

Beacon Hill Village

MAY 2016 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.

Monday, May 2 7:30 p.m. concert; dinner at 6 p.m.

First Monday at Jordan Hall

Featuring works by Steve Reich, Beethoven, Toru Takemitsu, and Dvorak, this concert is the last in the 2015-16 season. *Optional dinner (pay individually) at Pho & I, 267 Huntington Avenue, at 6 p.m. For concert only, meet inside Jordan Hall, 30 Gainsborough Street, and look for the group. BHV members and their guests. Free.*

Wednesday, May 4 10:30 a.m.

MIT Public Art: Private Tour



Our two previous tours of MIT's outstanding public art collection have been so well received that we're doing a third, again led by MIT tour guide Courtney Klemens. We'll be seeing works normally accessible only to the MIT community, including by artists Dan Graham, Sarah Sze, and Jorge Pardo. *Optional lunch on the MIT campus after the tour. Meet at 77 Massachusetts Avenue (between Vassar and*

Amherst Streets, a block or two from the river). Take the Red Line to Central Square and then the #1 or CT1 bus towards Boston. Or, walk from Central Square, 7/10 mile. BHV members and their guests. Free.

Wednesday, May 4 5:30 p.m.

Paying it Forward: A New Formula for Aging Well

Edgar Cahn, JD & PhD, distinguished law professor and former counsel and speech writer for Robert F. Kennedy, is the creator and CEO of TimeBanks USA, a non-profit organization that has developed a way of giving and receiving to build supportive networks and strong communities.

This event is free and open to the public and will be held in the Commonwealth Salon at the Boston Public Library in Copley Square. Seating is on a first come, first served basis.

Wednesday, May 4, 11, 18, 25 2 - 4 p.m.

Knitting for Beginners

This knitting class is perfect for people who have no knitting experience or would like a refresher. Experienced knitter and teacher Carrie Weinstein will teach the basic concept of knitting – how to cast on, knit, purl, bind off and read an easy pattern – in four two-hour sessions. Knitting is a relaxing activity that may also (according to one



study) reduce the likelihood of developing mild cognitive impairment and memory loss. The instructor will provide needles and yarn to complete a scarf or other project of your choice. *Meet at 74 Joy Street, 1st floor conference room. BHV members and their guests: \$80 for the four-session class plus a materials fee (approximately \$20, payable at the first class). A minimum of three people are required to hold this class.*

Friday, May 6 9:20 a.m. - 3:15 p.m.

Peabody Essex Museum

Asia in Amsterdam: The Culture of Luxury in the Golden Age –

Co-organized by PEM and the Rijksmuseum, this exhibition of 170 Asian and Dutch works of art explores the transformative impact that Asian luxuries had on Dutch art and life in the 17th century. We'll take the commuter rail from North Station to Salem, a 35-minute ride, \$7 round-trip for seniors. The Museum is 4/10 mile from the train station; taxis can be arranged. After our tour, we'll have lunch either at the Museum or in Salem. *Meet at the ticket booth at the North Station Commuter Rail Station inside TD Garden at 9:20 a.m. for the 9:40 a.m. train. Return is on the 2:40 p.m. train. BHV members and their guests: \$18 (\$5 for PEM members). Price covers admission to and tour of the Museum. Lunch and train are pay individually.*



Tuesday, May 10 9 a.m. - noon

Tech Help

BHV member Stan Berman will hold 45-minute one-on-one tutorials with BHV members to help them become more proficient with their portable Apple devices. Call the office to sign up for your private session. *Tutorials are at 74 Joy Street. BHV members only. Free.*

Tuesday, May 10 3:30 - 5 p.m. (plus dinner)

