

Beacon Hill Village

NOVEMBER 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.

Tuesday, November 1 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.*

Wednesday, November 2

Trader Joe's (10 a.m.) and Market Basket (noon)

We've replaced one of our two trips to Market Basket with an additional trip to Trader Joe's. This month, the Trader Joe's trip is at 10 a.m. and the Market Basket trip at noon. No change to the third Wednesday Trader Joe trips. *Space is limited. BHV members only: \$10.*


Wednesday, November 2 1:30 - 3 p.m.

Medicare Update

Each year, the costs, co-payments and coverage of Medicare Part D and Medicare Advantage Plans change. A counselor from SHINE will talk about what's in store for 2017 to help you decide whether to change your Medicare coverage during the Oct. 15 - Dec. 7 open enrollment period. *Meet at Beacon House, 19 Myrtle Street. BHV members and their guests.*

Wednesday, November 2, 9, 16, 30 3:30 - 5:30 p.m.

Bridge with Steve

 We are delighted to announce that BHV member Steve Roop will offer a free 12-week introductory bridge course, designed for those who have never played bridge as well as for those who want to improve or refresh their skills. Each week will feature actual card play of hands that illustrate the week's key concepts. If interested, contact Joanne Cooper at joandbill1234@rcn.com or the office if you don't have email. *Meet at Beacon House, 19 Myrtle Street, lower level cafeteria. BHV members only.*

Thursday, November 3 9:30 a.m. - 2 p.m.

Addison Gallery of American Art

Located on the campus of Phillips Academy in Andover, the Addison Gallery has one of the most important collections of American art in the country. We'll have a private tour of one or more of the special exhibits on display during our visit: *Making it Modern: The Folk Art Collection of Elie and Viola Nadelman; Taking Shape: Sculpture at the Addison; and Ansel Adams photographs of the Manzanar*

War Relocation

Center. Lunch (pay individually) at the Andover Inn. *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: \$35. Guests of BHV members and prospective members: \$45.*



Monday, November 7 10 a.m.

Keeping Healthy: Diet, Nutrition & Exercise

BHV launches its *Living Well/Ending Well* series with two sessions in November (see also November 16) on Keeping Healthy. This session will be led by Kate Sciacca, RN, who conducts BHV's Wellness Clinic and presents on a broad range of health-related topics to BHV members; BHV Fitness Program Instructor & ACE Certified Senior Fitness Specialist & Personal Trainer Cindy Sullivan; and a nutritionist. Following the presentations, the Public Market will offer a healthy lunch. Other topics to be covered in the series include Estate Planning and the Gift of Information; Your Home, Your Possessions, Your Car, and Your Surroundings; and Living and Planning for the End. *Meet at the Boston Public Market, 100 Hanover Street. Presentation only: Free. Lunch: \$10. Open to the public.*

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

First Monday at Jordan Hall

First Monday at Jordan Hall is the New England Conservatory's free popular chamber music series. The theme of this concert is "French Music - 100th Anniversaries" and includes Claude Debussy's Trio for flute, viola and harp, first performed exactly 100 years ago. *Take the Green "E" Line to Symphony Hall. Dinner at Pho & I, 267 Huntington Avenue, at 6 p.m. Concert only, meet inside Jordan Hall, 30 Gainsborough Street. BHV members only. Free.*

Wednesday, November 9 9:30 a.m. - 1 p.m.

JFK Library: Ernest Hemingway

On display during our visit is *Hemingway: Between Two Wars*, the first major museum exhibition devoted to the work and life of Ernest Hemingway. Photographs, personal belongings, drafts of the writer's major works, and correspondence with a legendary circle of expatriate writers

