



BEACON HILL VILLAGE

FEBRUARY 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.

Wednesday, Jan 30 5:30-6:30 p.m.

Beating the Winter Blues with Kate Sciacca



Many of us experience sadness during the winter months – even hearty New Englanders. With fewer daylight hours, freezing temperatures, slippery storms, and holiday stressors, it's no wonder! The good news is that while depressive symptoms are very 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. BHV staff member 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.*

Friday, February 1 3:00 p.m.

Virtual Reality with Rendeвер



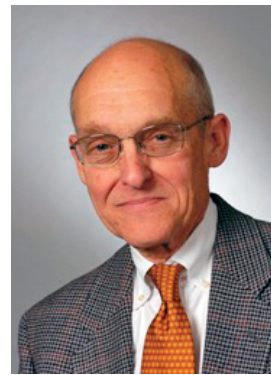
Cambridge start-up Rendeвер has built a marvelous virtual reality platform designed specifically for older adults to experience with friends or family. Come join us for a demo of Rendeвер's work and be whisked away to the Eiffel Tower, the beautiful La Familia Sagrada in Barcelona, or the savannah of Africa as a herd of elephants saunter by. Join us as we expand our world together with Rendeвер. Spectators welcome. *Meet at Beacon House, 19 Myrtle Street, Community Room. BHV members only. Free.*

Tuesday, February 5 1:30-3:00 p.m.

Friday, February 8 1:30-3:00 p.m.

The Savvy Patient: Becoming a Partner in Your Own Health Care, with Gordon Moore, M.D. and Barbara Roop, Ph.D., J.D.

This two-part conversation between an experienced practitioner and health care systems expert (Moore) and a healthcare consumer advocate (Roop) will



Gordon Moore



Barbara Roop

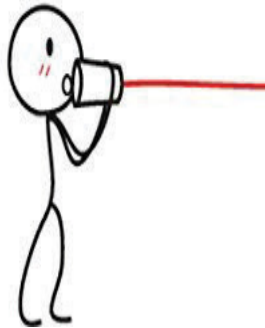
help you become a Savvy Patient empowered to ensure that the health care you receive meets your personal needs, not those of some hypothetical average patient. The conversations will cover the whole cycle of the doctor-patient relationship, from first interview to final days. You'll learn to think through your health care in terms of risk vs. reward for you. Which interventions, from medications to surgery and everything in between, make sense for *you*? Are there alternatives and how do you evaluate them? Your questions will be welcome throughout both sessions.

Gordon Moore MD, MPH, was for 40 years a primary care doctor practicing in Cambridge. He is Professor of Population Medicine at Harvard Medical School, the lead author of a recent book *Choice Matters: How Healthcare Consumers Make Decisions and Why Managers and Clinicians Should Care*, and one of the world's top authorities on designing and implementing healthcare delivery systems.

