

Beacon Hill Village

APRIL 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.

Wednesday, April 1 10 a.m. & noon

Market Basket

We had so much interest in our inaugural trip to Market Basket in March that we've decided to offer two trips on the first Monday of each month. *Space is limited. BHV members only: \$10.*

Thursday, April 2 10:45 a.m. - 3 p.m.

WGBH Studios Tour



Join us on a private one-hour tour of the WGBH Studios in Brighton, which will include a visit to some of the studios where WGBH's TV, radio, Web and community programs are created, as well as to the world-class Fraser Performance Studio. After our tour and thanks to BHV members Barbara and Steve Roop, we'll be greeted by Jim Braude and Margery Eagan, co-hosts of Boston Public Radio, WGBH's news and talk program. Prior to our tour, we'll have an early lunch at The Stockyard before heading over to WGBH. *Meet at the former Café Vanille, 70 Charles Street, at 10:45 a.m., or Starbucks, 165 Newbury Street (between Dartmouth & Exeter), at 10:55 a.m. BHV members: \$18. Non-members: \$25.*

Monday, April 6 8 p.m. concert; dinner at 6:30 p.m.

First Monday at Jordan Hall – Chamber Music Series

The April concert in the New England Conservatory's popular monthly chamber music series features works by Copland, Mozart and Dvorak. *Take the Green "E" Line to Symphony Hall stop. Optional dinner (pay individually) at Pho & I, 267 Huntington Avenue, at 6:30 p.m. For concert only, meet inside Jordan Hall, 30 Gainsborough Street, and look for the group. BHV members and guests. Free. Registration required.*

Wednesday, April 8 5:30 p.m.

Passover Seder – All BHV Members Invited!



If you've never been to a Passover Seder, you're in for a treat. If you've already been to one, you know how much fun they are. The menu will include such Passover favorites as gefilte fish, chopped liver, haroseth, macaroons, matzoh, and much more. A short service before the meal will explain the meaning of

Passover. The Seder will be held at the Women's Lunch Place thanks to the generosity of its Executive Director. *Meet at 67 Newbury Street. BHV members and guests. Free. Small donations, at the Seder or in advance (to Murray Frank, Roberta Meyers or Joanne Cooper), will be gratefully accepted to help defray costs. Any extra funds will be donated to the Women's Lunch Place. Registration required.*

Friday, April 10 10 - 11 a.m.

Low Vision Presentation

Kimberly Quintal, an Occupational Therapist at the Vision Rehabilitation Service of Mass Eye and Ear, will talk about the devices and compensatory strategies that can assist vision-impaired patients to effectively use all of their remaining vision. Members are invited to bring a friend or family member. *Meet at 74 Joy Street, first floor conference room. BHV members and guests. Free. Registration required.*

Wednesday, April 15 10 - 11 a.m.

Light Bulbs, Batteries & More: Being Environmentally Friendly

Charles Street Supply owner Jack Gurnon will educate us about the many types of light bulbs that are now available on the market, including information about energy efficiency and how to decide which bulb is best for your needs. He's also prepared to talk about the proper disposal of batteries and paints and other hazardous materials. *Location TBD, but is expected to be on the "flat of the Hill." BHV members only. Free. Registration required.*



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TERRIFIC TUESDAYS BHV members meet 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.	Notes		Market Basket (10:00 & noon) CT&S/Robyn (10-11) <div>1</div>	Meditation (8:45) Another Cup (9:30) WGBH Studios Tour (10:45-3) Men's First Drink (4:00) <div>2</div>	Grocery Shop (9:30 & 11:30) Tai Chi/Dorri Li (11:45-12:45) <div>3</div>	<div>4</div>
ANOTHER CUP – NEW LOCATION! BHV members meet at the Map Room Café, Boston Public Library, every Thursday at 9:30 a.m. for a cup of coffee and conversation. All BHV members welcome! Registration not required.	Calendar Mailing (10:30) First Monday at Jordan Hall (8:00; dinner at 6:30) Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) <div>6</div>	Grocery Shop (9:30 & 11:30) Terrific Tuesdays (4:00) <div>7</div>	Passover Seder (5:30) Circuit Training/Robyn (10-11) <div>8</div>	Meditation (8:45) Another Cup (9:30) <div>9</div>	Grocery Shop (9:30 & 11:30) Low Vision Presentation (10-11) Taxi Coupons (11-noon) Tai Chi/Dorri Li (11:45-12:45) <div>10</div>	Creative Kitchens Tour (1-4)  <div>11</div>
MEN'S FIRST DRINK The men of Beacon Hill Village continue their once-a-month exploration of Boston's watering holes on Thursday, April 2, at 4 p.m. Location TBD.	Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) <div>13</div>	Grocery Shop (9:30 & 11:30) <div>14</div>	Light Bulbs, Batteries & More (10-11) Trader Joe's (noon & 2) Supper Club: Bin 26 Enoteca (6:00) Circuit Training/Robyn (10-11) <div>15</div>	Meditation (8:45) Another Cup (9:30) City Walk w/ Roger Cox (10:30) <div>16</div>	Grocery Shop (9:30 & 11:30) Rose Art Museum (12:30-4) Tai Chi/Dorri Li (11:45-12:45) <div>17</div>	<div>18</div>
RUMMIKUB WITH TINA & JOAN Join BHV members Joan Doucette and Tina DiMaggio for an afternoon of rummikub on Sunday, April 19, 3-5 p.m., at Tina's home on Beacon Hill. Beginners and more experienced players welcome! BHV members only.	Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) <div>20</div>	Grocery Shop (9:30 & 11:30) <div>21</div>	Promoting BHV: A Conversation w/ Laura Connors (3-4) Circuit Training/Robyn (10-11) <div>22</div>	Meditation (8:45) Another Cup (9:30) Organizing Your Medical Records (11-11:30); Wellness Clinic (10:30-11 & 11:30-12) Travel Group: India (5-6:30) <div>23</div>	Grocery Shop (9:30 & 11:30) Tai Chi/Dorri Li (11:45-12:45) <div>24</div>	Annual Earth Day: Charles River Cleanup (9:30) <div>25</div>
MEDITATION Geared to people who are new to meditation. Meets every Thursday at 8:45 a.m. at the Beacon Hill home of BHV member Susan Cox. BHV members only.	Walking/Robyn (9-9:50) Circuit Training/Robyn (10-11) <div>27</div>	Grocery Shop (9:30 & 11:30) <div>28</div>	MIT Public Art Tour (10:15) Circuit Training/Robyn (10-11) <div>29</div>	Meditation (8:45) Another Cup (9:30) Lunch Group: Drinoco (12:30) <div>30</div>		
TAXI COUPONS Come to the BHV office on Friday, April 10, 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.	HEALTH & WELLNESS: Beacon Hill Athletic Club (\$5/class) <i>North Station, 261 Friend Street:</i> Aerial Conditioning (Fri at 8:30) <i>North End, 85 Atlantic Avenue:</i> Total Body Strength (Mon at 8:30); Total Body Strength (Fri at 8:15); Muscle (Wed, Thurs at 8:30); Stretching (Wed, Thurs at 9:30); Yoga (Fri at 9:15) <i>Beacon Hill, 3 Hancock Street:</i> Senior Conditioning (Tues, Thurs at 10)					
TRIP TO TRADER JOE'S Door-to-door transportation to Trader Joe's in Cambridge on Wednesday, April 15, at noon and 2 p.m. Space is limited. BHV members only: \$10.	Circuit Training w/Robyn (Free) Beacon House 19 Myrtle Street					Tai Chi/Dorri Li Beacon House 19 Myrtle Street Call instructor at 617.512.9575 for fee.
	Walking w/Robyn (Free) Meet at 127 Mt. Vernon Street					

