



From the desk of Molly S. Welch
October 11, 2024
Wishing you a meaningful Yom Kippur!

Monday, October 14th is Indigenous Peoples' Day - The offices and Brush Hill Café will be closed on the Holiday, Monday, October 14th. We will be on answering service for the holiday from Friday, October 11th at 5:00 pm until Tuesday, October 15th at 8:30 am. For urgent maintenance issues please call 617-361-7900 and the on-call maintenance staff will assist you. There will be staff at both concierge desks between the hours of 10:00 am to 10:30 pm on the holiday. *The pool will be open for the holiday and the Fitness Center will be open via fob access schedule, and any fitness classes will be as scheduled on calendar.*

October is Breast Cancer Awareness Month - “May we support the fighters, admire the survivors, honor the taken, and never, ever give up hope.” Whether you are a cancer survivor yourself or know and love someone – a family member, a friend, a neighbor – who has experienced a breast cancer diagnosis, breast cancer affects so many of us. Go to www.breastcancer.org for resources, learning, and how to connect with others. I want to thank Fuller Village resident, Maria Judge, for sharing her personal story this week with fellow residents about her heroic year of battling cancer with strength and humor. Thank you, Maria, for this special talk and for your photo art essay, *Toxic, Tattooed and Tougher than Margaret Thatcher*, chronicling your cancer battle journey that is currently on display in the Brush Hill art exhibit hallway.

Maintenance Updates – We currently have a Maintenance Tech. and our Live-In Maintenance Super. out on leave, and to assist Fuller Village during this time period we have hired a temporary Maintenance Tech., Shaun Bennett. Shaun joined our team this week and will be of assistance to residents for work orders and preventative maintenance over the next two months. Please welcome Shaun to our community! Our Maintenance team will also be doing the nightly weekday on-call schedule in addition to the weekend on-call schedule while our Live-In Maintenance Super. is on leave. Villa home residents please note that our Maintenance team will be starting Villa home winter preparations this week by assessing the electric heaters in your garage utility closets along with any necessary system draining. Villa home residents will be contacted directly by Maintenance for this to occur and you do not need to be home while this work is being completed.

Dining Services Update – Do not miss wearing your costumes and enjoying a spooktacular dinner with us on Halloween Night in the Gordon House Lounge on Thursday, October 31st at 5:30 pm. Flyer with menu offerings and reservations information coming soon. *The Lounge will be closed on October 17th for Pub Night.*

Weekend Highlights: Friday 10/11 - Sunday 10/13

See what's happening this weekend!

Friday, Oct. 11

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

7PM Music with Chris Carter

Fuller Village's favorite acoustic guitarist plays Blue Hill! (**Blue Hill Activity Room**)

Saturday, Oct. 12

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.

7PM Saturday Night Movie Night "Captain Phillips" starring Tom Hanks, Katherine Keener, & Cory Johnson. The United States cargo ship Alabama is kidnapped by Somali pirates and their Captain (Tom Hanks) tries everything he knows to keep his crew and cargo safe. BR/BL

Sunday, Oct. 13

2:30PM Blue Hill Bridge in the Blue Hill Activity Room

Weekly Highlights: Monday 10/14 – Sunday 10/20

Look out for these special events and offerings next week!

Monday, Oct. 14 Staff Offices and Café are Closed for Indigenous Peoples' Day

2PM Opera on Demand "La Traviata" 2022 Milanese maestro Daniele Callegari takes the podium to lead Verdi's masterpiece. 2hrs 35 mins. (Blue Hill Activity Room)

Tuesday, Oct. 15

9:30AM Van departs for New England Botanic Garden at Tower Hill

THIS TRIP IS FULL

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

2PM “Everything You Always Wanted to Know About Cranberries” Join us as Cape Cod Cranberry Growers Association Tour Guide Debbie Kanady presents a fascinating look at the history and many uses of this powerful little fruit! **(Blue Hill Activity Room)**

3PM Flower Arranging Class with Joan Marie Driscoll of Floral Scents Take advantage of the abundance of pumpkins this fall to create a fabulous living arrangement of colorful fall flowers. This hands-on workshop will show you how to decorate a small pumpkin with fall flowers, succulents, moss, twigs and other fall naturals. \$35 materials fee due at class. **(Brush Hill Café)**

Wednesday, Oct. 16

10AM Cornhole Blue Hill Activity Room

12:45 PM Chorus (Brush Hill Function Room)

2PM Catholic Mass (Blue Hill Activity Room)

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

3PM Rosary (Blue Hill MultiPurpose Room)

3PM Caring Committee Meeting (Brush Hill Function Room)

Thursday, Oct.17

8-10AM Birdwatching with Jack Lash- Last session for Fall!

