



BEACON HILL VILLAGE OCTOBER 2020 CALENDAR

MON	TUES	WED	THURS	FRI
				
LWEW designates lectures, conversations, and workshops part of BHV's Living Well Ending Well Series.			Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Men's First Drink (4:00)	Charlestown Walk with Joan and Davida (10:30) <i>Weather Permitting</i> Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (4:00)
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) Conversations with Elizabeth Bramson-Boudreau: What's next: MIT Technology Review and 10 technologies that will change the world (5:30)	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)	Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (4:00)
5	6	7	8	9
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) New Yorker Hour (2:00) Movie Group: Haute Cuisine (4:00)	Zoom Fitness w/Cindy (11:00) LWEW Living Options, Time for a Change? with Kate Granigan (2:00)	Another Cup! (10:00) Meditation (4:00)	Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Travel Group: Bill Clendaniel in South America (4:00)	Charles River Walk with Joan and Davida (10:30) <i>Weather Permitting</i> Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (4:00)
12	13	14	15	16
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30)	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)	Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (4:00)
19	20	21	22	23
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) New Yorker Hour (2:00) Movie Group: What the Constitution Means to Me (4:00) Conversations with William Mayer (5:30)	Zoom Fitness w/ Cindy (11:00) The Book of the Month Group (2:00)	Another Cup! (10:00) Meditation (4:00) Members' Business Meeting (5:00)	Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Turner Classic Movies Discussion Group (3:00)	Tai Chi w/ Joshua (11:30) Joan's Zoom Tea Party (4:00)
26	27	28	29	30

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 (kens@ix.netcom.com) or Roger (rhcox1@comcast.net) with questions.

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 final Thursday of the month at 3:00 p.m. Email Barbara Lindeman (barblindeman17@gmail.com) to be added to her Zoom invitation distribution list.

THE NEW YORKER HOUR

THE NEW YORKER HOUR Join BHV members Jenny Attiyeh, Davida Carvin and Jean Sipe for a discussion group meeting twice per month on Mondays from 2:00-3:00 p.m. to discuss an article from *The New Yorker*. This group is currently closed – please email newyorkerhour@yahoo.com to be added to the waitlist.

THE BLACK EXPERIENCE DISCUSSION GROUP In response to the recent 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. The first meeting is Tuesday, October 27 to discuss *The Splendid and the Vile* by Erik Larsen. There are still a few spaces available. For further information, please email Joanne Cooper (joandbill1234@rcn.com).



"The end of a beautiful day", submitted 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.

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.