



"Dogwood Tree"
by member Trudi F.



BEACON HILL VILLAGE

JANUARY 2021 CALENDAR

TUES		WED		THURS		FRI			
Notes				LWEW designates lectures, conversations, and workshops part of BHV's Living Well Ending Well Series.		New Years Day – Office Closed Gentle Yoga w/ Jen Peterson (9:30) Tai Chi w/ Joshua (11:30) Joan's Happy Hour (4:00)			
MON						1			
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) Movie Group: <i>The Prom</i> (4:00)	Zoom Fitness w/Cindy (11:00) LWEW Conversations with Each Other: Living Well After Lockdown (3:00)	Another Cup! (10:00) The Black Experience Discussion Group (2:00) Meditation (4:00)	Meditation (8:30) Zoom Fitness w/Cindy (11:00) Men's First Drink (4:00)	Tai Chi w/ Joshua (11:30) Joan's Happy Hour (4:00)	4	5	6	7	8
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) New Yorker Hour (2:00)	Zoom Fitness w/Cindy (11:00) LWEW Breathless in Boston: An Exploration of Lung Function in the Era of COVID-19 with Dr. Christopher Fanta, MD (2:00)	Another Cup! (10:00) Winter Chat: BHV's Nat Butler presents "Love letters between my parents during World War II" (2:00) Meditation (4:00)	Meditation (8:30) Zoom Fitness w/ Cindy (11:00)	Gentle Yoga w/ Jen Peterson (9:30) Tai Chi w/ Joshua (11:30) Joan's Happy Hour (4:00)	11	12	13	14	15
Martin Luther King Jr. Day BHV Office Closed Meditation (8:30) Movie Group: <i>Ma Rainey's Black Bottom</i> (4:00)	Zoom Fitness w/ Cindy (11:00) BHV Book Group (2:00) LWEW Conversations with Each Other: Living Well After Lockdown (3:00)	Another Cup! (10:00) The Black Experience Discussion Group (2:00) Meditation (4:00)	Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Travel Group: Joan Doucette in Siberia (4:00)	Gentle Yoga w/ Jen Peterson (9:30) Tai Chi w/ Joshua (11:30) Joan's Happy Hour (4:00)	18	19	20	21	22
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) New Yorker Hour (2:00)	Zoom Fitness w/ Cindy (11:00) The Book of the Month Group (2:00) Conversations with...Jeff Sparr (6:00)	Another Cup! (10:00) Little Brothers Friends of the Elderly: Intergenerational Games (2:00) Meditation (4:00)	Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Turner Classic Movies Discussion Group (3:00)	Gentle Yoga w/ Jen Peterson (9:30) Tai Chi w/ Joshua (11:30) Joan's Happy Hour (4:00)	25	26	27	28	29

AFFINITY GROUPS

ANOTHER CUP! Join BHV members Murray Frank, Roger Cox and 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.



BHV 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.



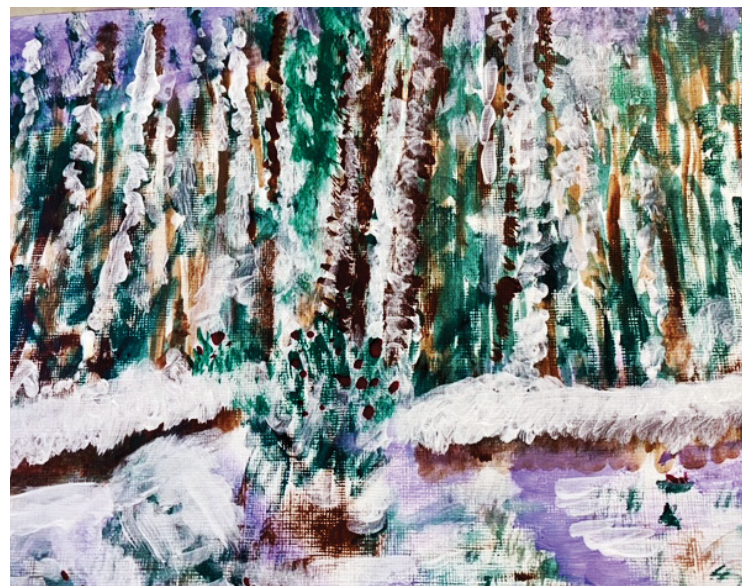
MEN'S FIRST DRINK Join the men of BHV for a late afternoon drink via Zoom. Men's First Drink meets the first Thursday of each month at 4:00 p.m. and is led by BHV members Ken Scott and Roger Cox. To join, please email info@beaconhillvillage.org so Roger and Ken may add you to their Zoom invitation distribution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

THE NEW YORKER HOUR Join BHV members Jenny Attiyeh, Davida Carvin and Jean Sipe for a discussion group on the second and fourth Mondays of the month from 2:00-3:00 p.m. to discuss an article from *The New Yorker*. Please email Jenny at newyorkerhour@yahoo.com if you are interested in participating.

THE BLACK EXPERIENCE DISCUSSION GROUP In response to the killing of George Floyd and increased awareness of police brutality and racism in America, BHV members Janie Wallace, Diana Crane, and Murray Frank have started a discussion group on the Black experience. The group will meet on the first and third Wednesday of each month at 2:00 p.m. and use various media to facilitate discussions on how we can help address inequality and race issues today. This group is currently closed, but please email Janie Wallace (ginajsw@gmail.com) if you are interested in joining in the future.

THE BOOK OF THE MONTH GROUP Join the new BHV book group, The Book of the Month, meeting on the last Tuesday of each month at 2:00 p.m. to discuss the book chosen by the group. There are still a few spaces available. For further information, please email Joanne Cooper (joandbill1234@rcn.com).

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. Film selection will be announced in advance. This group will meet the last Thursday of the month at 3:00 p.m. unless otherwise noted on the calendar. Email Barbara Lindeman (barblindeman17@gmail.com) to be added to her Zoom invitation distribution list.



"First snow of the season in the forest"
by member Tom G.

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.

GENTLE YOGA WITH JEN PETERSON Join Jen Peterson for Gentle Yoga most Fridays at 9:30 a.m. via Zoom. The class will include gentle stretching and strengthening movement to cultivate the mind-body connection. Email the office at info@beaconhillvillage.org to sign up. \$7 per 50-minute 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. on Fridays. Contact Joshua (gulong16@gmail.com) for class details, payment, and Zoom information.