

## BEACON HILL VILLAGE

# JANUARY 2017 CALENDAR HIGHLIGHTS

Programs are one of the benefits of membership in Beacon Hill Village. Selected programs are open to guests of members and to prospective members who may be interested in joining the Village. Members have priority when registering for programs that have space limitations. BHV reserves the right to limit the number of programs that prospective members may attend. A reservation is required for all programs unless otherwise noted in the program description. 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.

**Friday, January 6 10:30 a.m. tour**

### **First Light: A Decade of Collecting at the ICA**



Coinciding with the ten-year anniversary of the Institute of Contemporary Art's move to its iconic waterfront building, *First Light* celebrates the Museum's first decade of collecting. Drawn entirely from ICA's collection and featuring multiple thematic, artist-specific, and historical sections, the exhibition brings together both new acquisitions and favorites from the permanent collection. After our private tour of the exhibit, we'll have lunch (pay individually) at the Museum's Water Café. *Meet at the turnstiles at the Charles/MGH station at 9:45 a.m. or at the ICA at 10:30 a.m. BHV members and their guests: \$12. ICA members: \$3.*

**Fridays, January, February & March noon -1 p.m.**

### **Tai Chi for Strength and Balance**

BHV members are invited to join the next 10-week session of Joshua Grant's tai chi class beginning on January 6. Tai chi is a system of gentle physical exercise and stretching involving a series of movements performed in a slow, focused manner accompanied by deep breathing. Joshua is a U.S. Gold Medalist in Tai Chi and founder of the Boston Kung Fu Tai Chi Institute. For additional information, email Joshua at [gulong16@gmail.com](mailto:gulong16@gmail.com). The class meets at Beacon House, 19 Myrtle Street. Fee is \$200 for a 10-week session. Individual classes are \$25.



**Monday, January 9 12:30 p.m.**

### **Lunch Group: Joe's American Bar & Grill**

A neighborhood staple for traditional American cuisine in the Back Bay that provides a comfortable and fun atmosphere. *Meet at 181 Newbury Street (between Dartmouth & Exeter). BHV members and their guests.*

**Wednesday, January 11 2-4 p.m.**

### **Living Well/Ending Well**

#### **Home Modification & Reorganizing for Accessibility**

Home Modification looks at the ways we can modify our living spaces for greater comfort, safety, and independence as we age. Architect Deborah Pierce, author of *The Accessible Home: Designing for All Ages and Abilities*, will share photos from her book that illustrate how creative, thoughtful design – ranging from small tasks to larger renovations – can be both beautiful and empowering for individuals with physical and other limitations. Come prepared to be wowed! In *Reorganizing for Accessibility*, Diane LeWand, a member of the National Association of Professional Organizers, will talk about her work with clients to help them clear their clutter and create solutions that work for their needs and their environment. The results can “Make More Room in Your Life!” *Meet at AARP, 23rd Floor, One Beacon Street. Open to the public. Free.*

**Thursday, January 12 9:30 a.m. - 2:30 p.m.**

### **Concord Museum**

Two special exhibits will be on display during our visit to the Concord Museum. *The Art and Mystery of the Dollhouse* includes dollhouses and miniatures from the 17th through early 20th centuries, showing their evolution from treasures for wealthy adults to colorful playthings for children. *Women of Concord* uses objects in the Museum's collection to tell the stories of some of the town's famous and not-so-famous women – editor, silversmith, social-justice activist, artist, domestic, Army nurse, teacher, factory worker, author, farmer, mother, and philanthropist. After our private tour we'll have lunch at the Colonial Inn (pay individually). *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: \$40. Guests of BHV members and prospective members: \$55.*



