



THE VILLAGER

MARCH 2020 VOLUME VIII, NUMBER 1

SpringIntoAction

BY CINDY SULLIVAN & GINA PAGLUCIA MORRISON

**FITNESS WEEK
WITH
CINDY
SULLIVAN
RETURNS**

AS OUR BOSTON NEIGHBORHOODS BEGIN to brighten with the onset of spring, it is a wonderful time to reconsider or strengthen our commitment to a healthy exercise program. Exercise is a cornerstone of healthy aging, and fitting physical activity into one's day can improve life in many ways.

Regular exercise can improve strength and balance, boost mood and improve memory, and help manage or lessen the impact of chronic diseases such as diabetes, heart disease and osteoporosis.

Due to the success of last year's program, Beacon Hill Village and fitness instructor Cindy Sullivan are bringing back "Spring into Action" – a special fitness week from Monday, March 23 – Friday, March 27.

This exciting and fun program was well received by BHV members and nonmembers in the community. Susan Cox, a BHV member who attended most classes during Fitness Week 2019, commented, "I love fitness week! It is a sampling not only of the exercises we do and how doable they are, but it also gives us a peek into the two venues where BHV exercise classes take place. We all feel we are in pretty good shape, what with all the walking we do. But Fitness Week educates us to those body parts that could use a little sprucing up – for bone health, better posture, balance and strength."

"It's definitely worth a look," she said.

To accommodate Fitness Week, an extra class will be added to BHV's regular weekly exercise schedule on Thursday at Beacon House. Each class will feature a different form of exercise, offering new and experienced exercisers a variety of fitness experiences.

SpringIntoAction class lineup on page 8 ►



From the Executive Director

Hello BHV Members,

When the calendar turns to March, we often find our spirits in need of a lift. The glow of the holiday season has long passed, our New Year's resolutions may be broken or forgotten, and, as New Englanders, we long to put away our heavy coats. For our village family, it has also been a tough few months with many members experiencing poor health, falls, hospital stays, and sadly we have also seen the sudden passing of some of our members. While each of these stories reminds us of the fragility of life, our Village remains strong and I am continually heartened by the outpouring of support among members. What a wonderful community we have!

With visions of spring, we have packed this Villager with inspirations to refresh your mind, body and spirit. BHV and Cindy Sullivan have brought back the widely successful "Spring into Action" Fitness Week with Cindy (March 23-27). We hope you'll try out one of her fitness sessions and see the marvelous benefits of exercise. Betsy Peterson's article on pruning possessions offers many well-curated resources to kick off your spring cleaning efforts and information on what to do with 'all that stuff'.

To brighten your dinner plate, we have brought you a few easy, tasty recipes. And, since food and cooking and kitchens go together, we also note that BHV's popular fundraising event, the Creative Kitchens Tour, will return on April 4th. We hope you'll feel inspired to check out these fabulous kitchens in April and join us on the tour.

In addition to reading these inspiring articles, please check out the March calendar for a variety of programs that will get you out and about, including Flower Arranging on March 10, a visit to the Harvard Art Museums to see Japanese Art from the Feinberg Collection on March 21, or the Milk Street Cooking School tour on March 23.

Finally, if spring's arrival finds you with a desire to get more involved and use your 'super powers' (see the December Villager), please explore the variety of opportunities outlined on page 6. Call the office to speak with Jennifer Spring, Office Manager and Volunteer Coordinator, and check out the BHV Weekly where we regularly highlight volunteer opportunities.

I wish you good health and a wonderful new year. ■

All the best,



Gina

IN MEMORIAM

Fay Dabney Charles Dickinson Cynthia Scott

Spring Into Pruning Possessions

BY BETSY PETERSON

Too much stuff?

Did you know that BHV can help?

It can be hard to figure out what to do with things you don't need or want, and younger generations often have no interest in items you have valued. But there are many better destinations than the landfill. BHV members and staff have put a lot of time into developing resources to help BHV members donate or sell the items we aren't using.



