



BEACON HILL VILLAGE

APRIL 2019 CALENDAR

A reservation is required for all programs unless otherwise noted. Refunds will be made for cancellations received at least one week prior to an event unless tickets have been pre-purchased or non-refundable payments have been made and we are unable to fill your spot.

Monday, April 1 5:45 p.m. dinner; 7:30 p.m. concert

First Mondays at Jordan Hall



First Mondays is the NEC's free chamber music series. This concert features Hungarian musical innovations. *Take the Green "E" Line to Symphony. Dinner at Ginger Exchange, 250 Huntington Ave. Concert only, meet inside Jordan Hall, 30 Gainsborough Street. BHV members and guests. Free; dinner pay individually.*

Wednesday, April 3 TBA

Movie Matinee at The Coolidge

Calling all cinephiles! Wednesday matinees at the Coolidge Corner Theatre are just \$7 for seniors. When the date approaches, we'll let you know the movie and time. Afterwards, join the group for a bite at a nearby eatery. Coolidge Corner Theatre, 290 Harvard Street; Coolidge Corner T stop on the Green "C" Line is closest. *BHV members and guests. Pay individually.*

Friday, April 5 10:00 a.m.

Acupuncture Demonstration with William Mueller, Lic. Ac.

Want to learn about the millenia-old practice of acupuncture? Come see a live demonstration with acupuncturist William Mueller and BHV member Murray Frank. Mueller, a graduate of Yale University, is licensed by the Board of Registration in Medicine as an acupuncturist in Massachusetts. He holds several degrees from the College of Chinese Acupuncture in England, and is the former chair of the National Commission for the Certification of Acupuncture and Oriental Medicine. *Meet at Beacon House, 19 Myrtle Street, Community Room. BHV members and guests. Free.*



6th Annual Creative Kitchens Tour

Beacon Hill Village once again presents a rare opportunity to tour the distinctive private kitchens of residences in Beacon Hill and Back Bay. This tour, a proverbial feast for the culinarily- and architecturally-inclined, shines a light on the creativity that goes into and comes out of our kitchens – the heart of our homes. Tour tickets are \$50 in advance or \$60 on the day of. Luncheon tickets are \$135, which includes a tour ticket. This is a fun event that also supports Beacon Hill Village. Tour 1:00-4:00 p.m. *Open to the public. Call the office or register online.*



Monday, April 8 5:30-6:30 p.m.

Kate Sciacca: Beat the Blues

Sometimes the winter blues carry over into spring. The good news is that while depressive symptoms are common among older adults, they are also highly treatable. Nurse Practitioner Kate Sciacca will share tips and tricks to navigate mood changes, depression, isolation, and sleep disturbances to stay well. Allie Godsey will also lead the group through a visualization exercise used to promote mindful relaxation and boost mood. *Meet at Beacon House, 19 Myrtle Street, Community Room. BHV members only. Free.*

Wednesday, April 10 5:30-7:00 p.m.

Conversations with...Jim O'Connell, PhD

From oyster houses to ice cream parlors, Boston has long been one of the country's most influential restaurant cities. In this talk, Jim O'Connell, author of *Dining Out in Boston: A Culinary History*, will discuss the histories of some of Boston's most notable eateries: Union Oyster House, the recently shuttered Durgin Park, Parker House, Marliave, the erstwhile Locke Ober Café, and more. O'Connell holds a Ph.D. in Urban History from the University of Chicago and teaches in the City Planning Program at Boston University. *Meet at King's Chapel Parish House, 64 Beacon Street, at 5:30 p.m. for hors d'oeuvres; program begins at 6 p.m. BHV/BHS members: Free. Guests: \$20.*