Barbara Roop is a health care reform advocate who has combined her health care policy studies with her political experiences working in the Dukakis Administration and Massachusetts Senate and as the leader of a grassroots, ballot campaign to make affordable health care a constitutional right for every Massachusetts resident – a campaign that was a contributing force in the creation of Romneycare and later Obamacare. *Commonwealth Salon, McKim Building, Boston Public Library in Copley Square (use the Boylston Street entrance). Open to the public. Free.*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>AFFINITY GROUPS</p> <p>ANOTHER CUP! Join BHV for Another Cup! Start the day off with coffee & conversation with fellow BHV members. Typically meets the 1st and 3rd Wednesdays of the month at 9:15 a.m. at the Newsfeed Café at the Boston Public Library in Copley Square (use Boylston entrance). Email Murray Frank (mwfrank17@gmail.com) to be added to his distribution list.</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. Email Allie (allie@beaconhillvillage.org) if you are interested in forming a new book group.</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 the meeting. Email Roberta Meyers at (bonmarchebabes12000@yahoo.com) to be added to her distribution list.</p>	<p>Meditation (8:45) Bowling (10:30) Total Fitness w/ Cindy – Beacon Hill (11-noon)</p> <p style="text-align: right;">1/28</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (10-11)</p> <p style="text-align: right;">1/29</p>	<p>Total Fitness w/ Cindy – Beacon Hill (11-noon) Lunch Group: Piattini (1:00) Beating the Winter Blues with Kate Sciacca (5:30-6:30)</p> <p style="text-align: right;">1/30</p>	<p>Meditation (8:30) Conversations with... Steven Lipsitt (5:30-7:00)</p> <p style="text-align: right;">1/31</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (10-11) Virtual Reality with Rendeвер (3:00)</p> <p style="text-align: right;">1</p>	<p>AFFINITY GROUPS</p> <p>KNIT & STITCH BHV members meet twice a month to knit, crochet, embroider, or do other stitch work. This month the group will meet at Fran's. Contact Diana Crane (dscrane565@comcast.net) to be added to her distribution list.</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) to be added to her distribution list for cancellations.</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 (rhcoc1@comcast.net) for the location and to be added to his distribution list.</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 (rhcoc1@comcast.net) to be added to his distribution list.</p>
	<p>Meditation (cancelled) Total Fitness w/ Cindy – Beacon Hill (11-noon)</p> <p style="text-align: right;">4</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (10-11) Savvy Patient Part I (1:30) Cultural Connection (4:00)</p> <p style="text-align: right;">5</p>	<p>Another Cup! (9:00) Trader Joe's (10:00) Total Fitness w/ Cindy – Beacon Hill (11-noon) Market Basket (noon) Knit & Stitch (3-5:00)</p> <p style="text-align: right;">6</p>	<p>Meditation (8:30) The Emerson Colonial Theatre (2:00) Men's First Drink (4:00)</p> <p style="text-align: right;">7</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (10-11) Taxi Coupons (11-noon) Savvy Patient Part II (1:30)</p> <p style="text-align: right;">8</p>	
	<p>Meditation (8:45) Total Fitness w/ Cindy – Beacon Hill (11-noon)</p> <p style="text-align: right;">11</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (10-11)</p> <p style="text-align: right;">12</p>	<p>Total Fitness w/ Cindy – Beacon Hill (11-noon) Conversations with...Jade Luiz (5:30-7:00)</p> <p style="text-align: right;">13</p>	<p>VALENTINE'S DAY Meditation (8:30)</p>  <p style="text-align: right;">14</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (10-11) Ansel Adams in Our Time The MFA (meet at 10:15; 10:30 tour)</p> <p style="text-align: right;">15</p>	
	<p>Presidents Day BHV Office Closed Meditation (8:45) Total Fitness w/ Cindy – Beacon Hill (cancelled)</p> <p style="text-align: right;">18</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (cancelled) Book Group (2-3:15)</p> <p style="text-align: right;">19</p>	<p>Another Cup! (9:00) Trader Joe's (10:00 and noon) Total Fitness w/ Cindy – Beacon Hill (cancelled) Movie Matinee at The Coolidge & Tea at Gen Sou En (TBA) Knit & Stitch (3-5:00)</p> <p style="text-align: right;">20</p>	<p>Meditation (8:30) Lunch Group: Fin Point & Aquarium Visit (1:00 p.m lunch.; 2:40 p.m. tour)</p> <p style="text-align: right;">21</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (cancelled)</p> <p style="text-align: right;">22</p>	
	<p>Meditation (8:45) Total Fitness w/ Cindy – Beacon Hill (11-noon)</p> <p style="text-align: right;">25</p>	<p>Stop & Shop (10 and noon) Total Fitness w/ Cindy – Back Bay (10-11) I ♥ Hearing: Headset Demo & Audiologist Lecture (3:00)</p> <p style="text-align: right;">26</p>	<p>Total Fitness w/ Cindy – Beacon Hill (11-noon)</p> <p style="text-align: right;">27</p>	<p>Meditation (8:30) Bowling (10:30)</p> <p style="text-align: right;">28</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.

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.

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.

Beacon Hill Athletic Clubs: \$5 per class for BHV members. Please contact the office for location and class schedule information.





Photograph courtesy of Patrick Farrell

The Emerson Colonial Theatre



Conversations with...Jade Luiz



Ansel Adams in Our Time with Karen Haas, Curator



Movie Matinee at The Coolidge & Tea at Gen Sou En

Thursday, February 7 2:00 p.m.

The Emerson Colonial Theatre

After meticulous renovations, the Emerson Colonial Theatre – known for its opulence as much as the Broadway hits it has nurtured – is back! According to the *Globe*, crews spent more than 37,000 man-hours during renovations – repairing murals, re-creating plaster molds, retouching gold leaf, and installing some 42,000 square feet of carpet. The Grande Dame of Boston theater reopened its doors this past summer, and is now bringing the tradition of the pre-Broadway tryout back to Boston. On this private tour, see the Colonial up-close in all its newly refurbished grandeur: the stunning central lobby, evocative of the Versailles Hall of Mirrors, the fabled ladies’ room lounge – where Bob Fosse once tap-danced atop the onyx table – and backstage, where Broadway-bound favorites like George and Ira Gershwin’s “Porgy and Bess” and Neil Simon’s “The Odd Couple” got their start. Colonial operators will give us an insider’s view of the restoration process, what running the theater involves today, along with juicy tales from the storied theater’s past. *Meet at the Colonial, 106 Boylston St. BHV members only. \$10 for docent-led tour.*

Wednesday, February 13 5:30-7:00 p.m.

