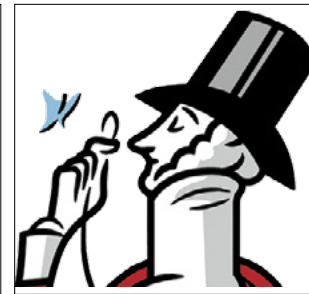




BEACON HILL VILLAGE AUGUST 2020 CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meditation (8:30) Movie Discussion Group: Hamilton (4:00)</p> <p style="text-align: right;">3</p>	<p>Cultural Connections on Zoom (4:00)</p> <p style="text-align: right;">4</p>	<p>Another Cup! (10:00) Meditation (4:00)</p> <p style="text-align: right;">5</p>	<p>Meditation (8:30) Men's First Drink (4:00)</p> <p style="text-align: right;">6</p>	<p>Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (3:00)</p> <p style="text-align: right;">7</p>
<p>Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) The New Yorker Hour (2:00)</p> <p style="text-align: right;">10</p>	<p>Zoom Fitness w/Cindy (11:00) LWEW Conversations with Each Other: Living Well After Lockdown (3:00)</p> <p style="text-align: right;">11</p>	<p>Another Cup! (10:00) Meditation (4:00)</p> <p style="text-align: right;">12</p>	<p>Meditation (8:30) Zoom Fitness w/Cindy (11:00) Zoom Travel Group (4:00)</p> <p style="text-align: right;">13</p>	<p>Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (3:00)</p> <p style="text-align: right;">14</p>
<p>Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) Movie Discussion Group: Rashomon (4:00)</p> <p style="text-align: right;">17</p>	<p>Zoom Fitness w/Cindy (11:00) Zoom Book Group (2:00)</p> <p style="text-align: right;">18</p>	<p>Another Cup! (10:00) Copley Art Society Museum Visit (2:00) Meditation (4:00)</p> <p style="text-align: right;">19</p>	<p>Meditation (8:30) Zoom Fitness w/ Cindy (11:00)</p> <p style="text-align: right;">20</p>	<p>Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (3:00)</p> <p style="text-align: right;">21</p>
<p>Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30)</p> <p style="text-align: right;">24</p>	<p>Zoom Fitness w/ Cindy (11:00) LWEW Conversations with Each Other: Living Well After Lockdown (3:00)</p> <p style="text-align: right;">25</p>	<p>Another Cup! (10:00) Meditation (4:00)</p> <p style="text-align: right;">26</p>	<p>Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Turner Classic Movies Discussion Group (3:00)</p> <p style="text-align: right;">27</p>	<p>Ferry to Charlestown & USS Constitution (10:30) Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (3:00)</p> <p style="text-align: right;">28</p>
<p>Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) Movie Discussion Group: Unorthodox miniseries (4:00)</p> <p style="text-align: right;">31</p>	<p style="text-align: center;">LWEW designates lectures, conversations, and workshops part of BHV's Living Well Ending Well Series.</p>			

NEW BHV PROGRAM: WALKING COMPANIONS

Are you interested in walking with another BHV member, but don't want to join a group of walkers? Then you are in luck – we are looking for BHV members to join our new Walking Companion Program. This program matches interested BHV members with a walking companion living in their neighborhood. BHV will give you your assigned companion's name and phone number, and together the two of you will coordinate the date/time/walk location of your choosing. This is a great way to get outside, get moving, and meet another BHV member! If you are interested in joining this program, please email info@beaconhillvillage.org.



AFFINITY GROUPS

ANOTHER CUP!

Join BHV members Murray Frank, Roger Cox & Roberta Meyers for Another Cup! Start the day with coffee and conversation with fellow BHV members, Wednesdays at 10:00 a.m. on Zoom. Contact Murray Frank (mwfrank17@gmail.com) to be added to his Zoom invitation distribution list. Registration not required.

BOOK GROUP

The BHV Book Group will gather on Zoom the third Tuesday of each month from 2:00-3:15 p.m. to discuss a book previously selected by the group. This group is currently closed, but please contact Diana Crane (dscrane565@comcast.net) if you're interested.

MEDITATION

Meets on Zoom Mondays and Thursdays at 8:30 a.m. and Wednesday afternoons at 4:00 p.m. Jerry Fielder is host and Susan Cox will guide you. Prior experience with meditation not required. Members may attend as many or as few sessions as they choose, and registration is not required. To join Jerry's Zoom invitation distribution list, please email info@beaconhillvillage.org.

MEN'S FIRST DRINK

Join the men of BHV for a late afternoon drink via Zoom. Men's First Drink meets the first Thursday of each month at 4:00 p.m. and is led by BHV members Ken Scott and Roger Cox. To join, please email info@beaconhillvillage.org so Roger and Ken may add you to their Zoom invitation distribution list. Please email Ken (kens@ix.netcom.com) or Roger (rhcox1@comcast.net) with questions.

TURNER CLASSIC MOVIES DISCUSSION GROUP

Led by BHV members Patricia Sheehan and Barbara Lindeman, the group will meet monthly on Zoom to discuss a film that's recently aired on TCM. This group will meet the final Thursday of the month at 3:00 p.m. Email Barbara Lindeman (barblindeman17@gmail.com) to be added to her Zoom invitation distribution list.

CULTURAL CONNECTION

Join the Cultural Connection (CC) affinity group – now on Zoom! The group meets at 4 p.m. on the first Tuesday of each month and discusses most forms of art and theater. Please email Roberta Meyers (bonmarchebabes12000@yahoo.com) to be added to the Zoom distribution list.

THE NEW YORKER HOUR

Join BHV members Jenny Attiyeh and Davida Carvin for a discussion group meeting twice per month in the afternoon to discuss an article from The New Yorker. These are extraordinary times, and The New Yorker does a phenomenal job of dissecting the issues that are confronting us. Please email Jenny and Davida at newyorkerhour@yahoo.com to be added to the Zoom distribution list.

GROCERY SHOPPING TRIPS (Temporarily suspended)

GROCERY DELIVERY (Available for one of three days each week)

Please send your lists to memberservices@beaconhillvillage.org or call the office at: (617) 723-9713. BHV members can sign up for one grocery list delivery/per household/week. Please send your lists:

- Monday before 2:00 p.m. for Tuesday delivery
- Wednesday before 2:00 p.m. for Thursday delivery
- Thursday before 2:00 p.m. for Friday delivery

HEALTH & WELLNESS

ZOOM FITNESS WITH CINDY SULLIVAN

Join fitness Instructor Cindy Sullivan on Zoom. Cindy will lead registrants through a variety of exercises for overall fitness during 50-minute classes Tuesdays and Thursdays at 11:00 a.m. Email the office at info@beaconhillvillage.org to sign up. \$7 per class.

ZOOM STRETCH AND STRENGTH WITH CINDY SULLIVAN

Join Cindy Sullivan on Zoom for a virtual 40-minute Stretch and Strength class on Mondays at 9:30 a.m. Email the office at info@beaconhillvillage.org to sign up. \$7 per class.

TAI CHI WITH JOSHUA GRANT

Join one or multiple sessions on Zoom. Each session costs \$15 (or \$90 for the 6-session series) and runs from 11:30 a.m.-12:15 p.m. Contact Joshua (gulong16@gmail.com) for class details, payment, and Zoom information.



Top left: BHV members Janet S. (left) and Marion N. enjoy a socially distanced walk along the Esplanade.

Above: *Moon Over Boston on the 4th of July* by BHV member Tom K.