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)**

9:15AM Van departs for BSO Orchestra Open Rehearsal THIS TRIP IS FULL

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

6:30PM Pub Night with The Retro Politan Trio

The Retro Polatin Trio specializes in playing Vintage Rock and Roll and Classic Pop Hits from this Golden Era of music with soaring vocals and an infectious sense of fun.

Friday, Oct. 18

9AM American Sign Language Class (Brush Hill Card Room)

1PM Author Talk with Dina Roberts Meet the author of “Missing Parts”- a fictional novel that explores the enduring power of friendship, the impact of life's choices and the resilience of the human spirit in the face of diversity. (**Blue Hill Activity Room- Please note correct location**)

Saturday, Oct. 19

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.

5:30PM FVRA BBQ Dinner \$20 at the door. Memphis BBQ Ribs, Chicken, Mac N’ Cheese, Coleslaw and Cornbread. Residents only please. Sign up with Muriel (617) 361-7778.

7PM Saturday Night Movie Night Movie TBD

Sunday, Oct. 20

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

Notes from the Program Director

Pakeen Farm trip has been moved to Tuesday 10/22 at 1PM so that the Fuller van can go in for a tune up.

A Note about Pancakes...The Pancake Breakfast on Sunday Oct. 6th was the most successful event ever. We made \$267 to benefit the Fr Bill’s brown bag lunch program here at Fuller Village. The team of volunteers did a great job with the preparation and serving pancakes. Thanks to everyone who helped make this event possible! -**Bob Lash**

Veteran’s Program- If you are a veteran and would like to offer to read a poem or other reading for our Veteran’s Day Program on Nov. 11th, please reach out to Susie (617) 361-2116. We will also enjoy a concert with the Fuller Village Chorus!

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!

Social Justice Action Group meets on the second Thursday of the month. Join us as we meet to plan ways we can help support causes we believe in. All are welcome!

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. **Thursday at 8AM 10/17.**

Save the dates!

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. Limited to 25 residents.

Oct. 22nd 3PM Bereavement Support Group Are you grieving the loss of a loved one? Bereavement groups can be helpful for people who want to better understand the grief process, learn new coping skills, and find additional support beyond what is offered by the usual network of family and friends. Jennifer Morris MSW, LICSW from Best of Care is offering a six week bereavement group during the upcoming holiday season Oct. 22, Nov. 12, Dec. 3, Dec. 17, Jan. 7 and Jan. 28. We will meet in the Brush Hill Library. If interested, please contact Jennifer at 857-499-2476.

Oct. 28th 3:00 PM Calling All Artists! You are Invited to attend a special social event to give you the opportunity to meet other residents who share your artistic endeavors. We are asking each artist to bring an example of your favorite piece of work to display. Hors d'oeuvres and desserts will be served. Cost is \$10 per person. (Spouses are welcome). Money will be collected at the door. Please make your reservation with Marty Allen by 10/21 at (617)- 312-8058. Sponsored by the FVRA Activities Committee.

The completed "Fuller Village Community Fair" episode of Talk of the Town has just been uploaded! You can access it on YOU TUBE at

<https://youtu.be/22HFdj-OiIo>

Check it out for great info. on our Community Fair coming up on Saturday 10/26!

It's also running on local cable in Milton on our Public Channel, Comcast 9/Astound 13. at 7pm on Fridays, Saturdays and Sundays.

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

SUN	MON	TUE	WED	THUR	FRI	SAT
2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL)	Indigenous Peoples' Day 10:15 Chair Yoga with Carol (BL) 11:00 Floor Yoga w/ Carol (BR) 11:30 Handcrafters (BL) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 2:00 Adult Swim Lessons with Madison 2:00 Opera on Demand (BL)	8:30 Pickleball 9:30 New England Botanical Garden at Tower Hill 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 2:00 Cranberry Talk (BL) 3:00 Flower Arranging Class (BR Cafe) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Cornhole (BL) 10:00 Stop & Shop in Hyde Park 10:15 Mobility & Stability w/ Carol (BR) 11:00 Floor Yoga w/ Carol (BR) 12:00 Chair Yoga w/ Carol (BR) 12:45 Chorus (BR) 2:00 Catholic Mass (BL) 2:30 Aqua Fit with Crystal 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR)	8:00 Birdwatching with Jack Lash 8:30 Pickleball with Marybeth 9:15 Boston Symphony Orchestra Open Rehearsal 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing with Jean (BR) 2:00 NeedlePoint (BR) 6:30 Pub Night with Retropolitan (BR)	9:00 Walking Club with Joey 9:00 American Sign Language Class (BR Card Room) 10:00 Aqua Fit with Crystal 10:00 Stop & Shop in Hyde Park 10:30 Chair Yoga with Carol (BL) 11:30 Apple Taste Test with Susie (BL) 1:00 Author Talk with Dina Roberts (BL) 6:30 Cribbage (BR)	8:30 Pickleball 11:30 Brush Hill Cafe Open (BR) 2:00 Family Swim 5:30 FVRA BBQ (BR Cafe) 7:00 Movie Night (BR/BL)