Chinatown Tour

Learn about the development of Chinatown, from early immigration in the 1870's to urban renewal in the 1960's and present day gentrification. Our tour is run by the Asian Community Development Corporation, which was founded in 1987 to serve the Asian American community of Greater Boston, with an emphasis on preserving and revitalizing Boston's Chinatown. After our tour, we'll have dinner (optional) in Chinatown. *Meet at Chinatown Gate (nearest street address is Hot Pot Buffet, 70 Beach Street) at 3:30 p.m. BHV members and their guests: \$15. Dinner is pay individually.*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<p>TAXI COUPONS Come to the BHV office on Friday, May 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>TRIP TO MARKET BASKET Door-to-door transportation to Market Basket in Somerville on Wednesday, May 4, at 10 a.m. and noon. A driver will help carry your groceries! Space is limited. BHV members only: \$10.</p> <p>TRIP TO TRADER JOE'S Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, May 18, at 10 a.m. and noon. A driver will help carry your groceries! Space is limited. BHV members only: \$10.</p> <p>TERRIFIC TUESDAYS BHV members meet on Tuesday, May 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>MEN'S FIRST DRINK The men of Beacon Hill Village continue their once-a-month exploration of Boston's watering holes on Thursday, May 5, at 4 p.m. Location TBD. BHV members and their guests. Pay individually.</p> <p>MAIDENS & MARTINIS Join the women of Beacon Hill Village for a drink (non- or/ alcoholic) on Thursday, May 12, at 4:30 p.m. at Anthem (Faneuil Hall). If interested, please contact Louise Haddock by email (lh.9800@gmail.com) or text or phone (617.447.9800). BHV members and their guests. Pay individually.</p> <p>MEDITATION 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>Meditation (8:45) Calendar Mailing (10:30) Total Fitness w/Cindy (11-noon) First Monday at Jordan Hall (7:30 concert; 6:00 dinner)</p> <p style="text-align: right;">2</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10:00) Terrific Tuesdays (4:00)</p> <p style="text-align: right;">3</p>	<p>MIT Public Art: Private Tour (10:30) Market Basket (10 & noon) Total Fitness w/Cindy (11-noon) Knitting for Beginners (2-4) Paying It Forward: A New Formula for Aging Well (5:30)</p> <p style="text-align: right;">4</p>	<p>Meditation (8:45) Men's First Drink (4:00)</p> <p style="text-align: right;">5</p>	<p>Grocery Shop (9:30 & 11:30) PEM: Asia in Amsterdam (9:20-3:15) Tai Chi (noon-1)</p> <p style="text-align: right;">6</p>			
	<p>Meditation (8:45) Total Fitness w/Cindy (11-noon)</p> <p style="text-align: right;">9</p>	<p>Tech Help (9-noon) Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10:00) Chinatown Tour (3:30-5) plus dinner</p> <p style="text-align: right;">10</p>	<p>Total Fitness w/Cindy (11-noon) Knitting for Beginners (2-4)</p> <p style="text-align: right;">11</p>	<p>Meditation cancelled Maidens & Martinis (4:30)</p> <p style="text-align: right;">12</p>	<p>Grocery Shop (9:30 & 11:30) Arnold Arboretum: Smell the Lilacs (9:30-noon) Taxi Coupons (11-noon) Tai Chi (noon-1)</p> <p style="text-align: right;">13</p>			
	<p>Meditation cancelled Conversations with... Ruth Ann Bramson (5:30-7) Total Fitness w/Cindy (11-noon)</p> <p style="text-align: right;">16</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10:00) Wine Tasting at vino di vino (3:30-4:30)</p> <p style="text-align: right;">17</p>	<p>Trader Joe's (10 & noon) Rose Kennedy Greenway Walk (10:30-noon) plus tour of the Public Market & lunch Total Fitness w/Cindy (11-noon) Knitting for Beginners (2-4)</p> <p style="text-align: right;">18</p>	<p>Meditation (8:45) Red's Best Seafood Tour (10-11:30)</p> <p style="text-align: right;">19</p>	<p>Grocery Shop (9:30 & 11:30) Tai Chi (noon-1)</p> <p style="text-align: right;">20</p>			
	<p>Meditation (8:45) Total Fitness w/Cindy (11-noon) Lunch Group: Coda Bar + Kitchen (12:30)</p> <p style="text-align: right;">23</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10:00) Southwest Corridor Park Walk (10:00)</p> <p style="text-align: right;">24</p>	<p>Boston Globe: Newsroom Meeting & Tour (see write-up for meeting times) Total Fitness w/Cindy (11-noon) Knitting for Beginners (2-4)</p> <p style="text-align: right;">25</p>	<p>Meditation (8:45) Medications (2-3) and Wellness Clinic</p> <p style="text-align: right;">26</p>	<p>Grocery Shop (9:30 & 11:30) Tai Chi (noon-1)</p> <p style="text-align: right;">27</p>			
	<p>Memorial Day BHV Office Closed Meditation (8:45) Total Fitness w/Cindy (11-noon)</p> <p style="text-align: right;">30</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10:00)</p> <p style="text-align: right;">31</p>	NOTES					
	<p>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 (Wed, Thurs at 9:30); Yoga (Fri at 9:15) Beacon Hill, 3 Hancock Street: Senior Conditioning (Tues, Thurs at 10)</p>							
				<p>Total Fitness w/Cindy Sullivan Beacon House, 19 Myrtle Street, Mon & Wed, 11 a.m. - noon. \$5 for BHV members</p>	<p>Tai Chi w/Joshua Grant Beacon House, 19 Myrtle Street, Fri, noon - 1 p.m. \$150 for BHV members for 10-session class Individual classes: \$20/class Email Joshua at gulong16@gmail.com for more information.</p>			



Friday, May 13 9:30 a.m. - noon

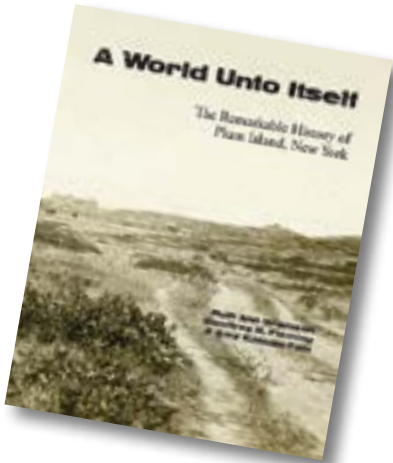
Arnold Arboretum: Smell the Lilacs

We'll travel by van to the Arnold Arboretum in Jamaica Plain to smell the lilacs and enjoy the many plants and trees in this National Historic Landmark that is one of the best preserved of Frederick Law Olmsted's landscapes. Choice of touring the Arboretum by foot or on the van. We will not have a docent for this trip. *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: \$25. Non-members: \$35.*

Monday, May 16 5:30 - 7 p.m.