**Thursday, January 12 4:30 p.m.**

### **Maidens & Martinis: McCormick & Schmick's**

Join the women of Beacon Hill Village for a late afternoon drink at McCormick & Schmick's, Faneuil Hall Marketplace, 1 N. Market Street. *Registration required. BHV members and their guests.*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>New Year's Day</b> <b>Last Day of Kwanzaa</b></p> <p style="text-align: center;"><b>1</b></p>	<p><b>BHV Office Closed</b> <b>Meditation (8:45)</b> <b>Total Fitness w/Cindy (11-noon)</b></p> <p style="text-align: center;"><b>2</b></p>	<p><b>Grocery Shop (10 &amp; noon)</b> <b>Total Fitness w/Cindy - Back Bay (10-11)</b> <b>Calendar Mailing (10:30)</b> <b>Terrific Tuesdays (4:00)</b></p> <p style="text-align: center;"><b>3</b></p>	<p><b>Trader Joe's (10:00)</b> <b>Total Fitness w/Cindy (11-noon)</b> <b>Market Basket (noon)</b> <b>Bridge w/ Steve (3:30-5:30)</b></p> <p style="text-align: center;"><b>4</b></p>	<p><b>Meditation (8:45)</b> <b>Men's First Drink (4:00)</b></p> <p style="text-align: center;"><b>5</b></p>	<p><b>Grocery Shop (10 &amp; noon)</b> <b>ICA (10:30 tour)</b> <b>Total Fitness w/Cindy - Back Bay (11:45-12:45)</b> <b>Tai Chi (noon-1)</b></p> <p style="text-align: center;"><b>6</b></p>	<p><b>TERRIFIC TUESDAYS</b> Terrific Tuesdays meets on Tuesday, January 3 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><b>MEN'S FIRST DRINK</b> Men's First Drink continues its exploration of Boston's watering holes on Thursday, January 5, at 4 p.m. BHV members and their guests. Location TBD.</p> <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>GROCERY SHOPPING TRIPS</b> <b>Note new times!</b> The times for BHV's regular grocery shopping trips on Tuesday and Friday have been changed from 9:30 a.m. and 11:30 a.m. to 10 a.m. and noon.</p> <p><b>TAXI COUPONS</b> Come to the BHV office on Friday, January 13, 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><b>TRIP TO MARKET BASKET</b> Door-to-door transportation to Market Basket in Chelsea on Wednesday, January 4 at 10 a.m. A driver will help carry your groceries. Space is limited. BHV members only: \$10.</p> <p><b>TRIP TO TRADER JOE'S</b> Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, January 4 at 10 a.m., and Wednesday, January 18, at 10 a.m. and noon. A driver will help carry your groceries. Space is limited. BHV members only: \$10.</p>	<p><b>Meditation (8:45)</b> <b>Total Fitness w/Cindy (11-noon)</b> <b>Lunch Group: Joe's American Bar &amp; Grill (12:30)</b></p> <p style="text-align: center;"><b>9</b></p>	<p><b>Grocery Shop (10 &amp; noon)</b> <b>Total Fitness w/Cindy - Back Bay (10-11)</b></p> <p style="text-align: center;"><b>10</b></p>	<p><b>Total Fitness w/Cindy (11-noon)</b> <b>Living Well/Ending Well: Home Modification &amp; Reorganizing for Accessibility (2-4)</b> <b>Bridge w/ Steve (3:30-5:30)</b></p> <p style="text-align: center;"><b>11</b></p>	<p><b>Meditation (8:45)</b> <b>Concord Museum (9:30-2:30)</b> <b>Maidens &amp; Martinis: McCormick &amp; Schmick's (4:30)</b></p> <p style="text-align: center;"><b>12</b></p>	<p><b>Grocery Shop (10 &amp; noon)</b> <b>Taxi Coupons (11-noon)</b> <b>Total Fitness w/Cindy - Back Bay (11:45-12:45)</b> <b>Go4Life: Exercise Assessment (12:45-1:45)</b> <b>Tai Chi (noon-1)</b></p> <p style="text-align: center;"><b>13</b></p>	
	<p><b>MLK Day</b> <b>Free Admission to the MFA</b> <b>Meditation (8:45)</b> <b>Total Fitness w/Cindy (11-noon)</b></p> <p style="text-align: center;"><b>16</b></p>	<p><b>Grocery Shop (10 &amp; noon)</b> <b>Total Fitness w/Cindy - Back Bay (10-11)</b> <b>Wellness: Bone Health (11-12:30)</b></p> <p style="text-align: center;"><b>17</b></p>	<p><b>Trader Joe's (10 &amp; noon)</b> <b>Total Fitness w/Cindy (11-noon)</b> <b>Mass Historical Society Tour (10:30-noon)</b> <b>Brown Bag Lunch: The Fight for Women's Equality in the Anti-Slavery Movement (noon-1)</b> <b>Bridge w/ Steve (3:30-5:30)</b></p> <p style="text-align: center;"><b>18</b></p>	<p><b>Meditation (8:45)</b> <b>Travel Group: Belize (5-6:30)</b></p> <p style="text-align: center;"><b>19</b></p>	<p><b>Inauguration Day</b> <b>Grocery Shop (10 &amp; noon)</b> <b>Total Fitness w/Cindy - Back Bay (11:45-12:45)</b> <b>Tai Chi (noon-1)</b></p> <p style="text-align: center;"><b>20</b></p>	
	<p><b>Meditation (8:45)</b> <b>Total Fitness w/Cindy (11-noon)</b> <b>Go4Life: Exercise Assessment (12:45-1:45)</b> <b>Conversations with... Ed Jacoby (5:30-7)</b></p> <p style="text-align: center;"><b>23</b></p>	<p><b>Grocery Shop (10 &amp; noon)</b> <b>Total Fitness w/Cindy - Back Bay (10-11)</b> <b>Moakley Courthouse (11:00 tour) plus lunch</b></p> <p style="text-align: center;"><b>24</b></p>	<p><b>Boston Athenaeum Lecture: Old Whiskey and Young Women (noon-1) plus lunch</b> <b>Total Fitness w/Cindy (11-noon)</b> <b>Bridge w/ Steve (3:30-5:30)</b></p> <p style="text-align: center;"><b>25</b></p>	<p><b>Meditation (8:45)</b> <b>BPL Tour: Shakespeare Unauthorized (2-3)</b></p> <p style="text-align: center;"><b>26</b></p>	<p><b>Grocery Shop (10 &amp; noon)</b> <b>Total Fitness w/Cindy - Back Bay (11:45-12:45)</b> <b>Tai Chi (noon-1)</b></p> <p style="text-align: center;"><b>27</b></p>	
	<p><b>Meditation (8:45)</b> <b>Total Fitness w/Cindy (11-noon)</b> <b>Symphony Hall Tour (11-noon)</b></p> <p style="text-align: center;"><b>30</b></p>	<p><b>Grocery Shop (10 &amp; noon)</b> <b>Total Fitness w/Cindy - Back Bay (10-11)</b> <b>Bowling (10:30)</b></p> <p style="text-align: center;"><b>31</b></p>	<b>NOTES</b>			

