

Beacon Hill Village

NOVEMBER 2014 CALENDAR HIGHLIGHTS

A reservation is required for all programs unless otherwise noted in the program description. Prices listed are per person and must be paid at time of reservation. Space is limited; BHV members have priority. 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. In that case we can make a refund only if we are able to fill your spot.

Monday, November 3 5:30 - 7 p.m.

Conversations with... SpeakEasy Stage Company

Jim Torres, Director of Marketing & Communication, will talk about this season's shows and Victor Shopov, cast member in SpeakEasy's production of *Bad Jews*, will give us an actor's "inside" view of preparing for a role. *Meet at King's Chapel Parish House, 64 Beacon Street. BHV/BHS members: Free. Non-members: \$20.*

Wednesday, November 5 All day

The Clark Art Institute & MASS MoCA

A few spaces may still be available on this (previously advertised) all day trip to western Massachusetts to visit the Massachusetts Museum of Contemporary Art (MASS MoCA) and The Clark Art Institute. The Clark recently reopened after extensive renovations and expansions completed over a period of nearly 15 years. MASS MoCA is one of the largest centers for contemporary visual arts in the country. Sign up for a guided tour of either The Clark Art Institute or MASS MoCA with the opportunity to spend an hour or so at the end of the day on your own "at the other museum." *BHV members and guests: \$120. Call the office if interested.*

Thursday, November 6 8 p.m. (6:30 p.m. for optional dinner)

Jordan Hall: Borromeo String Quartet



The New England Conservatory's ensemble-in-residence, the Borromeo String Quartet, will perform works by Schubert and Beethoven. Described as "simply the best there is" by the *Boston Globe*, the

Borromeo String Quartet is one of the most sought-after string quartets in the world. *Transportation is on your own; take the Green Line (E branch) to Symphony Hall stop. If*

joining others for dinner before the concert, meet at Pho & I, 267 Huntington Avenue, at 6:30 p.m. If attending the concert only, meet inside Jordan Hall, 30 Gainsborough Street. BHV members only. Free.

Wednesday, November 12 10 a.m. - 12:15/1:15 p.m.

New England Sculpture Service



Bronze casting at New England Sculpture Service.

Learn about how a bronze sculpture is cast on our visit to the New England Sculpture Service, a foundry that provides bronze casting services to many well-known sculptors, including Nancy Schön, creator of "Make Way for Ducklings" in the Boston Public Garden. The foundry is in Chelsea, one stop on the commuter rail from North Station. *Meet at North Station at 10 a.m. for our 10:20 a.m. train. Return to Boston will be on either the 11:58 a.m. or 12:57 p.m. train. BHV members only. Free. Pay individually for transportation (\$1.05 each way for seniors).*

Wednesday, November 12 5:30 p.m.

Pot Luck Dinner

Join us for our bi-monthly pot luck dinner, this month at the Women's Lunch Place, which has very generously offered their space for our meal. The Lunch Place serves breakfast and lunch and provides support services to women who are experiencing homelessness or poverty. Please bring a dish or beverage that will feed or quench the thirst of 4-6 people. If you have any unopened toiletries of the type that hotels provide their guests (shampoo, soaps, hand lotion), the Lunch Place will happily accept donations. *Meet at 67 Newbury Street (between Berkeley and Clarendon). BHV members and guests.*

