

# Beacon Hill Village

## FEBRUARY 2016 CALENDAR HIGHLIGHTS

A reservation is required for all programs unless otherwise noted in the program description. Prices listed are per person and must be paid at time of reservation. Space is limited; BHV members have priority. 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. In that case we can make a refund only if we are able to fill your spot.

**Wednesday, February 3 9 - noon**

### Free Tech Help

Google employee Ian Swett will hold 45-minute one-on-one tutorials with BHV members to help them become more proficient with their smartphones, laptops or other portable devices. Call the office to sign up for your private session. Plan your questions in advance to make the most of your time with Ian. *Tutorials are at 74 Joy Street. BHV members only. Free.*

**Thursday, February 4 noon - 1 p.m. (plus lunch)**

### Boston Athenaeum Lecture: Puffin Project

Steven Kress, aka "The Puffin Man," and journalist and nature photographer Derrick Jackson will share with audience members the inspiring story of how it was possible to restore 1,000 puffin pairs to three Maine islands, where they had been wiped out for more than 100 years. Dr. Kress is the Vice President for Bird Conservation and Director of the Seabird Restoration Program of the National Audubon Society and Director of the Hog Island Audubon Camp. Mr. Jackson is a columnist and associate editor of the Boston Globe. After the one-hour lecture we'll walk across the street to Scollay Square for lunch (optional, pay individually). *Meet at the Boston Athenaeum, 10 1/2 Beacon Street, at 11:45 a.m. for the noon lecture. BHV members and their guests. Free.*



**Tuesday, February 9 5:30 - 7:30 p.m.**

### Heirloom Discovery Evening: What's It Worth?

Nationally recognized fine art auctioneer Michael B. Grogan & Company will once again host this unique and fun-filled event at which family heirlooms and yard sale treasures will take the stage. It's an antiquarian "show and tell," similar to WGBH's *Antiques Roadshow*. Guests are invited to bring one item to be appraised – art, jewelry, or antique (no rare books, please) – or a photograph of a larger item, such as an Oriental rug or piece of furniture. As an added bonus, Grogan & Company will share stories and surprises in the appraisal and auction world! Wine and light hors d'oeuvres will be provided. *Tickets for this BHV fundraising event are \$50 and are limited. The event will be held at Grogan & Company, 20 Charles Street. Open to the public.*

**Thursday, February 11 2 - 3:30 p.m.**

### Nutrition and Brain Health

Nancy Emerson Lombardo, developer of the evidence-based Memory Preservation Nutrition program, will give a presentation on healthy eating for a healthy brain. Dr. Emerson Lombardo developed the whole-foods nutrition program in 2005 based on increasing evidence showing strong associations between good nutrition and a decreased risk of cognitive decline in older adults. The program has the dual purpose of helping people reduce their own risk of Alzheimer's disease and slowing the progression and improving the lives of persons living with the disease. Dr. Emerson Lombardo is Adjunct Research Assistant Professor of Neurology at Boston University School of Medicine and the BU Alzheimer's Disease Center, and is a co-founder of the Alzheimer's Association and Alzheimer's Disease International. *Meet at King's Chapel Parish House, 64 Beacon Street. Open to the public. Free.*



**Friday, February 12 1:30 - 2:30 p.m.; lunch at noon**

### BSO Community Chamber Music

Enjoy a free one-hour concert performed by musicians from the Boston Symphony Orchestra brass section at the Fenway Center at Northeastern. Before the concert, we'll meet for lunch (optional, pay individually) at Panera Bread. If joining the group for lunch, meet at Panera Bread, 289 Huntington Avenue (one block from the Green "E" line), at noon; for the concert only, meet at the Fenway Center, 77 St. Stephen Street (a two-block walk from the Green "E" line), at 1:15 p.m. *BHV members and their guests. Free.*

**Tuesday, February 16 9:30 - 1:30 p.m.**



### Greenhouses at Wellesley College & Davis Museum

Enjoy a bit of warmth in the middle of winter during our tour of the Margaret C. Ferguson Greenhouses at Wellesley College, which house the most