- **Pruning Possessions.** This document compiled by BHV members and staff offers suggestions for the process and much hard-won information. What can you do with a silver vegetable dish? China? Good used clothing, or rags? Which charities take the greatest variety of items? Where might you sell this or that? The document is available from the BHV office.
- **Pruning Possessions Workshops.** These workshops provide an opportunity to share ideas and information and to pick up tips from others. We'll share several suggestions for getting started and managing the process, as well as specific information about outlets. Offered as part of the Living Well Ending Well series, March 12 and March 16.
- **BHV List-serv.** This BHV-only email list is available to all members who sign up. Postings on the List-serv have enabled a variety of items to pass from one member to another, including a Bose radio, a rollator, and a large collection of house plants. If you haven't signed up yet, call Jennifer Spring, BHV Office Manager.
- **Service Providers.** BHV can connect with you individuals and organizations who help organize, sort, pack, and/or take away your possessions. Take advantage of their experience!

Call Lisa Borchetta, Member Services Coordinator, for more information.

Did you know that you can help?

- By sharing your experience with Lisa at Member Services. She values feedback on your experience with providers she suggests and recommendations for new providers. If you find a place to sell or donate items that isn't in the *Pruning Possessions* document, please share it, so we can update that document from time to time. Call Member Services or send your reports to lisa@beaconhillvillage.org.
- By donating to the BHV Treasures sale coming this June!

Please continue to page 6. ►



BEACON HILL VILLAGE

MARCH 2020 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.

Monday, March 2 5:30-7:00 p.m.

Conversations with...Bethany Ford



Have you ever wondered just HOW they make all that stage-craft happen? Please join Bethany Ford, the Director of Production for the Huntington Theatre Company to learn more about how a stage show comes together behind-the-

scenes, from set design/construction to costumes, sound/lighting, rehearsals, tech, and more. Currently in her tenth season, Ms. Ford is responsible for overseeing a full-time and seasonal staff of 50 to bring all of the Huntington Theatre Company's productions to life. She will focus on the inner workings of highlights from this season, including *The Purists*, *Rosencrantz & Guildenstern Are Dead*, *Quixote Nuevo*, *We All Fall Down*, and *Sweat*. Learn how the magic happens! Meet at King's Chapel Parish House, 64 Beacon Street, at 5:30 p.m. for light refreshments; program begins at 6 p.m. BHV/BHS members: Free. Guests: \$20.

Monday, March 2 5:45 p.m. dinner; 7:30 p.m. concert

First Mondays at Jordan Hall

First Mondays is the New England Conservatory's fantastic, free chamber music series. Take the Green "E" Line to Symphony. Dinner at Ginger Exchange, 250 Huntington Ave., at 5:45 p.m. Concert only, meet inside Jordan Hall, 30 Gainsborough Street. BHV members and guests. Free; dinner is pay individually.

Wednesday, March 4 5:30-7:00 p.m.

Music Salon

BHV's next music salon will feature the duo of David Rivera Bozón, tenor, and Leona Cheung, pianist. They have performed extensively in the Boston area and throughout Massachusetts. Each has performed widely internationally. Their program will offer a variety of pieces from the classical and operatic repertoires and from Broadway. Each holds a Master of Music



from the New England Conservatory of Music, Mr. Bozón in Vocal Performance, Ms. Leung in Collaborative Piano. Both are presently NEC Graduate Diploma Students. Meet at the Beacon Hill home of Stephen & Barbara Roop. \$20 for musician honorariums. BHV members only.

Thursday, March 5 12:45-3:45 p.m.

Smartphones with Charley

Need help setting up email on your smartphone? Want to download some apps and practice using them? Have questions about how UBER or Lyft work? BHV member Charley Davidson will hold 45-minute one-on-one tutorials with BHV members to help them become more proficient. Call the office to sign-up for your private session so we may ask you a few questions about the help you are seeking. Meet Charley at the BHV office, 74 Joy Street, 1st floor conference room. BHV members only. Free. (Space is limited, but stay tuned for more sessions later in the year.)

Monday, March 9 3:30-4:30 p.m.

Coffee Hour with Staff & Recipe Exchange

Beacon Hill Village invites you to drop by our office at 74 Joy Street for a cup of coffee and conversation with staff. To celebrate the arrival of spring, we will do a recipe exchange. Bring a legible copy of your favorite family recipe (to be photocopied here at the office); you'll receive a copy of each participant's chosen recipe in exchange. This is an opportunity to visit with staff and members, mix and mingle, and get to know one another better. Light refreshments will be provided. BHV members only. Free.