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>MEN'S FIRST DRINK The men of Beacon Hill Village continue their once-a-month exploration of Boston's watering holes on Thursday, November 6, at 4 p.m. Location TBD. Pay individually.</p> <p>COOKING AT THE BCAE Chowders Thursday, Nov. 20, 11 a.m. - 1 p.m. To sign up for this class, please call the Boston Center for Adult Education at 617.267.4430 and indicate that you are a member of BHV. BHV members: \$40/class. Meet at the BCAE, 122 Arlington Street.</p> <p>TAXI COUPONS Come to the BHV office on Friday, November 14, 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, 3rd floor.</p> <p>TRIP TO TRADER JOE'S Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, November 19 at noon and 2 p.m. Space is limited. BHV members only: \$10.</p> <p>TERRIFIC TUESDAYS BHV members meet at 75 Chestnut on the first and third Tuesday of each month (November 4 & 18) at 4 p.m. to discuss and plan outings related to the arts. All BHV members welcome! Registration not required.</p> <p>ANOTHER CUP BHV members meet at Panera Bread, 450 Boylston Street, every Thursday at 9:30 a.m. for a cup of coffee and conversation. All BHV members welcome! Registration not required.</p> <p>Rummikub with Joan and Tina (3-5)</p>	<p>Calendar Mailing (10:30) Conversations with... SpeakEasy (5:30-7) TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)</p>	<p>Election Day Grocery Shop (9:30 & 11:30) Lunch Group: Beacon Hill Bistro (12:30) Terrific Tuesdays (4) Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)</p>	<p>MASSMoCA and The Clark Art Institute (all day) Whole Foods (10:00) Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)</p>	<p>Meditation (8:45) Another Cup (9:30) Rejuvenate Your Brain (11-noon) Men's First Drink (4-5:30) Jordan Hall: Borromeo String Quartet (8:00; 6:30 for optional dinner) Power Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) Exercise/BHAC-BH (10-11) Pilates (12:15-1:15)</p>	<p>Grocery Shop (9:30 & 11:30) Walking/Robyn (9-9:50) CT&S/Robyn (10-11) TBS/BHAC-NE (8:15-9:15) Core Essentials/BHAC-No.Sta. (8:30-9:30) Yoga/BHAC-NE (9:15-10:30) Tai Chi/Dorri Li (11:45-12:45)</p>	<p>Core Essentials (\$5) Pilates (\$5) Yoga/BHAC (\$5) Beacon Hill Athletic Club North Station 261 Friend Street Circuit Training & Stretching/Robyn (CT&S) Beacon House 19 Myrtle Street Total Body Strength & Stretching (TBS&S) (\$5) Total Body Strength (TBS) (\$5) Muscle (\$5) Power Muscle (\$5) Stretching (\$5) Yoga (\$5) Beacon Hill Athletic Club North End 85 Atlantic Avenue Exercise/BHAC-BH (\$5) Beacon Hill Athletic Club Beacon Hill 3 Hancock Street Tai Chi/Dorri Li Beacon House 19 Myrtle Street Call instructor at 617.512.9575 for the fee for this class. Walking/Robyn 127 Mt. Vernon Street</p>
	3	4	5	6	7	
	TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)	Veterans Day Grocery Shop (9:30 & 11:30) Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)	New England Sculpture Service (10-12:15/1:15) Pot Luck Dinner at Women's Lunch Place (5:30) Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)	Meditation (8:45) Another Cup (9:30) Peabody Essex Museum: Calder Exhibit (9:45-3:30) Power Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) Exercise/BHAC-BH (10-11) Pilates (12:15-1:15)	Grocery Shop (9:30 & 11:30) Taxi Coupons (11-noon) A Conversation: November Election Results(2-3:30) Walking/Robyn (9-9:50) CT&S/Robyn (10-11) TBS/BHAC-NE (8:15-9:15) Core Essentials /BHAC-No.Sta. (8:30-9:30) Yoga/BHAC-NE (9:15-10:30) Tai Chi/Dorri Li (11:45-12:45)	
	10	11	12	13	14	
	Wrentham Village Premium Outlets (9:45-3:30) TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)	Tech Help (9-12) Grocery Shop (9:30 & 11:30) Terrific Tuesdays (4) Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)	Lecture: The Road to WWII (12-1) plus optional lunch Trader Joe's (noon and 2) Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)	Meditation (8:45) Another Cup (9:30) Fall Prevention: Lecture (11-noon) BCAE Cooking: Chowders (11-1) Travel Group: Ghana (5-6:30) Power Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) Exercise/BHAC-BH (10-11) Pilates (12:15-1:15)	Meditation (9:00) Grocery Shop (9:30 & 11:30) Walking/Robyn (9-9:50) CT&S/Robyn (10-11) TBS/BHAC-NE (8:15-9:15) Core Essentials /BHAC-No.Sta. (8:30-9:30) Yoga/BHAC-NE (9:15-10:30) Tai Chi/Dorri Li (11:45-12:45)	
	17	18	19	20	21	
	Supper Club: Stella (6:00) TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)	Grocery Shop (9:30 & 11:30) Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)	Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)	Thanksgiving BHV Office Closed	BHV Office Closed Grocery Shop (9:30 & 11:30) Exercise and Walking/Robyn cancelled TBS/BHAC-NE (8:15-9:15) Core Essentials /BHAC-No.Sta. (8:30-9:30) Yoga/BHAC-NE (9:15-10:30) Tai Chi/Dorri Li cancelled	
	24	25	26	27	28	
23						



Thursday, November 13 9:45 a.m. - 3:30 p.m.

Peabody Essex Museum: Calder Exhibit

Forty of Alexander Calder's mobiles and stabiles will be on display in an exhibit that explores how Calder introduced the visual vocabulary of the French Surrealists into the American vernacular. We'll explore the Museum on our own, with a break for lunch at the Museum's Garden Restaurant. *Meet at Café Vanille, 70 Charles Street, at 9:45 a.m., or Starbucks, 165 Newbury Street, at 9:55 a.m.* BHV members: \$30. Non-members: \$45. Price covers van transportation. Museum admission and lunch are pay individually.

Friday, November 14 2 - 3:30 p.m. A Conversation with Each Other: November Election Results

Join other BHV members for a conversation about the results of the November election, hosted by BHV member Ellie Weiss at her Beacon Hill home. *BHV members only. Free.*

Monday, November 17 9:45 a.m. - 3:30 p.m. Wrentham Village Premium Outlets

Travel by van with BHV on this self-led trip to the Wrentham Village Premium Outlets, where you can visit as many (or as few) stores as you'd like. There will be an opportunity to meet up with others in the group for lunch. *Meet at Café Vanille, 70 Charles Street, at 9:45 a.m., or Starbucks, 165 Newbury Street, at 9:55 a.m.* BHV members: \$30. Non-members: \$45. Price covers van transportation.