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>TAXI COUPONS</b> Come to the BHV office on Friday, February 12, between 11 and noon, to pick up your taxi coupons at this monthly distribution. Pay \$5 for a \$10 coupon book; maximum of two books per person, per month. BHV members only. 74 Joy Street, third floor.</p>	<p>Meditation (8:45) Calendar Mailing (10:30) Total Fitness w/Cindy (11-noon)</p> <p style="text-align: center;">1</p>	<p>Grocery Shop (9:30 &amp; 11:30) Terrific Tuesdays (4:00)</p> <p style="text-align: center;">2</p>	<p>Free Tech Help (9-12) Market Basket (10 &amp; noon) Total Fitness w/Cindy (11-noon)</p> <p style="text-align: center;">3</p>	<p>Meditation (8:45) Boston Athenaeum Lecture: Puffin Project (noon-1) plus lunch Men's First Drink (4:00)</p> <p style="text-align: center;">4</p>	<p>Grocery Shop (9:30 &amp; 11:30) Tai Chi (noon-1)</p> <p style="text-align: center;">5</p>	
<p><b>TRIP TO MARKET BASKET</b> Door-to-door transportation to Market Basket in Somerville on Wednesday, February 3, at 10 a.m. and noon. A driver will help carry your groceries! Space is limited. BHV members only: \$10.</p>	<p>Meditation (8:45) Total Fitness w/Cindy (11-noon)</p> <p style="text-align: center;">8</p>	<p>Grocery Shop (9:30 &amp; 11:30) Heirloom Discovery Evening: What's It Worth? (5:30-7:30)</p> <p style="text-align: center;">9</p>	<p>Market Basket (10 &amp; noon) Total Fitness w/Cindy (11-noon)</p> <p style="text-align: center;">10</p>	<p>Meditation (8:45) Nutrition and Brain Health (2-3:30) Maidens &amp; Martinis (4:30)</p> <p style="text-align: center;">11</p>	<p>Grocery Shop (9:30 &amp; 11:30) Taxi Coupons (11-noon) Tai Chi (noon-1) BSO Community Chamber Music (1:30-2:30; lunch at noon)</p> <p style="text-align: center;">12</p>	
<p><b>TRIP TO TRADER JOE'S</b> Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, February 17, at noon and 2 p.m. A driver will help carry your groceries! Space is limited. BHV members only: \$10.</p>	<p>Meditation (8:45) Total Fitness w/Cindy cancelled</p> <p style="text-align: center;">15</p>	<p>Grocery Shop (9:30 &amp; 11:30) Greenhouses at Wellesley College &amp; Davis Museum (9:30-1:30)</p> <p style="text-align: center;">16</p>	<p>Total Fitness w/Cindy cancelled Trader Joe's (noon &amp; 2)</p> <p style="text-align: center;">17</p>	<p>Meditation (8:45)</p> <p style="text-align: center;">18</p>	<p>Grocery Shop (9:30 &amp; 11:30) Tai Chi (noon-1)</p> <p style="text-align: center;">19</p>	
<p><b>TERRIFIC TUESDAYS</b> BHV members meet on Tuesday, February 2 at 4 p.m. at 75 Chestnut Street to discuss and plan outings related to the arts. All BHV members welcome! Registration not required.</p>	<p>Meditation cancelled Total Fitness w/Cindy (11-noon)</p> <p style="text-align: center;">22</p>	<p>Grocery Shop (9:30 &amp; 11:30) John Adams Courthouse Tour (11-noon) plus lunch</p> <p style="text-align: center;">23</p>	<p>Total Fitness w/Cindy (11-noon)</p> <p style="text-align: center;">24</p>	<p>Meditation cancelled Lyman Estate: Mansion and Greenhouse Camellia Tour (9:30-1) Cardiology: The Science Behind Strokes &amp; Heart Attacks (2:00)</p> <p style="text-align: center;">25</p>	<p>Grocery Shop (9:30 &amp; 11:30) Tai Chi (noon-1)</p> <p style="text-align: center;">26</p>	
<p><b>MEN'S FIRST DRINK</b> The men of Beacon Hill Village continue their once-a-month exploration of Boston's watering holes on Thursday, February 4, at 4 p.m. Location TBD. BHV members and their guests. Pay individually.</p>	<p>Meditation cancelled Total Fitness w/Cindy (11-noon) Lunch Group: Brasserie JO (12:30)</p> <p style="text-align: center;">29</p>	Notes				
<p><b>MEDITATION</b> Meets every Monday and Thursday at 8:45 a.m. (except as otherwise noted on the calendar) at the Beacon Hill home of BHV member Susan Cox. BHV members only.</p>	<p><b>HEALTH &amp; WELLNESS:</b>  <b>Beacon Hill Athletic Club (\$5/class)</b>  <i>North Station, 261 Friend Street:</i> Aerial Conditioning (Fri at 8:30)  <i>North End, 85 Atlantic Avenue:</i> Total Body Strength (Mon at 8:30 and Fri at 8:15); Muscle (Wed, Thurs at 8:30); Stretching (Wed, Thurs at 9:30); Yoga (Fri at 9:15)  <i>Beacon Hill, 3 Hancock Street:</i> Senior Conditioning (Tues, Thurs at 10)</p>					
	<p><b>Total Fitness w/Cindy Sullivan</b> Beacon House, 19 Myrtle Street, 11 a.m. - noon BHV Monday and Wednesday exercise class. Free for BHV members.</p>			<p><b>Tai Chi w/Joshua Grant</b> Beacon House, 19 Myrtle Street, noon - 1 p.m. \$145 for BHV members for 12-session class Individual classes may be taken with the permission of the instructor. Email the instructor at gulong16@gmail.com for more information.</p>		