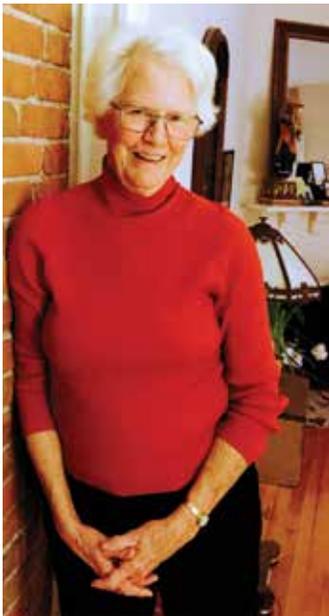


Tuesday, March 10 4:00-5:00 p.m.

Flower Arrangements with Cassie

Spring is almost here! Shake off the winter doldrums and welcome the new season by making a fresh flower arrangement with Cassie Gurnon of Charles Street Supply. Using a variety of flowers and natural elements, you will be sure to take home a beautiful spring bouquet (with container) to bring good cheer to you and your home. Meet at Hill House Fire Station, 127 Mt. Vernon Street. BHV members and their guests. \$15.

Please continue to page 4. ▶



Thursday, March 12 2:00 - 3:00 p.m.

Pruning Possessions with Betsy Peterson, BHV Director & LWEW Founder – Beacon House

If you're like most of us, you have too much stuff but don't know what to do with the things you no longer need or want. A few years ago, BHV members put together a handy info sheet with suggestions on where to donate, where to sell, or how to just get rid of things. That handout, *Pruning Possessions*, is available to BHV members on request, and can always use more suggestions. Join Betsy Peterson and your fellow BHV members for a brainstorming session to share ideas and information and pick up tips. This program is part of Beacon Hill Village's Living Well Ending Well series. *Beacon House, 19 Myrtle Street, Community Room. BHV members only. Free.*

Monday, March 16 2:00 - 3:00 p.m.

Pruning Possessions with Betsy Peterson, BHV Director & LWEW Founder – Central Library

If you're like most of us, you have too much stuff but don't know what to do with the things you no longer need or want. A few years ago, Beacon Hill Village members put together a handy info sheet with suggestions on where to donate, where to sell, or how to just get rid of things. Copies of that handout, *Pruning Possessions*, will be provided at the session, and can

always use more suggestions. Join Betsy Peterson, other BHV members, and members of the public, for a brainstorming session to share ideas and information and pick up tips. This program is part of Beacon Hill Village's Living Well Ending Well series. *KBL Exchange, Boston Public Library, Copley Square, 700 Boylston St. Free and open to the public.*

Tuesday, March 17 2:00 - 3:30 p.m.

Living Options: Time for a Change? with Kate Granigan, CEO of LifeCare Advocates – Central Library

Join Kate for an exploration of the wide, and growing, range of housing options available to us as we age. Choosing whether to "right size," relocate, retrofit or rent a spare room to a younger tenant presents many factors to consider. Kate will help sort out the options including independent living, assisted living, continuing care retirement communities, as well as emerging creative technologies and intergenerational living arrangements. The financial, functional, and eligibility requirements and considerations for each model will be discussed as well as the pros and cons of "aging in place" vs. relocating. As always, your questions will be welcomed. Kate Granigan, MSW, LICSW, is the CEO of LifeCare Advocates where she oversees a team of Life Care Managers – nurses and social workers – who provide assistance, advocacy and guidance to older adults and their families. This program is presented in partnership with the Boston Public Library, as part of Beacon Hill Village's Living Well Ending Well series. Registration required at beaconhillvillage.org or by calling Beacon Hill Village at 617-723-9713. *Commonwealth Salon, Boston Public Library, Copley Square, 700 Boylston St. Free and open to the public.*



Friday, March 20 1:00 p.m.

Lunch Group: Carrie Nation

A stone's throw from the State House, Carrie Nation, Boston's original speak-easy, offers a sprawling selection of food and drink for lunch. Come enjoy conversation with other members in this charming atmosphere. *Meet at 11 Beacon Street. BHV members and their guests. Pay individually.*

Saturday, March 21 meet at 9:30 a.m.

