

## Beacon Hill Village

# JANUARY 2015 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.

**Tuesday, January 6 10 - 11 a.m.**

### **Falls: Risks and Prevention**

In a special presentation for BHV members, the Director of Rehab at CAREtenders Home Health, Aedan Ford, will talk about the clinical, cognitive and environmental components that place people at risk for falls. A physical therapist, Mr. Ford will also discuss how to analyze and problem-solve balance disorders and decrease the risk of falling. This program and the program offered on January 13, below, are part of a new initiative on wellness. If you are interested in these programs but can't attend the scheduled sessions, please let the office know. If there's sufficient interest, we may offer them again. *Meet at Beacon House, 19 Myrtle Street. BHV members only. Free.*

**Thursday, January 8 12:30 p.m.**

### **Lunch Group: Moook**

Located on Beacon Hill, Moook is a modern steakhouse where Chef/Owner Jamie Mammano creates classic, yet modern steakhouse dishes. Moook offers a three-course lunch menu for \$25, or you may order a la carte. *Meet at 15 Beacon Street. Pay individually.*

**Tuesday, January 13 2 - 3 p.m.**

### **Staying Healthy: Flu & Common Cold Prevention**

At this session for BHV members, a nurse from CAREtenders Home Health will discuss ways to prevent the spread of the seasonal flu and the common cold. *Meet at Beacon House, 19 Myrtle Street. BHV members only. Free.*

**Wednesday, January 14 5:30 - 7 p.m.**

### **Conversations with... Michael Grogan**



Grogan & Company's President and Chief Auctioneer, Michael B. Grogan, will offer an insider's view of the auction process, from having an item appraised to the different ways of selling items through an auction house. He will also share suggestions for other ways to sell items of value. Mr. Grogan's talk is the first of two events by Grogan & Company for BHV members; stay

tuned for details about an appraisal event in early February at Grogan & Company's new location at 20 Charles Street. *Meet at King's Chapel Parish House, 64 Beacon Street. BHV/BHS members: Free. Non-members: \$20.*



### **Friday, January 16 10:45 - noon (plus optional lunch) Moakley Courthouse Tour**

Located on a magnificent waterfront site on Fan Pier, the Moakley Courthouse – designed by Henry N. Cobb of Pei Cobb Freed & Partners – overlooks Boston's harbor and downtown skyline. On our private one-hour tour we'll view the spectacular "conoid" glass wall overlooking Boston Harbor, the vibrantly colored Boston Panels created by artist Ellsworth Kelly, the Wall of Honor, a District Court courtroom, and the First Circuit Library. After our tour, for those who wish, we'll have lunch in the courthouse's cafeteria overlooking the harbor. *Meet at the Courthouse, at the corner of Northern Avenue and Courthouse Way, in the Seaport District. The Courthouse is a 10-15 minute walk from South Station (walk north on Atlantic Avenue and turn right across either Old Northern Avenue Bridge or the Evelyn Moakley Bridge to the Courthouse) and a five minute walk from the Courthouse Station on the Silver Line (one stop from South Station; exit at Seaport Blvd., turn right and then an immediate left on Fan Pier Blvd., and then left on Northern Avenue). BHV members & guests only. Tour is free. Lunch is pay individually*

**Thursday, January 22 9:45 a.m. - 12:15 p.m.**

### **Larz Anderson Auto Museum**

The Larz Anderson Auto Museum is housed in the opulent carriage house first built by wealthy Bostonians Larz and Isabel Anderson. It is now home to the Anderson Motorcar Collection as well as revolving exhibits featuring rare automobiles, automobilia, automotive artwork and vintage fashion. A special exhibit, *Innovation Moves Us*, which explores alternative fuel sources for powering automobiles, will be on display during our visit. *Meet at Café Vanille, 70 Charles Street, at 9:45 a.m., or Starbucks, 165 Newbury Street (between Dartmouth & Exeter), at 9:55 a.m. BHV members: \$23. Non-members: \$35.*