Conversations with...Jade Luiz

Jade Luiz is a recent Ph.D. graduate from Boston University, where she specialized in historical archaeology – 19th century urbanism, gender, and archaeology of the senses. Her research delves into the history of 19th century prostitution, focusing on an archaeological collection from a North End brothel on Endicott Street. Luiz is specifically interested in understanding daily life in the brothel by examining the objects and historical documents that remain. *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 and prospective members: \$20.*

Friday, February 15 10:30 a.m. tour; meet at 10:15 a.m.

Ansel Adams in Our Time with Karen Haas, Curator

“Ansel Adams in Our Time” traces the visual legacy of Ansel Adams, presenting some of his most iconic prints, from a symphonic view of snow-dusted peaks in *The Tetons and Snake River, Grand Teton National Park, Wyoming* (1942) to an aerial shot of a knotted roadway in *Freeway Interchange, Los Angeles* (1967). The exhibition places Adams in context, displaying his images alongside prints by 19th-century government survey photographers who greatly influenced him, as well as the work of contemporary artists whose modern-day concerns – the environment, land rights, and the use and misuse of natural resources – point directly to Adams’s legacy. Lane Curator of Photographs Karen Haas, the exhibition’s curator will be our host on this private BHV tour. Haas will explain her curatorial process, providing insight into the powerful themes the show evokes. *Thanks to the generosity of one of our members, there are 20 complimentary passes available to BHV members for this event. Registrations will be first come, first served. Space limited. Meet at the Huntington Ave. entrance promptly at 10:15 a.m. BHV members only. Free.*

Wednesday, February 20 TBA

Movie Matinee at The Coolidge & Tea at Gen Sou En

Calling all cinephiles! Those “in the know” know that Wednesday matinees at the Coolidge Corner Theatre are just \$6 for seniors. When the date approaches, we’ll let you know the movie and time. After the movie, join your fellow BHV members for a traditional Japanese tea at Gen Sou En Teahouse, 299 Harvard Street. *Meet at the Coolidge Corner Theatre, 290 Harvard St. Coolidge Corner on the Green C Line is the closest T stop. BHV members and their guests. Pay individually.*

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FEBRUARY 2019 CALENDAR

Thursday, February 21 1:00 lunch; 2:30 tour
**Lunch Group:
Fin Point & New England Aquarium Visit**



Lunch Group: Fin Point & New England Aquarium Visit

Who says you can't have your fish and visit an aquarium too? This month, BHV will head to Fin Point, a favorite neighborhood restaurant in the beautifully appointed space adjoining the Hilton Boston Downtown/Faneuil Hall. After lunch, we'll head across the Greenway for a self-guided visit to the New England Aquarium. *For lunch, meet at Fin Point, 89 Broad Street. Closest T stops are Aquarium and State Street. Aquarium only, meet at 1 Central Wharf on the main plaza at 2:30. Senior admission to the Aquarium is \$18.95; lunch is pay individually. BHV members and their guests.*

Tuesday, February 26 3:00 p.m.
**I ♥ Hearing: Headset Demo
& Audiologist Lecture**

Join Joanne Cooper, BHV Services Committee Chair and Janice Ruell from Member Services for a demo of BHV's newly purchased Eversound Hearing Assist Headsets. Learn how the headsets work and how you can help the Village make the most of this exciting acquisition. After the demo,



Gayle Flood, an Audiologist from Northeastern University's Speech-Language and Hearing Center will discuss the health implications of hearing loss and its social/emotional toll along with current hearing aid trends and technology and the additional resources available to people in Boston. *Meet at Beacon House, 19 Myrtle Street, Community Room. BHV members only. Free.*

Thursday, February 28 10:30 a.m.
Candlepin Bowling at Sacco's

Join BHV members for candlepin bowling at Sacco's Bowl Haven in Davis Square followed by a group lunch. Pay individually. *Meet at the turnstiles at Charles/MGH at 10:30 a.m. BHV members and their guests.*