Harvard Art Museums: "Painting Edo: Japanese Art from the Feinberg Collection"

Painting Edo offers a window onto the supremely rich visual culture of Japan's early modern era. Selected from the unparalleled collection of Robert S. and Betsy G. Feinberg, the more than 120 works connect visitors with a seminal moment in the history of Japan, as the country settled into an era of peace under the warrior government of the shoguns and opened its doors to greater engagement with the outside world. The dizzying array of artistic lineages during the Edo period (1615-1868) fueled an immense expansion of Japanese pictorial



Lunch Group: Carrie Nation



Harvard Art Museums: "Painting Edo: Japanese Art from the Feinberg Collection"

Spring Into Action

Spring into Action" Fitness Week with Cindy



Boston in Miniature Model Room Tours



Travel Group: Bill Clendaniel in India



Diablo Glass School

culture that reverberated not only at home, but subsequently in the history of painting in the West. After a self-guided tour, option for lunch at the Hourly, 15 Dunster St. in Harvard Square. A 10-minute walk from the Harvard Square T. Meet Joan Doucette at the turnstiles at the Charles/MGH T at 9:30 a.m. or at the Museum, 32 Quincy St., at 10:00 a.m. BHV members & guests. Free to MA residents Saturdays until noon with proof of residency. Please bring your ID. Lunch is pay individually.

Monday, March 23 - Friday, March 27

"Spring into Action" Fitness Week with Cindy

Let's spring into action and fitness with Cindy Sullivan! A special class is offered every day this week. See calendar page for class schedule and the article on pages 1 and 8 for details. Registration is required. BHV members: Fee waived. Non-members: \$10/class.

Monday, March 23 noon tour; 1:00 lunch

Milk Street Cooking School & Lunch at State Street Provisions

Join us for a behind-the-scenes look at Christopher Kimball's Milk Street Kitchen during a free 30-minute cooking demonstration and tasting of a Milk Street recipe. Milk Street is Kimball's newer multimedia venture, started after he left America's Test Kitchen. After the tour, option for lunch at State Street Provisions (255 State Street, at the corner of Atlantic Avenue). Meet at 177 Milk Street at 11:45 a.m. for the noon tour. BHV members only. Free tour; lunch is pay individually.



Wednesday, March 25 11:00 a.m. tour

Boston in Miniature Model Room Tours

On display at the Boston Planning and Development Agency is a meticulously crafted 1:40-scale replica of downtown Boston and parts of Beacon Hill, North End, Charlestown, Back Bay, and the South Boston waterfront. Highlights include a miniature City Hall, Customs House, and Boston Common. First constructed in the 80s, the basswood model is regularly updated as new structures are erected. After the 30-minute tour, folks may want to walk over to the Boston Public Market or the Oceanaire, 40 Court St., for lunch. Meet at the 9th floor reception desk at Boston City Hall, 1 City Hall Square at 10:45 a.m. Enter through either Cambridge Street (main entrance, 3rd level) or Congress Street (back entrance, 1st level). BHV members & guests. Free.

Thursday, March 26 5:00 - 6:30 p.m.

Travel Group: Bill Clendaniel in India

BHV member Bill Clendaniel will show slides of the trip he and Ron took to India in January 2015. Areas visited include Delhi, Agra, Jodhpur, Udaipur, Jaipur, and other sites in Rajasthan, a Northern Indian state. Meet at the home of Joan Doucette & Harry Fisher. BHV members only. Free.

Tuesday, March 31 2:00 - 4:00 p.m. studio visit

Diablo Glass School

On our visit to the Diablo Glass School in Boston, we'll be treated to a fascinating demonstration of glassblowing and learn about the steps involved in the process from a professional. Next, we will head into the flat shop, where we will each create our own unique pendant that will be fused (and ready to take home once fired in the kiln). Meet at 1:15 p.m. at the Haymarket T Station near Boston Public Market for a short ride to Roxbury Crossing on the Orange Line. A 10-minute walk from the T. Call the office to share an UBER. BHV members, their guests, and prospective members: \$40 all-inclusive 2-hour glassblowing experience. Transportation is pay individually.

Spring Into Healthy Eating

BY GINA PAGLUCIA MORRISON, JEN SPRING & JANIE WALLACE

While the calendar is still winter and the sky often cool and grey, we look to the arrival of spring and the return of color. The early flowers of spring will begin to dot the painters palette – think white crocuses, yellow pansies, and purple irises. The birds of spring will also delight us with color – think yellow warbler, purple finch, or eastern bluebird.