Registration required for all programs unless otherwise indicated.



**HEALTH & WELLNESS:**

**Beacon Hill Athletic Club (\$5/class)**

*North Station, 261 Friend Street: Aerial Conditioning (Fri at 8:30)*

*North End, 85 Atlantic Avenue: Total Body Strength (Mon at 8:30 and Fri at 8:15); Muscle (Wed & Thurs at 8:30); Stretching (Thurs at 9:30); Rejuvenating Yoga (Tues & Thurs at noon); Restorative Yoga (Wed at noon); Gentle Yoga (Fri at 9:15)*

*Beacon Hill, 3 Hancock Street: Senior Conditioning (Mon & Thurs at 10)*

**Total Fitness w/Cindy Sullivan**

Beacon House, 19 Myrtle Street, Mon & Wed, 11 a.m. - noon. \$5 for BHV members

**Total Fitness w/Cindy Sullivan - Back Bay**

First Church Boston, 66 Marlborough Street (at the corner of Berkeley). Tues, 10 - 11 a.m. and Fri, 11:45 a.m.-12:45 p.m., \$5 for BHV members

**Tai Chi w/Joshua Grant**

Beacon House, 19 Myrtle Street  
\$200 for BHV members for 10-session class  
Individual classes: \$25/class  
Email Joshua at gulong16@gmail.com for more information.





Go4Life:  
Exercise Assessment

**Friday, January 13 12:45 - 1:45 p.m.**

**Go4Life: Exercise Assessment with Cindy Sullivan**

Interested in exercising more regularly, but need a goal? The National Institute on Aging has created Go4Life (BHV is pleased to be partnering in this program) to encourage older adults to increase their level of exercise and physical activity. BHV fitness instructor Cindy Sullivan will lead members through a series of exercises to determine each person’s baseline in the areas of lower and upper body strength, balance, endurance and flexibility that will help members get started in reaching their personal health & fitness goals. All fitness levels welcome and encouraged to join; assessments are confidential. For more information about the program, visit <https://go4life.nia.nih.gov/> or email Cindy at [cindysullivan@hotmail.com](mailto:cindysullivan@hotmail.com). Meet at First Church Boston, 66 Marlborough Street (corner of Berkeley). BHV members only. Free.



Wellness: Bone Health

**Wednesday, January 17 11 a.m. - 12:30 p.m.**

**Wellness: Bone Health**

Aching bones? Wonder why? Volunteer nurse Kate Sciacca will talk about the science of bone aging and common bone diseases and disorders and offer tips on how to keep your bones healthy and happy. Kate will be available to meet with members one-on-one to check their blood pressure and other vital signs and to discuss health care questions. BHV members only. Meet at 74 Joy Street, first floor conference room. Free.

**Wednesday, January 18**

**Massachusetts Historical Society Tour 10:30 a.m. - noon**

**Brown Bag Lunch: The Fight for Women’s Equality in Anti-Slavery Movement noon - 1**

Founded in 1791, the Massachusetts Historical Society has an extraordinary collection of millions of rare and unique documents, artifacts, and irreplaceable national treasures that tell the story of America. Our private tour will take us through the Society’s public rooms, with an opportunity to view *Turning Points in American History*, a special exhibition that examines 15 decisive moments in history. After our tour, those who wish may stay for a free talk on *The Fight for Women’s Equality in the Anti-Slavery Movement, 1833-1840*, given by Louise Knight, author of *Jane Addams, Spirit in Action* (bring a brown bag lunch). Meet at the MHS, 1154 Boylston Street (closest T station is Hynes Convention Center, on the green line) at 10:30 a.m. BHV members and their guests. Free.