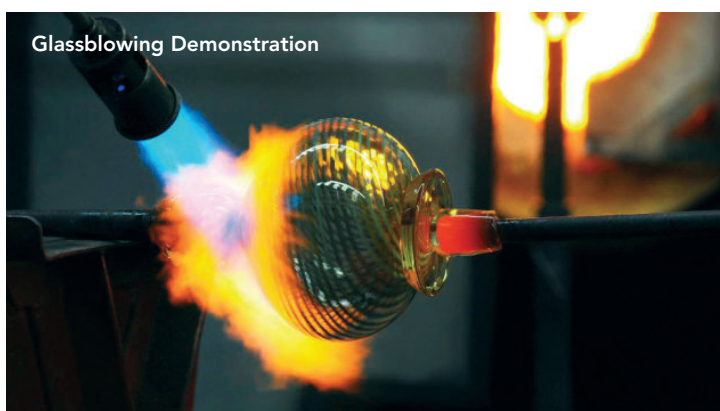
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MEN'S FIRST DRINK</b> The men of Beacon Hill Village continue their once-a-month exploration of Boston's watering holes on Thursday, January 8 at 4 p.m. Location TBD. Pay individually.  <b>TAXI COUPONS</b> Come to the BHV office on Friday, January 9, 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.  <b>TRIP TO TRADER JOE'S</b> Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, January 21, at noon and 2 p.m. Space is limited. BHV members only: \$10.  <b>TERRIFIC TUESDAYS</b> BHV members meet at 75 Chestnut St. at 4 p.m. on the first Tuesday of each month (in January, the 6th) to discuss and plan outings related to the arts. All BHV members welcome! Registration not required.  <b>ANOTHER CUP</b> BHV members meet at Panera Bread, 450 Boylston Street, every Thursday (in January, the 8th, 15th, 22nd and 29th) at 9:30 a.m. for a cup of coffee and conversation. All BHV members welcome! Registration not required.	<b>Notes</b>			<b>New Year's Day</b> <b>BHV Office Closed</b>	<b>Grocery Shop (9:30 &amp; 11:30)</b> 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	<b>Core Essentials (\$5)</b> <b>Pilates (\$5)</b> <b>Yoga/BHAC (\$5)</b> Beacon Hill Athletic Club North Station 261 Friend Street  <b>Circuit Training &amp; Stretching/Robyn (CT&amp;S)</b> Beacon House 19 Myrtle Street  <b>Total Body Strength &amp; Stretching (TBS&amp;S) (\$5)</b> <b>Total Body Strength (TBS) (\$5)</b> <b>Muscle (\$5)</b> <b>Power Muscle (\$5)</b> <b>Stretching (\$5)</b> <b>Yoga (\$5)</b> Beacon Hill Athletic Club North End 85 Atlantic Avenue  <b>Exercise/BHAC-BH (\$5)</b> Beacon Hill Athletic Club Beacon Hill 3 Hancock Street  <b>Tai Chi/Dorri Li</b> Beacon House 19 Myrtle Street Call instructor at 617.512.9575 for the fee for this class.
	<b>Calendar Mailing (10:30)</b> TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)	<b>Grocery Shop (9:30 &amp; 11:30)</b> <b>Terrific Tuesdays (4:00)</b> <b>Falls: Risks and Prevention (10-11)</b> Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)	<b>Whole Foods (10:00)</b> Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)	<b>Meditation (8:45)</b> <b>Another Cup (9:30)</b> <b>Lunch Group: Moo (12:30)</b> <b>Men's First Drink (4:00)</b> 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)	<b>Grocery Shop (9:30 &amp; 11:30)</b> <b>Taxi Coupons (11-noon)</b> 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)	
	5	6	7	8	9	
	TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)	<b>Tech Help (9-12)</b> <b>Grocery Shop (9:30 &amp; 11:30)</b> <b>Staying Healthy: Flu and Common Cold Prevention (2-3)</b> Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)	<b>Conversations with... Michael Grogan (5:30-7)</b> Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)	<b>Meditation (8:45)</b> <b>Another Cup (9:30)</b> 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)	<b>Grocery Shop (9:30 &amp; 11:30)</b> <b>Moakley Courthouse Tour &amp; Lunch (10:45)</b> 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)	
	12	13	14	15	16	
	<b>Martin Luther King, Jr. Day - BHV Office Open</b> TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)	<b>Grocery Shop (9:30 &amp; 11:30)</b> Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)	<b>Trader Joe's (noon and 2)</b> Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)	<b>Meditation (8:45)</b> <b>Another Cup (9:30)</b> <b>Larz Anderson Auto Museum (9:45-12:15)</b> 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)	<b>Grocery Shop (9:30 &amp; 11:30)</b> <b>A Conversation with Each Other: Hearing Loss (11-12:30)</b> 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)	<b>Walking/Robyn</b> 127 Mt. Vernon Street
	19	20	21	22	23	
<b>Kings Chapel Concert (Americana II: Taking Shape) (4:45)</b>	TBS&S/BHAC-NE (8:30-9:45) Walking/Robyn (9-9:50) CT&S/Robyn (10-11)	<b>Grocery Shop (9:30 &amp; 11:30)</b> <b>Glassblowing Demonstration (10:30-12:30)</b> Exercise/BHAC-BH (10-11) Yoga/BHAC-No.Sta. (12:15-1:15)	<b>MFA: Hollywood Glamour (9:30)</b> Muscle/BHAC-NE (8:15-9:15) Stretching/BHAC-NE (9:15-9:45) CT&S/Robyn (10-11)	<b>Meditation (8:45)</b> <b>Another Cup (9:30)</b> <b>Travel Group: SE Asia (5-6:30)</b> 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)	<b>Grocery Shop (9:30 &amp; 11:30)</b> 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)	
25	26	27	28	29	30	