By adding more color to our dinner plates and having fun with vegetables, we can awaken our food palette and also encourage ourselves to engage in healthier eating. We continually hear we should be having more fruit and vegetables, but research tells us that most of us do not eat five servings a day. According to the Harvard School of Public Health, our optimal plate should be half fruit and vegetables, one quarter lean protein, and one quarter of whole grains.*

To inspire our spring cooking, we have found recipes for vegetables that can add color and nutrition to our diet and are easy to prepare. See below, left, for a lovely roasted beet recipe and, right, for a tasty asparagus and mushroom recipe.

With cooking and recipes in mind, please mark Saturday, April 4, 2020 on your calendar. On this date we will host the 7th annual Creative Kitchens Tour, a unique fundraising event featuring a wide variety of some of the most distinctive and creative kitchens in the homes of our Beacon Hill and Back Bay neighbors. See beaconhillvillage.org and the BHV Weekly for more information. And keep on cooking! ■

*<https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

Simple Roasted Beets with Citrus (4 servings)

6 to 8 small-to-medium red and/or yellow beets
Extra-virgin olive oil, for drizzling
1 large navel orange
Sherry vinegar or balsamic vinegar, for drizzling
Juice of ½ lemon, or to taste
Sea salt and freshly ground black pepper

1. Preheat the oven to 400°F.
2. Line a sheet pan with foil. Spread beets on sheet pan and drizzle generously with olive oil and pinches of salt and pepper. Top with another sheet of foil and crimp to seal the edges. Poke holes in the top to allow steam to escape. Place in the oven and roast until tender, 30 to 45 minutes. Remove from the oven. Allow to cool in the foil pouch before loosening the skins and discarding. Quarter the peeled beets and place in a large bowl. If you're using red and yellow beets, place each color into separate bowls so the red beets don't stain the yellow beets.
3. Use a citrus peeler to peel long strips around the orange, or use zested peel. Slice ¾ of orange into segments and reserve the remaining ¼ wedge for squeezing.
4. Drizzle beets with olive oil and sherry vinegar, then add the lemon and orange juice, and a few pinches of salt and pepper and toss. Chill until ready to serve.
5. Serve on a platter with the orange segments, watercress, and orange peel curls.



Roasted Asparagus and Mushrooms (6 servings)

1 bunch fresh asparagus, trimmed
1/2 pound fresh mushrooms, quartered
2 sprigs fresh rosemary, minced
2 teaspoons olive oil
kosher salt to taste
freshly ground black pepper to taste

Prep: 10 minutes. Cook: 15 minutes. Ready in 25 minutes.

1. Preheat oven to 450 degrees F (230 degrees C).
2. Place the asparagus and mushrooms on a sheet pan. Drizzle with olive oil, then season with rosemary, salt, and pepper; toss well. Lay the asparagus and mushrooms out on the pan in an even layer. Roast in the preheated oven until the asparagus is tender, about 15 minutes.



The motto of Beacon Hill Village
Connect. Discover. Enjoy.

We invite you to join your fellow members in “doing the work of the village” by sharing your time and energy on one of our Committees, Affinity Groups, or the Board of Directors.

Openings are available to join the following groups. New ideas and new members are most welcome.

Please contact us to discuss.

- Program Committee:
Karen Garvin
(karenleegarvin@aol.com)
- Living Well Ending Well
(a sub-committee of Program):
Barbara Roop
(bwroop432@gmail.com)
- Member Services Committee:
Joanne Cooper
(joandbill1234@rcn.com)
- Board of Directors:
Hal Carroll
(halcarroll@gmail.com)

Spring Into Pruning Possessions continued from page 2.

ONCE AND FUTURE TREASURES SALE – JUNE 12-13

This new event offers members a way to send good items to a new home, and to raise funds for BHV at the same time! The event will accept items worth at least \$25 and in good condition from several categories: decorative framed prints and paintings, silver and silver plate, estate and costume jewelry, ceramics and china, crystal, oriental rugs, pewter

and copper, decorative lamps, linens, and chic couture if very gently used and excellent condition. Details will be provided later this spring.

But this event is NOT an outlet for books, record albums, electronics, or furniture. For those, check the *Pruning Possessions* document. ■

MEMBER PROFILE: MURRAY FRANK

BY BETSY PETERSON

DO YOU KNOW MURRAY FRANK? Murray has made so many unique and valuable contributions to Beacon Hill Village that he must be one of our best-known members. Many know him as the senior host of the Beacon Hill Village Community Seder, others as a former chair of the Services Committee, or as a member of BHV's board of directors, or at First Drink, or as a fellow participant in many BHV programs. (Remember the acupuncture demonstration?) All this since joining BHV in 2012. Can you guess that Murray spent much of his professional life practicing and teaching community organizing?