John Adams Courthouse Tour



Lyman Estate: Mansion & Camellia Greenhouse Tour



Cardiology: The Science Behind Strokes and Heart Attacks



Lunch Group: Brasserie JO

diverse collection of plants under glass in the greater Boston area. Among the 15 interconnected greenhouses are the Desert House, showcasing cacti and succulents in a series of miniature landscapes, and the Tropic House, where palms, cycads and bananas grow. One of the prizes in the collection is the 130-plus year old Durant camellia from the college's founder. After visiting the greenhouses, we'll head over to the other side of campus for a tour of the Davis Museum. A light eat-on-the-go snack will be provided to tide you over until the return to Boston. *Meet at Café Tatte, 70 Charles Street, at 9:30 a.m., or Starbucks, 165 Newbury Street (between Dartmouth & Exeter), at 9:35 a.m. BHV members: \$30. Prospective members and guests of BHV members: \$45. Price includes van transportation, admission to and tour of the greenhouses and a snack.*

**Tuesday, February 23 11 - noon (plus lunch)**

**John Adams Courthouse Tour**

Headquarters of the Massachusetts judicial branch, the historic John Adams Courthouse houses the Massachusetts Supreme Judicial Court, the Massachusetts Appeals Court, and the Social Law Library, the nation's oldest law library. Our private tour will include a visit to the modern courtroom where the Supreme Judicial Court Justices hear oral arguments and the historic courtroom where Chief Justice Oliver Wendell Holmes once presided. The courthouse contains two educational exhibits: *John Adams: Architect of American Government* and *Sacco and Vanzetti: Justice on Trial*. After our tour we'll have lunch (optional, pay individually) at the nearby Grotto restaurant. *BHV members and their guests. Meet at the Courthouse, One Pemberton Square (at the intersection of Ashburton Place and Somerset Street). Free.*

**Thursday, February 25 9:30 - 1 p.m.**

**Lyman Estate: Mansion & Camellia Greenhouse Tour**

On our visit to the 37-acre Lyman Estate in Waltham, a Historic New England property, we will be treated to a private tour of both the elegant mansion and the historic greenhouses, where the century-old red, white, pink and variegated camellias are expected to be in bloom. The second floor of the mansion is accessible only via a curved staircase and the greenhouse grounds are uneven. Please wear sturdy shoes! *Meet at Café Tatte, 70 Charles Street, at 9:30 a.m., or at Starbucks, 165 Newbury Street (between Dartmouth and Exeter), at 9:35 a.m. BHV members: \$40. Prospective members and guests of BHV members: \$55. Price includes van transportation, a private tour of the mansion and greenhouses, and a snack.*

**Thursday, February 25 2 p.m.**

**Cardiology: The Science Behind Strokes and Heart Attacks**

In our ongoing series of presentations on health related topics, Kate Sciacca, RN, will talk about *Cardiology: The Science Behind Strokes and Heart Attacks*, including warning signs and what to do. After her presentation, Kate will be available to meet one-on-one with members who would like to have their blood pressure checked or discuss any health related topic or ailment (wellness clinic). *Meet at 74 Joy Street, first floor conference room. BHV members only. Free.*

**Monday, February 29 12:30 p.m.**

**Lunch Group: Brasserie JO**

Located in the Colonnade Boston Hotel, Brasserie JO is a restaurant in the authentic style and cuisine of classic brasseries throughout France, under the culinary direction of world-renowned Chef Jean Joho. *Meet at Brasserie JO, 120 Huntington Avenue. BHV members and their guests. Pay individually.*

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### Sunday, August 21, 2016 – Matinee Performance

We are once again partnering with Cambridge at Home and Wellesley Neighbors for a day trip to hear the Boston Symphony Orchestra perform at Tanglewood. The concert features Berlioz Overture to *Beatrice et Benedict*; Tsontakis *Sonnets*, Concerto for English horn and orchestra; Saint-Saens Piano Concerto No. 5, Egyptian; and Prokofiev Suite from *Romeo and Juliet*.

The cost for the trip is expected to be \$140, which includes transportation by private chartered bus, tickets in the shed, and a boxed lunch. The pick-up from Café Tatte, 70 Charles Street, will be at 8:45 a.m., with an expected return time of about 7-8 p.m. *Please call the office if interested in this trip.*

# TANGLEWOOD IN AUGUST



### Tai Chi at Beacon House Fridays at noon with US National Tai Ji Gold Medalist Joshua Grant

We are delighted to welcome Joshua Grant as the new Tai Chi instructor (taking over from Dorri Li) at Beacon House. Joshua is a two-time US National Tai Ji Gold Medalist, creator of the “Tai Chi Fitness & Health” video series, and owner of Boston Kung Fu Tai Chi Institute in Back Bay. Join BHV members and others at this ancient Chinese form of low-stress exercise that has become popular among seniors. Joshua’s classes are taught at Beacon House, 19 Myrtle Street, on Fridays, noon-1 p.m. A 12-session class is \$145 for Beacon Hill Village members. Individual classes may be taken with the permission of the instructor. *Please contact Joshua at [gulong16@gmail.com](mailto:gulong16@gmail.com) for more information.*