



BEACON HILL VILLAGE NOVEMBER 2020 CALENDAR

MON	TUES	WED	THURS	FRI
 GOBBLE GOBBLE			LWEW designates lectures, conversations, and workshops part of BHV's Living Well Ending Well Series.	
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) 2	ElectionDay Zoom Fitness w/Cindy (11:00) LWEW Conversations with Each Other: Living Well After Lockdown (3:00) 3	Another Cup! (10:00) The Black Experience Discussion Group (2:00) Meditation (4:00) 4	Meditation (8:30) Zoom Fitness w/Cindy (11:00) Men's First Drink (4:00) 5	Gentle Yoga w/ Jen Peterson (9:00) Tai Chi w/ Joshua (11:30) Joan's Happy Hour (4:00) 6
Meditation (8:30) LWEW Personalized Medicare Counseling (9:00-4:00) Zoom Stretch and Strength w/ Cindy (9:30) New Yorker Hour (2:00) Movie Group: A Life On Our Planet (4:00) 9	Zoom Fitness w/Cindy (11:00) LWEW Planning for the End: Part of Living Well (2:00) 10	Veterans Day – Office Closed Another Cup! (10:00) Meditation (4:00) 11	Meditation (8:30) Zoom Fitness w/ Cindy (11:00) Travel Group: The Kweis in China (4:00) 12	Gentle Yoga w/ Jen Peterson (9:00) Tai Chi w/ Joshua (11:30) Joan's Happy Hour (4:00) 13
Meditation (8:30) LWEW Personalized Medicare Counseling (9:00-4:00) Zoom Stretch and Strength w/ Cindy (9:30) Conversations with Melissa Fetter (5:30) 16	Zoom Fitness w/ Cindy (11:00) BHV Book Group (2:00) LWEW Conversations with Each Other: Living Well After Lockdown (3:00) 17	Another Cup! (10:00) The Black Experience Discussion Group (2:00) Meditation (4:00) 18	Meditation (8:30) Zoom Fitness w/ Cindy (11:00) 19	Tai Chi w/ Joshua (11:30) Outsmart the Scammers (2:00) Joan's Happy Hour (4:00) 20
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) New Yorker Hour (2:00) Movie Group: TBD (4:00) 23	Zoom Fitness w/ Cindy (11:00) The Book of the Month Group (2:00) 24	Another Cup! (10:00) Meditation (4:00) 25	 Thanksgiving Day – Office Closed 26	Office Closed 27
Meditation (8:30) Zoom Stretch and Strength w/ Cindy (9:30) 30	Notes			

AFFINITY GROUPS

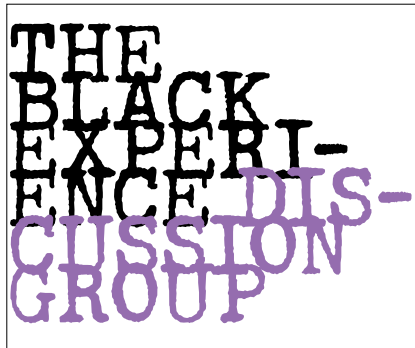
ANOTHER CUP! Join BHV members Murray Frank, Roger Cox and Roberta Meyers for Another Cup! Start the day with coffee and conversation with fellow BHV members, Wednesdays at 10:00 a.m. on Zoom. Contact Murray Frank (mwfrank17@gmail.com) to be added to his Zoom invitation distribution list. Registration 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 (KenScott@alum.mit.edu) or Roger (rhcox1@comcast.net) with questions.

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. There are still a few spaces available. For further information, please email Joanne Cooper (joandbill1234@rcn.com).



"Autumn Colors"
by member Tom K.

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.

GENTLE YOGA WITH JEN PETERSON Join Jen Peterson for Gentle Yoga on Friday, November 6 and 13 at 9:00 a.m. via Zoom. The class will include gentle stretching and strengthening movement to cultivate the mind-body connection. Email the office at info@beaconhillvillage.org to sign up. \$7 per 50-minute 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.