Inclusion is one of Murray's core values. The BHV Seder is classic Murray. To quote Joanne Cooper, "Murray sees a need and works to fulfill it – and also loves a good party. Put those two together, and we got the BHV community Seder." The BHV Seder has always welcomed the whole BHV community but began as a modest gathering at 74 Joy Street. Murray helped it grow and became a leading spirit of all subsequent Seders, writing a special BHV Haggadah each year, most recently in collaboration with Michael Goldberg. It was Murray who rallied a team to plan several of the annual members' meetings and overcome some glitches. It was Murray who urged BHV to offer a "Holidays Party," not a Christmas party and to seek venues beyond Beacon Hill. It was Murray who stepped up in 2017 to chair a task force on aging to get a better understanding of the needs of members limited by health issues and to discern how BHV might better serve them.

Like all good teachers, Murray has always been a learner. In early 2016, Murray and Karen Garvin and I met, considering a BHV book group to read Atul Gawande's *Being Mortal*. We ended up launching Living Well Ending Well, which has grown into an extensive program of lectures and workshops. It was Murray who recently made it possible to offer many LWEW events at the Boston Public Library. He made the connection that led to BHV becoming one of the BPL's community partners. We now have a convenient venue open to the public – and free!

Murray has made many interesting choices in his 93 years. He went straight from high school in the Bronx into the Army Air Force. In 1944, his friends were being drafted, and enlisting let him choose which branch of the service. He wanted to fight Hitler, but the war ended and he was sent to Japan as part of the occupation forces. Then to New York University for his BA, thanks to the GI bill. In the



BHV directors Murray Frank, Frank Mead, and John Besser (from left to right) gather at a Village event in the courtyard at King's Chapel Parish House.

next few years he got his MSW from Columbia and did community organizing.

But in 1961, the Peace Corps was founded, and Murray wanted to volunteer. The Corps wouldn't let families volunteer, but they hired Murray to set up and direct the program in Nigeria. By the time Murray left three years later, it had grown from 38 volunteers to 700. Murray sees his time in Nigeria as a highlight of his life.

Another highlight was the PhD program at the Heller School at Brandeis University. Murray had been teaching community organizing but decided he didn't know enough. After Heller, which he found very demanding and very rewarding, he then taught at Rutgers and created a career development program for the NYC public employees union.

The highlights of his late professional years were at UMass Boston. In 1979, he became Dean of its College of Public and Community Service, and later served its McCormack Institute in several roles.

After retirement, Murray and his wife lived on Martha's Vineyard for twelve years. They moved back to Boston for better health care. Murray describes himself as a hermit after his wife's death – until a friend suggested he consider BHV.

A win-win for Murray and for BHV! BHV became another highlight for Murray. Although he has now moved to Jamaica Plain for more convenient housing and services and reduced his activities with BHV, Murray remains on the board and we continue to benefit from his insights, humor, and true caring for others. ■

BHV WELCOMES

Marty Walz

BACK BAY Gail Flatto, Lynn Moore

BEACON HILL Marian D'Amato

SOUTH END Herbert Bromberg



Follow us on Facebook and Instagram





BEACON HILL VILLAGE

74 Joy Street
Boston, MA 02114

RETURN SERVICE REQUESTED

NONPROFIT ORG.
U.S. POSTAGE
PAID
BOSTON, MA
PERMIT NO. 56848

THE VILLAGER

Executive Director: Gina Paglucia Morrison

Editor: Allie Godsey

Contributors:

Allie Godsey

Gina Paglucia Morrison

Betsy Peterson

Jen Spring

Cindy Sullivan

Janie Wallace

www.beaconhillvillage.org

THE VILLAGER design by Joanne Legge

SpringIntoAction class lineup continued from page 1.

Monday, 3/23 – Strength Training. Learn the most important exercises to stay strong and independent. We will incorporate light hand weights, resistance bands and body weight exercises into this fun class! Help to improve overall strength and balance and increase bone density.

Tuesday, 3/24 – Senior Sunrise Yoga. A special Yoga class will incorporate a chair to transform traditional poses into its gentle counterpart. Floor work will be included in the last 15 minutes of class only. If you are uncomfortable to go on floor you may leave early. Please bring your mat if possible.