October 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, October 14th

Garden Vegetable Soup (GF) (V)
or Salad du Jour
Beef Medallions (GF)
Shrimp Scampi (GF)
Bowtie Pasta (GF), Southern Succotash (GF)
Chocolate Chip Cookies or Apple Pie

Tuesday, October 15th

Beef and Vegetable Soup (GF)
or Salad du Jour
Chicken Parmesan (GF)
Tomato and Lemon Dill Cod (GF)
Orzo, Au Gratin Cauliflower (GF)
Pumpkin Cheesecake Cookies or Rice Pudding

Wednesday, October 16th

Navy Bean Soup (GF) (V)
or Salad du Jour
Shepards Pie (GF)
Stuffed Haddock (GF)
Saffron Rice (GF), Green Beans (GF)
White Chocolate Macadamia Cookies or Oreo
Chocolate Cake

Thursday, October 17th

Sweet Potato Bisque (GF) (V)
or Salad du Jour
Honey Dijon Pork Loin (GF)
Grilled Salmon (GF)
Mashed Potatoes (GF), Parmesan Broccoli (GF)
Double Chocolate Cookies or Assorted Cream Pie

Friday, October 18th

New England Clam Chowder (GF)
or Salad du Jour
Baked Chicken Breast (GF)
Grilled Swordfish (GF)
Barley Pilaf, **Chef's Medley** (GF)
Strawberry Shortcake Cookies or Frosted Brownie

Saturday, October 19th

Chicken and Rice Soup (GF)
or Salad du Jour
Spaghetti and Meatballs (GF)
Crab Cakes (GF)
Bacon Herb Polenta, Zucchini and Tomatoes (GF)
Sugar Cookies or Apple Crisp

Sunday, October 20th

Lentil Soup (GF)
or Salad du Jour
Turkey Marsala (GF)
Baked Sole (GF) (V)
Roasted Potato Wedges (GF), Butternut Squash (GF)
Assorted Cookies or Assorted Desserts

Fuller Village 
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

Bacon Wrapped Scallops

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)

Cuban Sub

Sliced Ham, Pork, Mustard, Swiss Cheese
and Pickles on Toasted Sub Roll

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

Greek Falafel Salad

Mixed Greens, Hummus, Cucumbers,
Tomatoes, and Crispy Falafel

add Grilled Chicken...5.00

add Tuna or Chicken Salad...5.00

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

Spinach and Mushroom Gnocchi

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 14th
Closed For The Holiday

TUESDAY, October 15th
Grilled Sausage Sub (GF)
With Peppers and Onions

WEDNESDAY, October 16th
Sliced Sirloin Caesar Salad (GF)
With Romaine, Croutons, Parmesan Cheese and Housemade
Caesar Dressing

THURSDAY, October 17th
Chicken and Ranch Club Wrap
With Bacon and Cheddar Cheese

FRIDAY, October 18th
Salmon Burger (GF)
With Garlic Aioli

*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 —

Calling All Artists

You are invited to attend a special social to give you the opportunity to meet other residents who share your artistic endeavors.

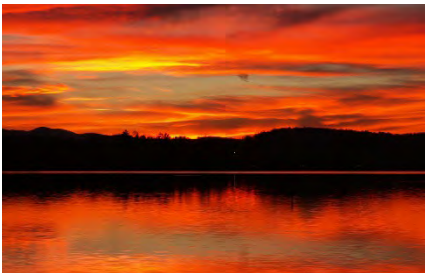
Monday, October 28th 3:00-4:30
in the Brush Hill Function Room



Painters (*acrylics, watercolor, oils*)



Quilters



Photographers



Woodworkers



Potters



Sculptors

We ask that each artist bring your favorite piece of work to display. Hors d'oeuvres and desserts will be served. Cost is \$10 per person (spouses are welcome). Money collected upon arrival at the door.

*** Please make your reservation with Marty Allen at 617-312-8058 ***
RSVP 10/21.

This event is sponsored by the FVRA Activities Committee.



Stay tuned for details for a Handcrafters Social
(knitters, needle pointers, sewers, etc). for January.

FVRA Activities Committee's