Americana II: Taking Shape



Glassblowing Demonstration



Museum of Fine Arts:  
Hollywood Glamour



Travel Group: Southeast Asia

**Friday, January 23 11 - 12:30 p.m.**

### **A Conversation with Each Other: Hearing Loss**

Join other BHV members for a conversation about hearing loss and ways in which members have learned to cope with it. Members will have the opportunity to share their solutions and levels of success with each other. This conversation will be held on Beacon Hill, either at a member's home or at another location, depending on the interest. *If you are unable to attend this meeting but would like to be kept informed of any future meetings on this topic, please let the office know. BHV members only. Free.*

**Sunday, January 25 4:45 p.m.**

### **Americana II: Taking Shape**

The King's Chapel Choir & Soloists will perform American a cappella choral music, with a focus on the works of William Walker and his peers. The concert features selections from Southern Harmony, a shape note hymn and tune book compiled by Walker and reimagined by minimalist composer William Duckworth. *Meet at King's Chapel, 58 Tremont Street (corner of School Street) at 4:45 p.m. for the 5 p.m. concert. RSVP required. Suggested donation: \$15 at the door.*

**Tuesday, January 27 10:30 a.m. - 12:30 p.m.**

### **Glassblowing Demonstration**

On our visit to the Diablo Glass School in Boston, we'll be treated to a glassblowing demonstration and also learn about the nature of glass and the steps involved in the process from a professional. Pieces are available for purchase! *Meet at Café Vanille, 70 Charles Street, at 10:30 a.m., or Starbucks, 165 Newbury Street (between Dartmouth & Exeter), at 10:40 a.m. BHV members: \$30. Non-members: \$45.*

**Wednesday, January 28 9:30 a.m.**

### **Museum of Fine Arts: Hollywood Glamour**

Join Joan Doucette for a morning at the Museum of Fine Arts, where a special exhibit, *Hollywood Glamour: Fashion and Jewelry from the Silver Screen*, featuring designer gowns and exquisite jewelry from the 1930s and '40s will be on display. After viewing the exhibit, the group will have lunch at the Museum's cafeteria. *Admission to the Museum (\$23 for seniors) is pay individually. If your membership allows you to bring a guest at no charge, consider offering a guest pass to one of your BHV friends! Meet outside the entrance to the Park Street Station at 9:30 a.m. or in the lobby of the MFA at 10 a.m. BHV members and guests.*

**Thursday, January 29 5 - 6:30 p.m.**

### **Travel Group: Southeast Asia**

Steve and Barbara Roop will share pictures of, and stories about, their trip to Southeast Asia: Myanmar, Laos, Cambodia and Thailand. *Meet at 72 Mt. Vernon Street. BHV members only. Free.*

**EVEN MORE TO DO...** on back page. ➤

RETURN SERVICE REQUESTED



## Larz Anderson Auto Museum

Thursday, January 22

### EVEN MORE TO DO...

Wednesday, January 7 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.*



Tuesday, January 13 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, first floor conference room. BHV members only. Free.*

Thursday, January 8, 15, 22, and 29 8:45 a.m.

#### Meditation

Curious about the much talked-about benefits of meditation or how to go about it? This Thursday morning group, which meets at the Beacon Hill home of BHV member Susan Cox, is geared to people who are new to meditation. *Meditation begins promptly at 8:45 a.m. BHV members only. Free.*

## save THE DATE!



**Lenox, Massachusetts Sunday, August 16**

Beacon Hill Village is once again partnering with Cambridge at Home and other Massachusetts Villages for a day trip to Tanglewood on Sunday, August 16. The Boston Symphony Orchestra will perform Beethoven's *Symphony No. 9* and the Tanglewood Music Center Orchestra and the Tanglewood Festival Chorus will perform Aaron Copland's *Symphonic Ode*. The price is expected to be \$140, which includes transportation by chartered bus, tickets in the shed and a box lunch. This trip is open to Beacon Hill Village members and guests – as well as members and guests of other area Villages. Please call the office if you are interested in this trip. We will ask for a firm commitment and payment at a later date.