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>TAXI COUPONS There will not be a taxi coupon distribution at the BHV office in November since the normal distribution date is on Veterans Day, a government holiday. Call the BHV office for other taxi coupon distribution locations.</p> <p>TRIP TO MARKET BASKET Door-to-door transportation to Market Basket in Chelsea on Wednesday, November 2 at noon. A driver will help carry your groceries. Space is limited. BHV members only: \$10.</p>		<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10-11) Candlepin Bowling (10:30-1:30) Terrific Tuesdays (4:00) 1</p>	<p>Trader Joe's (10:00) Total Fitness w/Cindy (11-noon) Market Basket (noon) Medicare Update (1:30-3) Bridge w/Steve (3:30-5:30) 2</p>	<p>Meditation (8:45) Addison Gallery of American Art (9:30-2) Men's First Drink (4:00) 3</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (11:45-12:45) Tai Chi (noon-1) 4</p>	<p>MAIDENS & MARTINIS Join the women of Beacon Hill Village for a drink on Thursday, November 10, at 4:30 p.m. at Sidebar, 14 Bromfield Street. Please contact Louise Haddock by email (llh.9800@gmail.com) or text/talk (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) Keeping Healthy: Diet, Nutrition, & Exercise (10:00) Calendar Mailing (10:30) Total Fitness w/Cindy (11-noon) First Monday at Jordan Hall (7:30 concert; dinner at 6) 7</p>	<p>Election Day Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10-11) 8</p>	<p>JFK Library: Ernest Hemingway (9:30-1) Total Fitness w/Cindy (11-noon) Bridge w/ Steve (3:30-5:30) 9</p>	<p>Meditation (8:45) Maidens & Martinis: Dean's List (4:30) Conversations with... Ted Gup (5:30-7) 10</p>	<p>Veterans Day BHV Office Open Taxi Coupons cancelled Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (11:45-12:45) Tai Chi (noon-1) 11</p>	
<p>Rummikub with Tina (3-5) 13</p>	<p>Meditation (8:45) Total Fitness w/Cindy (11-noon) 14</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10-11) Beyond Beauty: Irving Penn (10-noon) Coloring for Adults (3-4) 15</p>	<p>Trader Joe's (10 & noon) Total Fitness w/Cindy (11-noon) Keeping Healthy: Mind/Body Medicine-Aging Without an Expiration Date (2-3:30) Bridge w/ Steve (3:30-5:30) 16</p>	<p>Meditation (8:45) Boston Globe Newsroom Meeting & Tour (8:45-1) Travel Group: Madagascar (5:30) 17</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (11:45-12:45) Tai Chi (noon-1) 18</p>	<p>Wadsworth Athenaeum (8:45-4:30) 19</p>
<p>TRIP TO TRADER JOE'S Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, November 2, at 10 a.m., and Wednesday, November 16, at 10 a.m. and noon. A driver will help carry your groceries. Space is limited. BHV members only: \$10.</p> <p>TERRIFIC TUESDAYS Terrific Tuesdays meets on the first Tuesday of each month 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 Men's First Drink continues its exploration of Boston's watering holes on Thursday, November 3, at 4 p.m. BHV members and their guests. Location TBD.</p>	<p>Meditation (8:45) Total Fitness w/Cindy (11-noon) Lunch Group: Eastern Standard (12:30) 21</p> <p>Meditation (8:45) Total Fitness w/Cindy (11-noon) 28</p>	<p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10-11) 22</p> <p>Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay (10-11) 29 Workshop: Getting Started with Family Research (2-4)</p>	<p>Total Fitness w/Cindy (11-noon) 23</p> <p>Total Fitness w/Cindy (11-noon) 30 Dealing with the Unexpected (2-3:30) Bridge w/ Steve (3:30-5:30)</p>	<p>Thanksgiving BHV Office Closed Meditation cancelled 24</p>	<p>BHV Office Closed Grocery Shop (9:30 & 11:30) Total Fitness w/Cindy - Back Bay cancelled Tai Chi (noon-1); check with instructor 25</p> 	<p>NOTES</p>
<p>Registration required for all programs unless otherwise indicated.</p>		<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 (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)</p>	<p>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</p>	<p>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.</p>		



Ted Gup

living in 1920s Paris are among the items on view. After touring the Museum, each at our own pace, those who wish can meet for lunch in the Museum’s cafeteria. *Meet at the turnstiles at MGH/Charles at 9:30 a.m. for the Red Line to the JFK/UMass station and free shuttle bus to the Library. BHV members: \$12. Guests of members and prospective members: \$15.*

Thursday, November 10 5:30 - 7 p.m. Conversations with. . . Ted Gup

E Pluribus Multi: Is America Still Governable? In the wake of one of the nation’s nastiest and most divisive elections, what chance does the victor have to govern the nation, to win over sufficient numbers in the Congress, and to quell a profoundly divided electorate? What does the future portend for a reunified nation and a common identity that transcends partisan politics, cultural values, and regional divisions? Ted Gup is a former staff writer for the *Washington Post* and *Time Magazine* and regular contributor to the OPED page of the NYT, and has taught at area colleges. He has been a Guggenheim Fellow, a Fulbright Scholar to China, and a fellow of both Harvard’s Safera Center for Ethics and the Shorenstein Center on Media, Politics, and Public Policy. 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.*



Beyond Beauty:
Irving Penn

Sunday, November 13 3 -5 p.m.

