estate

Participants must be able to drive/carpool to off-campus locations & be able to walk unassisted for about 1 mile. Please call & speak with Jen with questions and to sign up. Space is limited to 8 participants for each experience.

~

If you are a new resident and have questions about the Fitness Center, Fitness Classes, Pool Activities, or anything fitness-related, please give me a call or email to discuss.

I can be reached at 617.361.7196 / jdeleonardis@fullervillage.org



-Jen



Needing a new Primary Care Physician?

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 continuing services, 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. Dr. Perosevic can see patients at Fuller Village's Wellness Clinic as well. Residents should note, this is not an urgent care provider or same day request service. 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, please call the ECCP Practice Manager at 781-474-3255 to request a new patient informational packet and assistance. To schedule a visit by Dr. Perosevic residents will also call 781-474-3255.

AQUAFIT

bingo



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|-----------------------------|---------------------------|---------------------------|--------------------------|--------------------------|
| <p>Leg and Heel Raises</p> | <p>3D Leg Swing</p> | <p>Hip Opener Stretch</p> | <p>Whirlpool Stretch</p> | <p>High Knees</p> |
| <p>Punch Down</p> | <p>Punch Out</p> | <p>Core Twists</p> | <p>Foot Crossover</p> | <p>Sprinkler Stretch</p> |
| <p>Arm Circles</p> | <p>Breaststroke Arms</p> | | <p>Aquatic Jog</p> | <p>Kayak Arms</p> |
| <p>Pointed Foot Flutter</p> | <p>Side-to-side Steps</p> | <p>Squats</p> | <p>Core Twists</p> | <p>Punch Across</p> |
| <p>Aqua Jacks</p> | <p>Front Ankle Touch</p> | <p>Aquatic Jog</p> | <p>Arm Circles</p> | <p>Toe Swing Twists</p> |

1st Place: Fuller Village luggage tag and key chain

2nd Place: \$14 Gift card to Fuller Cafe

3rd Place: \$10 Gift card to Fuller Cafe

Complete five exercises in a row to win, see Madison for details!

The Fuller Village Residents' Association (FVRA)

Activities Committee Invites You to

A BBQ Dinner!

Saturday, Oct. 19th- Café- 5:30pm

- 25 Residents Only

Registration begins on Tues. Oct. 8th at 9 a.m. (not before!) with Muriel at 617-361-7778

Phone Calls ONLY. Do NOT stop at reception desk!

\$20 collected at the event. (No-shows will be charged.)



Memphis BBQ Ribs, Chicken, Mac N' Cheese,
Coleslaw and Cornbread



Catered by: Tennessee BBQ-Braintree.

Plenty of Napkins & Wet Wipes!

Don't miss out on this fun and finger-licking delicious event!