Wednesday, 3/25 – Balance. Exercises and tips on the importance of staying strong and preventing falls. Balance is the cooperation between brain, nervous system, muscle and bones, and the class will focus on improving the connection.

Thursday, 3/26 – Introduction to Pilates for Seniors. Learn basic gentle Pilates exercises to improve flexibility, core and posture. Taught by master Pilates instructor Anne Marie DeGirolamo.

Friday, 3/27 – Total Body Workout. Exercises to improve your “activities of daily living” – functional exercises that support four fitness goals for seniors: endurance, strength, balance, and flexibility.

Please see the calendar page for class times and locations. For this special week only, the class fee will be waived for BHV members, and the non-member fee will be reduced to \$10 per class. Advance registration will be required for all, with BHV members given priority. Class sizes will be limited to 20 people; a waitlist will be offered.

Register for one or any number of “Spring into Action” classes and discover new and fun ways to incorporate more physical activity into your day. ■



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Meditation (8:45) March Calendar Mailing (10:30) Total Fitness w/Cindy Beacon Hill (11-noon) Conversations with... Bethany Ford (5:30) First Mondays at Jordan Hall (5:45 dinner; 7:30 concert)</p> <p style="text-align: right;">2</p>	<p>Total Fitness w/Cindy Back Bay (10-11) Stop & Shop (10 and noon) Cultural Connection (4:00)</p> <p style="text-align: right;">3</p>	<p>Trader Joe's (10:00 and noon) Total Fitness w/Cindy Beacon Hill (11-noon) Market Basket (noon) Knit & Stitch (3-5:00) Music Salon (5:30-7:00)</p> <p style="text-align: right;">4</p>	<p>Meditation (8:30) Smartphones with Charley (1:00-3:00) Men's First Drink (4:00)</p> <p style="text-align: right;">5</p>	<p>Total Fitness w/Cindy Back Bay (10-11) Stop & Shop (10 and noon) Tai Chi w/ Joshua (11:45-12:30)</p> <p style="text-align: right;">6</p>	
	<p>Meditation (8:45) Total Fitness w/Cindy Beacon Hill (11-noon) Coffee Hour with Staff (3:30)</p> <p style="text-align: right;">9</p>	<p>Total Fitness w/Cindy Back Bay (10-11) Stop & Shop (10 and noon) Flower Arrangements with Cassie (4:00-5:00) </p> <p style="text-align: right;">10</p>	<p>Total Fitness w/Cindy Beacon Hill (11-noon)</p> <p style="text-align: right;">11</p>	<p>Meditation (8:30) LWEW Pruning Possessions – Beacon House (2:00-3:00)</p> <p style="text-align: right;">12</p>	<p>Total Fitness w/Cindy Back Bay (10-11) Stop & Shop (10 and noon) Taxi Coupons (11-noon) Tai Chi w/ Joshua (11:45-12:30)</p> <p style="text-align: right;">13</p>	
	<p>Meditation (8:45) Total Fitness w/Cindy Beacon Hill (11-noon) LWEW Pruning Possessions – Central Library (2:00-3:00)</p> <p style="text-align: right;">16</p>	<p>Total Fitness w/Cindy Back Bay (10-11) Stop & Shop (10 and noon) LWEW Living Options: Time for a Change? – Central Library (2:00-3:30) Book Group (2-3:15)</p> <p style="text-align: right;">17</p>	<p>Trader Joe's (10:00 and noon) Total Fitness w/Cindy Beacon Hill (11-noon) Knit & Stitch (3-5:00)</p> <p style="text-align: right;">18</p>	<p>Meditation (8:30)</p> <p style="text-align: right;">19</p>	<p>Total Fitness w/Cindy Back Bay (10-11) Stop & Shop (10 and noon) Tai Chi w/ Joshua (11:45-12:30) Lunch Group: Carrie Nation (1:00)</p> <p style="text-align: right;">20</p>	<p>Harvard Art Museums – Painting Edo: Japanese Art from the Feinberg Collection (meet at 9:30)</p> <p style="text-align: right;">21</p>
	<p>Meditation (8:45) Spring into Action – Strength Training - Beacon Hill (11-noon) Milk Street Cooking School & Lunch at State Street Provisions (12:00-12:30 tour; 1:00 lunch)</p> <p style="text-align: right;">23</p>	<p>Spring into Action – Senior Sunrise Yoga - Back Bay (10-11) Stop & Shop (10 and noon)</p> <p style="text-align: right;">24</p>	<p>Spring into Action – Balance - Beacon Hill (11-noon) Boston in Miniature Model Room Tours (11:00 tour)</p> <p style="text-align: right;">25</p>	<p>Meditation (8:30) Spring into Action – Pilates for Seniors - Beacon Hill (11-noon) Travel Group: Bill Clendaniel in India (5:00-6:30)</p> <p style="text-align: right;">26</p>	<p>Spring into Action – Total Body Workout - Back Bay (10-11) Stop & Shop (10 and noon) Tai Chi w/ Joshua (11:45-12:30)</p> <p style="text-align: right;">27</p>	
	<p>Meditation (8:45) Total Fitness w/Cindy Beacon Hill (11-noon) Bowling (meet at 10:30)</p> <p style="text-align: right;">30</p>	<p>Total Fitness w/Cindy Back Bay (10-11) Stop & Shop (10 and noon) Diablo Glass School (2:00 p.m.)</p> <p style="text-align: right;">31</p>	<p>LWEW designates lectures, conversations, and workshops part of BHV's Living Well Ending Well Series.</p>	Notes		