Please continue to page 3. ►

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | | | |
|---|---|---|---|--|--|---|--|--|--|
| <p>ANOTHER CUP! Join BHV for Another Cup! Start the day off with coffee & conversation with fellow BHV members. Meets 1st and 3rd Wednesdays of the month at 9:15 a.m. at the Newsfeed Café at the Central Library in Copley Square. Email Murray Frank (mwfrank17@gmail.com).</p> <p>BOOK GROUP BHV members generally meet on the third Tuesday of each month from 2 – 3:15 p.m. at 74 Joy Street, first floor conference room, to discuss a book previously selected by the group. Currently full.</p> | <p>April Fools' Day Meditation (8:45) Calendar Mailing (10:30) Total Fitness w/ Cindy – Beacon Hill (11-noon) First Mondays at Jordan Hall (5:45 dinner; 7:30 concert)</p> <p style="text-align: right;">1</p> | <p>Total Fitness w/ Cindy – Back Bay (10-11) Stop & Shop (10 and noon) Cultural Connection (4:00)</p> <p style="text-align: right;">2</p> | <p>Another Cup! (9:15) Trader Joe's (10:00) Total Fitness w/ Cindy – Beacon Hill (11-noon) Market Basket (noon) Movie Matinee (TBA)</p> <p style="text-align: right;">3</p> | <p>Meditation (8:30) Men's First Drink (4:00)</p> <p style="text-align: right;">4</p> | <p>Acupuncture Demonstration (10:00) Total Fitness w/ Cindy – Back Bay (10-11) Stop & Shop (10 and noon)</p> <p style="text-align: right;">5</p> | <p><i>Creative Kitchens</i></p> <p>TOUR 2019 1-4:00</p> <p style="font-size: 2em;">6</p> | | | |
| | <p>Meditation (8:45) Total Fitness w/ Cindy – Beacon Hill (11-noon) Kate Sciacca: Beat the Blues (5:30)</p> <p style="text-align: right;">8</p> | <p>Total Fitness w/ Cindy – Back Bay (10-11) Stop & Shop (10 and noon)</p> <p style="text-align: right;">9</p> | <p>Total Fitness w/ Cindy – Beacon Hill (11-noon) Knit & Stitch (1-3:00) Conversations with... Jim O'Connell (5:30-7:00)</p> <p style="text-align: right;">10</p> | <p>Meditation (8:30) Music Salon (5:30-7:00)</p> <p style="text-align: right;">11</p> | <p>Total Fitness w/ Cindy – Back Bay (10-11) Stop & Shop (10 and noon) Taxi Coupons (11-noon)</p> <p style="text-align: right;">12</p> | <p>KNIT & STITCH BHV members meet twice a month to knit, crochet, embroider, or do other stitch work. Contact Diana Crane (dscrane565@comcast.net).</p> <p>MEDITATION Meets most Mondays at 8:45 a.m. and Thursdays at 8:30 a.m. at the Beacon Hill home of BHV member Susan Cox. Contact Susan (ssn.cox@gmail.com).</p> | | | |
| <p>Palm Sunday</p> <p style="text-align: right;">14</p> | <p>Patriot's Day - Boston Marathon Meditation (8:45) Total Fitness w/ Cindy – cancelled Dinner Group: Tony & Elaine's (5:30)</p> <p style="text-align: right;">15</p> | <p>Total Fitness w/ Cindy – cancelled Stop & Shop (10 and noon) Book Group (2-3:15)</p> <p style="text-align: right;">16</p> | <p>Another Cup! (9:15) Trader Joe's (10 and noon) Total Fitness w/ Cindy – cancelled Passover Seder (6:00-7:30)</p> <p style="text-align: right;">17</p> | <p>Meditation (8:30)</p> <p style="text-align: right;">18</p> | <p>Good Friday Passover begins at sundown Total Fitness w/ Cindy – cancelled Stop & Shop (10 and noon)</p> <p style="text-align: right;">19</p> | | | | |