Wednesday, November 19 noon - 1 p.m. (plus optional lunch) Lecture: The Road to WWII

Nicholas Wapshott will discuss his recently published book, *The Sphinx: Franklin Roosevelt, The Isolationists, and the Road to World War II*, a narrative of one of the great political duels of the twentieth century: the high-stakes maneuvering among Franklin Roosevelt, Joe Kennedy, and the isolationist movement before America's entry into World War II. After the lecture, for those who wish, we'll have lunch at the Parker Restaurant at the Omni Parker House. *Meet at the Boston Athenaeum, 10½ Beacon Street. BHV members and guests. Free.*



EVEN MORE TO DO...

Tuesday, November 4 12:30 p.m.

Lunch Group: Beacon Hill Bistro

Executive Chef Lucas Sousa's menu features contemporary and traditional French bistro cuisine, with a special emphasis on local organic production. *Meet at 25 Charles Street. BHV members only. Pay individually.*

Wednesday, November 5 10 a.m.

Trip to Whole Foods

Door-to-door transportation to Whole Foods in Cambridge with a driver who will carry your groceries to your door! *BHV members only: \$10. Spaces are limited, so sign up early.*

Thursday, November 6, 13, & 20 8:45 a.m.

Meditation

Curious about the much talked-about benefits of meditation or how to go about it? A new meditation group is forming, geared to people who are new to meditation. The group will meet on Thursday mornings at BHV member Susan Cox's Beacon Hill home. *Meditation begins promptly at 8:45 a.m. BHV members only. Free.*

Thursday, November 6 11 - noon

Rejuvenate Your Brain: Lecture

Harvard neurologist, brain health expert and author Marie Pasinski, MD, will present fun and easy tips to rejuvenate your brain at any age. *Sponsored by MGH Senior HealthWISE. Haber Conference Room, MGH. Registration not required. Open to the public.*

Tuesday, November 18 9 - noon

Free Tech Help

Google employee Ian Swett will hold 45-minute one-on-one tutorials with BHV members to help them become more proficient with their smartphones, laptops or other portable devices. *74 Joy Street, 1st floor conference room. BHV members only. Free.*

Thursday, November 20 11 a.m. - noon

Fall Prevention: Lecture

Learn about the major causes of falling and tips for preventing falls from a physical therapist. *Sponsored by MGH Senior HealthWISE. Haber Conference Room, MGH. Registration not required. Open to the public.*

Thursday, November 20 5 - 6:30 p.m.

Travel Group: Ghana

Betsy Peterson will offer glimpses of her trip to Ghana. This West African nation is not on many tourists' wish lists, but Betsy's trip provided a fascinating mix: the bustling capitol city of Accra, small villages, and Gold Coast forts where slaves were held before being shipped for trade. *Meet at 72 Mt. Vernon Street. BHV members only. Free.*

Friday, November 21 9 a.m.

Meditation at 74 Joy Street

Guided meditation led by a BHV member. No experience necessary! The group begins meditating at 9:05 and finishes by 9:45. *Meet at 74 Joy Street, 1st floor. BHV members only. Free.*

RETURN SERVICE REQUESTED



*A Conversation
with Each Other:
November Election
Results*

Friday, November 14, 2014

Sunday, November 23 3 - 5 p.m.

Rummikub with Joan and Tina

Join BHV members Joan Doucette and Tina DiMaggio for an afternoon of Rummikub at Joan's Beacon Hill home. Beginners and more experienced players welcome! *BHV members only. Free.*



Monday, November 24 6 p.m.

Supper Club: Stella

Located in the heart of the South End, Stella offers affordable and approachable Italian cuisine in a chic environment. Chef/Owner Evan Deluty creates innovative interpretations of Italian classics. *Meet at 1525 Washington Street (at the corner of West Brookline Street). The #43 bus and the SL5 stop near the restaurant. BHV members only. Pay individually.*

Flu Shots – Available at CVS Pharmacies

Flu season is upon us, which means it's time to think about getting a flu shot if you haven't already. The Center for Disease Control recommends a flu vaccine for everyone six months of age and older, although certain people should first consult a physician. People over the age of 65 have two flu shots available to choose from - a regular dose vaccine and a newer high dose vaccine that is associated with a stronger immune response to vaccination. Whether or not the improved immune response translates into greater protection against flu disease has been the topic of ongoing research. Most CVS pharmacies offer flu shots during regular pharmacy hours. Appointments are not required, although you might want to call in advance to make sure that the vaccine is available. The vaccine is covered by most insurance, including Medicare.

Thanksgiving: Host or be Hosted

Beacon Hill Village is all about community. In that spirit, we would like to connect BHV members who have an extra seat or two at their Thanksgiving table with members who might not have friends or family in the area and would appreciate the opportunity to share a holiday meal with a fellow member. If you would like to host – or be hosted – for a Thanksgiving meal, please call the office and we will try to make a match.