Author Louise Knight

**Thursday, January 19 5 - 6:30 p.m.**

**Travel Group: Belize**

What better way to spend an hour in the middle of winter than viewing Joan Doucette’s photos of her snorkeling adventures in Belize. Settle into Joan’s comfortable couches with a hot cup of tea and cookies on a cold winter day. Meet at 72 Mt. Vernon Street. BHV members only. Free.



Travel Group: Belize

**Monday, January 23 1 - 2 p.m.**

**Go4Life: Exercise Assessment with Cindy Sullivan**

See write-up for Friday, January 13. *The January 23 program will be held at Beacon House, 19 Myrtle Street (corner of Joy Street). BHV members only. Free.*

**Monday, January 23 5:30 - 7 p.m.**

**Conversations with...Ed Jacoby**

Professional architectural photographer Ed Jacoby will tell stories and share photos of life on Beacon Hill, where he was born and raised, and how the neighborhood has changed over the many years he has lived there. Some of you may know Ed as the “guy who reads the morning paper on the stoop of his Mt. Vernon Street home.” Light hors d’oeuvres and beverages at 5:30 p.m.; program at 6 p.m. Meet at King’s Chapel Parish House, 64 Beacon Street. BHV/BHS members: Free. Guests of members: \$20.



Photographer  
Ed Jacoby

**Tuesday, January 24 11 a.m. tour; meet at Charles/MGH at 10:15 a.m.**

**Moakley Courthouse**

Located on a magnificent waterfront site on Fan Pier, the Moakley Courthouse – designed by Henry N. Cobb of Pei Cobb Freed & Partners – overlooks Boston’s harbor and downtown skyline. On our private one-hour tour we’ll view the spectacular “conoid” glass wall overlooking Boston Harbor, the vibrantly colored Boston Panels created by artist Ellsworth Kelly, the Wall of Honor, a District Court courtroom, and the First Circuit Library. After our tour we’ll have lunch (pay individually) in the courthouse’s cafeteria overlooking the harbor. Meet at the turnstiles at the Charles/MGH station at 10:15 a.m. or at the Courthouse (corner of Northern Avenue and Courthouse Way, in the Seaport District) at 11 a.m. BHV members and their guests. Free.



Moakley Courthouse

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**BPL: Shakespeare  
Unauthorized**

Thursday, January 26

**Wednesday, January 25  
noon-1 p.m. plus lunch**

**Boston Athenaeum  
Lecture: Old Whiskey and  
Young Women**

Hon. R. Marc Kantrowitz will recount stories of some of the most notorious legal cases in American history, featured in his book *Old Whiskey and Young Women: American True Crime Tales of Murder, Sex and Scandal*. After the lecture, we'll have lunch (pay individually) at Carrie Nation. *Meet at the Boston Athenaeum, 10 1/2 Beacon Street, at 11:45 a.m. for the noon lecture. Seats are not reserved. BHV members and their guests. Free.*



**Thursday, January 26 2-3 p.m.**

**Boston Public Library: Shakespeare Unauthorized**

Rare Books curator Jay Moschella is leading free tours of the Boston Public Library's exhibition *Shakespeare Unauthorized* on the second and fourth Tuesday of each month through March 23. The exhibition pulls back the curtain on four hundred years of collaboration, confusion, and even literary deception that surround the plays, poems, and life of William Shakespeare. Through an unprecedented exhibition of the Boston Public Library's world-class collections,

visitors can view some of the rarest, most extraordinary books in the world and learn about the countless men and women who have made and remade the works of a literary icon. We're publicizing the January 26 public tour to BHV members (limit of seven BHV members may register for this tour). *Meet at the BPL in Copley Square, McKim Exhibition Hall. Free.*

**Monday, January 30 11 a.m.**

**Symphony Hall Tour**

Join us for a behind-the-scenes tour of America's premier concert hall. Experienced members of the Boston Symphony Association of Volunteers will share the history and traditions of the Boston Symphony Orchestra and information about the Hall. *Meet at Symphony Hall, 301 Massachusetts Avenue. Take the "E" Green Line to Symphony stop. BHV members, their guests and prospective members: \$5.*



**Thursday, January 31 10:30 a.m. - 1:30 p.m.**

**Candlepin Bowling**

Join BHV members for candlepin bowling at Sacco's Bowl Haven in Davis Square, Somerville. Lunch at the Flatbread Company. Cost for bowling approximately \$10. *Meet at the turnstiles at Charles/MGH at 10:30 a.m. BHV members and their guests.*