| <p>Easter</p> <p style="text-align: right;">21</p> | <p>Earth Day Meditation (8:45) Total Fitness w/ Cindy – Beacon Hill (11-noon)</p> <p style="text-align: right;">22</p> | <p>Total Fitness w/ Cindy – Back Bay (10-11) Stop & Shop (10 and noon) Annual Member Gathering (5:30-7:00)</p> <p style="text-align: right;">23</p> | <p>Total Fitness w/ Cindy – Beacon Hill (11-noon) Knit & Stitch (1-3:00)</p> <p style="text-align: right;">24</p> | <p>Meditation (8:30) Travel Group (5-6:30)</p> <p style="text-align: right;">25</p> | <p>Total Fitness w/ Cindy – Back Bay (10-11) Grocery Shop (10 and noon)</p> <p style="text-align: right;">26</p> | <p>Massachusetts Historical Society (10-11:30)</p> <p style="text-align: right;">27</p> | | | |
| <p>BOWLING Strike up some conversation but spare us the puns bowling at Sacco's Bowl Haven in Davis Square. Typically on the final Tuesday of the month. Meet at the turnstiles at Charles/ MGH at 10:30 a.m. on the designated day. Email Carol Silverman (tsil64cde@gmail.com).</p> <p>CULTURAL CONNECTION Cultural Connection typically meets on the first Tuesday of each month at 4 p.m. at 75 Chestnut Street to discuss and plan arts outings. Option to dine together after. Email Roberta Meyers (bonmarche-babes12000@yahoo.com).</p> | <p>Meditation (8:45) Total Fitness w/ Cindy – Beacon Hill (11-noon) Diet & Health with Walter Willett (3:00)</p> <p style="text-align: right;">29</p> | <p>Total Fitness w/ Cindy – Back Bay (10-11) Stop & Shop (10 and noon) Bowling (10:30)</p> <p style="text-align: right;">30</p> | <p>Notes</p> | | | <p>MEN'S FIRST DRINK Join the men of Beacon Hill Village for a late afternoon drink as they continue their exploration of Boston's watering holes. Men's First Drink typically meets the first Thursday each month at 4 p.m. Contact Roger Cox (rhcox1@comcast.net).</p> <p>WALKING GROUP Join Roger Cox and other BHV members for a weekly Monday morning walk. The group generally meets at 9 a.m. at Hill House, 127 Mt. Vernon Street (the old Fire Station). Contact Roger Cox (rhcox1@comcast.net).</p> | | | |
| | <p>GROCERY SHOPPING TRIPS Door-to-door transportation and help carrying your groceries. Space is limited. BHV members only; \$10. STOP & SHOP: Tuesdays at 10:00 a.m. and noon, and Fridays at 10:00 a.m. (Somerville); Fridays at noon (Brigham's Circle). Must call office to register. TRADER JOE'S (Assembly Row): First Wednesday at 10:00 a.m.; Third Wednesday at 10:00 a.m. and noon. Register on BHV website or call office. MARKET BASKET (Chelsea): First Wednesday at noon. Register on BHV website or call office.</p> | | | <p>HEALTH & WELLNESS Total Fitness w/ Cindy Sullivan – Beacon Hill: Beacon House, 19 Myrtle Street, Mon. & Wed., 11 – noon. \$5 per class for BHV members. Registration not required. Total Fitness w/ Cindy Sullivan – Back Bay: First Church Boston, 66 Marlborough Street (at the corner of Berkeley). Tues. & Fri., 10-11. \$5 per class for BHV members. Registration not required. Tai Chi w/ Joshua Grant: Beacon House, 19 Myrtle Street, \$200 for BHV members for 10-session class or individual classes at \$25/class. Contact Joshua (gulong16@gmail.com) for more information. Fridays 11:45-12:30 p.m. Spectators welcome to observe one session. Beacon Hill Athletic Clubs: \$5 per class for BHV members. Please contact the office for location and class schedule information.</p> | | | <p>CITY OF BOSTON TAXI COUPON PROGRAM FOR ADULTS 65+ Pick up your taxi coupons at the BHV office on the second Friday each month between 11 and noon. Pay \$5 for a \$10 coupon book; monthly maximum two books per person. BHV members and nonmembers with photo ID. 74 Joy Street, third floor.</p> | | |