Rummikub

Join Tina DiMaggio for an afternoon of rummikub at her apartment on the flat of the Hill. *BHV members only.*



Tuesday, November 15 10 - noon Beyond Beauty: Irving Penn

Beyond Beauty is a major retrospective of the work of legendary American photographer Irving Penn (1917-2009) on display at Lesley University. The exhibit includes 140 photographs from the Smithsonian American Art Museum’s permanent collection that demonstrate how Penn used photography to respond to social and cultural change. Prof. Bonnell Robinson, Director of Exhibitions, will give an introductory talk before we view the photos on our own. *Meet at the turnstiles at Charles/MGH at 10 a.m. for the Red Line to Porter Square, or at the Lunder Arts Center, 1801 Massachusetts Avenue, at 10:30 a.m. BHV members and their guests. Free.*



Coloring for Adults

Tuesday, November 15 3 - 4 p.m. Coloring for Adults

Touted for its calming benefits, coloring for adults is now just catching on, and has even been suggested as an alternative to meditation. Join other BHV members for an hour of coloring “therapy” at the Beacon Hill home of a BHV member, on the flat of the hill. Bring your own colored pencils and coloring book or use our materials. *BHV members only. Free.*



Ann Webster

Wednesday, November 16 2 - 3:30 p.m. Keeping Healthy Mind/Body Medicine – Aging Without An Expiration Date

Ann Webster, a health psychologist who specializes in Mind/Body Medicine, will be our speaker at this second session of our *Living Well/Ending Well* series. Ann has worked at the Benson Henry Institute and MGH and is currently writing a book titled *Aging Without an Expiration Date*. *Meet at King’s Chapel Parish House, 64 Beacon Street. BHV members and their guests and members of King’s Chapel. Free.*

Thursday, November 17 8:45 a.m. - 1 p.m. Boston Globe Newsroom Meeting & Tour

Don’t miss (what may be your last chance) to sit in on the Globe’s morning newsroom meeting and engage in a Q&A with Globe editors, followed by 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. Free. BHV members and their guests.*



Boston Globe News-
room Meeting & Tour

Thursday, November 17 5 - 6:30 p.m. Travel Group: Madagascar

A biodiversity hotspot, Madagascar is the fourth largest island and one of the ten poorest countries in the world. It also has spectacular and varied scenery. Deborah Drosnin and Marc Eichen will talk about the history and politics of this impoverished but very beautiful country and share photos from their recent visit. *Meet at 72 Mt. Vernon Street. BHV members only. Free.*



Travel Group:
Madagascar

Saturday, November 19 8:45 a.m. - 4:30 p.m.

Wadsworth Athenaeum

One year ago, the Hartford Wadsworth Athenaeum completed a five-year, \$33 million renovation, to rave reviews. On our visit, we will have a private tour of two exhibits: *The Thrill of the Chase*, which showcases a wide range of Samuel Wagstaff’s collection of photographs (Degas, Evans, Arbus, to name a few), which now reside at the Getty Museum; and *Sam Wagstaff as Curator*, featuring contemporary works drawn from the Athenaeum’s permanent collection. Also on display

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JFK Library: Ernest Hemingway

Wednesday, November 9



is *Miniature World in White Gold*, which showcases the finely detailed and innovative porcelain sculptures of Johann Joachim Kaendler. Meet at Café Tatte, 70 Charles Street, at 8:45 a.m., or Starbucks, 165 Newbury

Street (between Dartmouth & Exeter), at 8:50 a.m. BHV members: \$80. Guests of BHV members and prospective members: \$95. Price covers van transportation, admission to and tour of the Museum, and lunch.

Monday, November 21 12:30 p.m.

Lunch Group: Eastern Standard

A modern French Brasserie that's also a neighborhood restaurant in the heart of Kenmore Square. Always a favorite. Meet at 528 Commonwealth Avenue, near Kenmore Square. BHV members and their guests. Pay individually.

Tuesday, November 29 2 - 4 p.m.

Workshop: Getting Started With Family Research

Do you want to join in the fun of being part of the fastest growing hobby in America? Come to this workshop to learn the beginning steps and basic research skills to help expand your own family tree. Learn how to get organized



(the hardest part) to do the search yourself or to turn over materials to an interested family member. Taught by Linda MacIver, a genealogy educator

and lecturer who recently retired from the Boston Public Library, where she developed the Library's genealogy program. Meet at 74 Joy Street, first floor conference room. BHV members, their guests and prospective members: \$15.

Wednesday, November 30 2 - 3:30 p.m.

Dealing with the Unexpected

Preparing for an expected health adjustment can be challenging, but preparing for the unexpected can be even harder! Kate Sciacca, RN, will lead a discussion about preparing for such events as a stroke, heart attack or sudden mental or physical decline, and the science behind these events. 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. Meet at 74 Joy Street, first floor conference room. BHV members only.