AFFINITY GROUPS

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. Group is currently full. Please contact Diana Crane (dscrane565@comcast.net) to be added to the list as openings become available.

BOWLING

Strike up some conversation but spare us the puns bowling at Sacco's Bowl Haven in Davis Square. Typically on the final Tuesday of the month. Meet at the turnstiles at Charles/MGH at 10:30 a.m. on the designated day. Email Carol Silverman (csil64cde@gmail.com).

CULTURAL CONNECTION

Cultural Connection typically meets on the first Tuesday of each month at 4:00 p.m. at 75 Chestnut Street to discuss and plan arts outings. Option to dine together after. Contact Roberta Meyers (bonmarchebabes12000@yahoo.com).

KNIT & STITCH

BHV members meet twice a month, most months, to knit, crochet, embroider, or do other stitch work. Contact Diana Crane (dscrane565@comcast.net).

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).

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 of each month at 4:00 p.m. Contact Ken Scott (KenScott@alum.mit.edu).

WALKING GROUP

Join BHV members for a weekly Monday morning walk. The group generally meets at 9:00 a.m. at Hill House, 127 Mt. Vernon Street (the old Fire Station). Contact Ken Scott (KenScott@alum.mit.edu).



Coming in April!

Creative Kitchens

TOUR 2020

SATURDAY, APRIL 4 1:00-4:00 P.M.

Join us for a peek into some of the most creative kitchens of Beacon Hill & Back Bay

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. On a week with a Monday holiday, please know that lists will be collected on the Friday before Tuesday delivery.

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.

HEALTH & WELLNESS

TOTAL FITNESS W/ CINDY SULLIVAN – BEACON HILL

Beacon House, 19 Myrtle Street, Mon. & Wed., 11-noon. \$7 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. \$7 per class for BHV members. Registration not required.

TAI CHI W/ JOSHUA GRANT

Beacon House, 19 Myrtle Street, \$200 for BHV members for 10-class series or individual classes at \$25/class. Contact Joshua (gulong16@gmail.com) or BHV member Katharine Howard (kh_boston@yahoo.com) for more info. Typically Fridays 11:45-12:30 p.m. Spectators welcome to observe one session.

BEACON HILL ATHLETIC CLUBS

\$5 per class for BHV members. Please contact the office for location and class schedule information.



Above left: BHV members enjoyed a visit to the Isabella Stewart Gardner Museum in January. Together they explored the living legacy of artists at the Museum at the exhibition *In the Company of Artists: 25 Years of Artists-in-Residence* and topped off their private tour with lunch at Café G – a great way to start out the New Year! **Above right:** Members of BHV's Knit & Stitch group gathered at Beacon House to work on a new knitting project to benefit the Fragment Society. Coordinated by BHV member Diana Crane, Knit & Stitch is just one example of BHV's many vibrant member-led affinity groups.

CITY OF BOSTON TAXI COUPON PROGRAM FOR ADULTS 65+

Pick up your taxi coupons at the BHV office on the second Friday of each month between 11:00 a.m. 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.