Dinner Group: Tony & Elaine's



Passover Potluck



2016 Annual Member Gathering



Travel Group: Down the River, Through the Grand Canyon

Thursday, April 11 5:30-7:00 p.m.

Music Salon

Up next in our series of "salon style" classical concerts are the mellifluous sounds of violin duo Jesus Saenz and Kelley McGarry. The graduate string students from Boston Conservatory at Berklee will perform at the Beacon Hill home of Muriel and Mo Finegold. \$15 for musician honorariums. BHV members only. Space is limited.

Monday, April 15 5:30 p.m.

Dinner Group: Tony & Elaine's

Red sauce rides high at Tony & Elaine's, the North End's newest Italian bistro. Named after owner Nick Frattaroli's parents (who for decades worked as servers in Boston's Little Italy), Tony & Elaine's boasts a menu brimming with standbys like lobster ravioli, bolognese, and veal saltimbocca. Better yet: try the meatballs, in "grandma's sauce"! Meet at 111 N. Washington St.; pay individually.

Wednesday, April 17 6:00-7:30 p.m.

Passover Potluck

BHV members are invited to celebrate Passover at BHV's Annual Community Seder at the Hill House Fire Station, where we'll have the symbolic foods on the Seder plate, ask and answer the "four questions," and sing a few songs. We'll provide matzoh, gefilte fish, haroseth, and other symbolic foods, and ask that you bring a main course, side dish, salad, dessert, or beverage that can be served at room temperature and that doesn't include flour, leavening, pork, or shellfish. Member volunteers will contact registrants to coordinate dishes and any helping roles. Register by April 1. Guests welcome on a space available basis; please contact the office to register a guest. Meet at Hill House Fire Station, 127 Mt. Vernon Street. Free.

Tuesday, April 23 5:30-7:00 p.m.

Annual Member Gathering

It's our members who make Beacon Hill Village what it is. Come celebrate the vibrant community we've built with the people who've made it happen: members (new and old), volunteers (member and non-member), our committees, the board, and staff. Hors d'oeuvres, libations, and a grateful toast to you. The Sanctuary at the Cathedral Church of St. Paul's, 138 Tremont Street. BHV members and by invitation. Free.

Thursday, April 25 5:00-6:30 p.m.

Travel Group: Down the River, Through the Grand Canyon

Carving its way through the Grand Canyon, the Colorado River and its tributaries have exposed nearly two billion years of geological history, creating some of the most stunning views on Earth. BHV member Betsy Peterson will share pictures from her 18-day trip along the winding river, floating, hiking, and camping in this incredible landscape. Meet at the home of Joan Doucette. BHV members only. Free.



BEACON HILL VILLAGE

74 Joy Street
Boston, MA 02114

NONPROFIT ORG.
U.S. POSTAGE
PAID
BOSTON, MA
PERMIT NO. 56848

RETURN SERVICE REQUESTED

APRIL 2019 CALENDAR

Saturday, April 27 10:00-11:30 a.m.
The History and Collections of the Massachusetts Historical Society



Since 1791, the Massachusetts Historical Society has worked to collect and preserve the state’s history. The past comes alive at its Boylston Street headquarters, home to an immense collection of rare documents, artifacts, and national treasures dating back to the Colonial era. On our 90-minute tour through their public rooms, a docent will discuss the history of the MHS, its artwork, and the vaunted Dowse Library. Finally, peruse “Can She Do It?” a special exhibition that explores the activism and debate around women’s

suffrage in Massachusetts. *Meet at the MHS, 1154 Boylston Street (closest T stop is Hynes Convention Center on the Green Line). BHV members & guests. Free.*

Monday, April 29 3:00-4:30 p.m.
Diet & Health, with Walter Willett MD, DPH

Beacon Hill Village presents Dr. Walter Willett, who will demystify the conflicting claims of some popular diets and discuss new findings on foods that promote better health. Research shows that eating well, keeping your weight in a healthy range, and exercising regularly can help prevent diabetes, heart attacks, cancer, and other medical problems. Dr. Willett is a Professor of Epidemiology and Nutrition at the Harvard School of Public Health and Professor of Medicine at the Harvard Medical School. His book *Eat, Drink, and Be Healthy*, co-authored with Patrick Skerrett, offers recommendations for eating healthfully to live better and longer. *Commonwealth Salon, McKim Building, Central Library in Copley Square, 700 Boylston St. Open to the public. Free.*