Conversations with... Ruth Ann Bramson

BHV member Ruth Ann Bramson developed a curiosity about Plum Island (New York) after passing the island regularly by ferry. That curiosity turned into the book "A World Unto Itself: The Remarkable History of Plum Island New York." The book reveals the many previously undocumented realities and personalities that have combined to define Plum Island, and the forces now at work toward directing its future. Books will be available for sale. 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.*



Tuesday, May 17 3:30 - 4:30 p.m.

Wine Tasting at vinodivino

Join us for a private wine tasting at vinodivino at their recently opened store at Charles River Plaza. Taste a few wines and ask the questions you've always wanted to ask about selecting a wine, to pair with a particular food or for a special occasion. Cheese and crackers will be available. *Meet at vinodivino, 175 Cambridge Street. BHV members and their guests. Free.*

VINO di VINO

Wednesday, May 18 10:30 a.m. - noon (plus tour of the Public Market & lunch)

Rose Kennedy Greenway Walk

Join Davida Carvin for a walk along the Rose Kennedy Greenway, from Chinatown to the North End, a distance of about 1.5 miles, covered at a leisurely pace. Along the way, the group will stop to view some of the public art installations on the Greenway, including one by Chinese artist Ai Weiwei, *Circle of Animals/Zodiac Heads*, installed around the Rings Fountain in the Wharf District. The walk will take about 1 to 1 1/2 hours and will end at the Boston Public Market, where the group will have a private 45-minute tour of the Market followed by lunch (pay individually). *Meet outside the South Station train station (not the MBTA), at the corner of Atlantic Ave. and Summer St., at 10:30 a.m. BHV members and their guests. Free.*



Thursday, May 19 10 a.m. tour

Red's Best Seafood Tour

Tour Red's Best headquarters on Boston's historic fish pier in the Seaport District, a company that has created an innovative technology and logistics platform that supports small fishing fleets, ensures maximum freshness, and enables consumers to determine whether fish was caught sustainably. The headquarters is a working operation; wear water resistant shoes and dress in layers for comfort in refrigerated spaces. *Meet inside the Charles/MGH Station at 9:15 a.m. or at Red's Best, 37 Boston Fish Pier, at 10 a.m. Red's is a 1/2 mile walk from the Courthouse Station on the Silver Line (SL1 or SL2). BHV members and their guests. Free.*



Monday, May 23 12:30 p.m.

Lunch Group: Coda Bar + Kitchen

Established in 2007, Coda Bar + Kitchen finds inspiration for its rotating selection of American comfort cuisine through local farms, markets and producers. *Meet at 329 Columbus Avenue, near the corner of Dartmouth. The restaurant is a short walk from the Back Bay station. BHV members and their guests. Pay individually.*





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Chinatown Tour

Tuesday, May 10

Tuesday, May 24 10 a.m.

Southwest Corridor Park Walk



The southwest corridor, a 4.5 mile linear park that was almost a highway stretches from the Back Bay to Jamaica Plain, runs through five neighborhoods, and is one of the area's premier public green spaces.

On this walk, led by BHV member Sylvia Blumenthal, you'll see what happened when the expressway plan was dropped, the narrow corridor became transit lines, and a park was built around it. The walk is expected to take up to 3 hours (but can be shortened by taking the T back to the starting point from one of the stations along the walk). No hills or stairs. *Meet outside the Back Bay Station at 10 a.m.; return is from the Forest Hills Station. BHV members and their guests. Free.*

Wednesday, May 25 See below for meeting times

Boston Globe: Newsroom Meeting & Tour

Don't miss this chance to sit in on the morning newsroom meeting and a Q&A with *Globe* staff members. If you've seen the movie "Spotlight" you'll recognize the room where the newsroom meeting is held. Afterwards, we'll have a

one-hour tour of the *Globe's* facility (up to 1.5 miles of walking). *Meet inside the Charles/ MGH Station at 8:45 a.m. OR at the busway at the JFK/UMass station at 9:15 a.m. OR at The Globe, 135 Morrissey Boulevard at 9:30*

a.m., for the 10 a.m. newsroom meeting. The Globe is 1/2 mile from the JFK/UMass station; shuttle rides from the station to the Globe, \$5/round trip.



Thursday, May 26 2 - 3 p.m.

Medications

Learn about medication safety, including drug interactions, medications that contribute to falls, and medications that older adults should avoid or use with caution from pharmacists from the Massachusetts College of Pharmacy and Health Sciences, which also offers assistance with selecting a Part D plan under Medicare. Feel free to bring a list of your medications to discuss with the pharmacist. Kate Sciacca, RN, will also be available to meet with members one-on-one to check their blood pressure and other vital signs and to discuss health care questions after the presentation. *BHV members only. Meet at 74 Joy Street, 1st floor conference room.*