Wednesday, April 15 6 p.m.
Supper Club: Bin 26 Enoteca



A Beacon Hill neighborhood restaurant founded by the brother/sister team of Chef Azita Bina-Seibel and Babak Bina. Choose from a wide selection of pastas and other main dishes. *Meet at 26 Charles Street. BHV members only. Pay individually.*

Thursday, April 16 10:30 a.m.

City Walk with Roger Cox

Our newly formed BHV Walking Group has planned some interesting walks for the spring and summer, the first of which is a city walk led by Roger Cox. This walk will take you along the Esplanade to Massachusetts Avenue and then back along the Commonwealth Avenue Mall – where the magnolia trees should be in full bloom – and through the Public Garden, ending at Charles Street. Afterwards, the group will have lunch at Earl of Sandwich in the Common. Total distance is about three miles, covered at a moderate to brisk pace. Terrain is flat. Wear comfortable walking shoes and bring water. *Meet at the CVS across the street from the Charles/MGH Station. BHV members and guests. Free. Registration required.*

Friday, April 17 12:30 - 4 p.m.

The Rose Art Museum & Gallery Talk

Pioneering African American artist Melvin Edwards will join Brandeis University Professor Chad Williams and Rose Art Museum Director Christopher Bedford for a conversation in front of sculptures from Edward's "Lynch Fragment" series. After the talk, we'll have time to explore other works on display, including by Helen Frankenthaler, Willem De Kooning, Maria Lassnig, Frank Auerbach and Georg Baselitz. *Meet at the former Café Vanille, 70 Charles Street, at 12:30 p.m., or at Starbucks, 165 Newbury Street (between Dartmouth and Exeter Streets), at 12:40 p.m. BHV members: \$25. Non-members: \$40.*



Wednesday, April 22 3 - 4 p.m.

Promoting Beacon Hill Village: A Conversation with Executive Director Laura Connors

During the past year, Laura Connors has been invited to speak at conferences in Singapore and Hong Kong, evidence of BHV's growing recognition abroad. Please join Laura for "cookies & conversation" to hear about these trips and other ways in which Laura and BHV members have promoted Beacon Hill Village. *Location TBD. BHV members only. Free. Registration required.*

Thursday, April 23 11 - 11:30 a.m. (presentation)

Organizing Your Medical Records & Wellness Clinic

We all know how important it is for health care professionals to have up-to-date information about their patients' current health and health history in order to provide safe and efficient medical care. But many of us are not that organized. At this first session of Beacon Hill Village's new Wellness Clinic, run by Kate Sciacca, a Registered Nurse at Brigham and Women's Hospital (see story on the back page), participants will be given a Wellness Binder created for BHV members that will help you organize your medical information. Materials, guidance, and explanation will be provided!

If you would like to meet with Kate one-on-one to have your blood pressure and other vital signs checked, discuss health care questions or just check in, she will be available from 10:30-11 a.m. and 11:30 to noon (before and after her presentation on "Organizing Your Medical Records"). When you register for the presentation, you can also register for your one-on-one with Kate. *Meet at 74 Joy Street, first floor conference room. BHV members only. Free. Registration required.*

Thursday, April 23 5 - 6:30 p.m.

Travel Group: India

Jay Demerath will share photos and experiences of his and Barbara Rappaport's trip to NW India last October. Jay has a special interest in Indian politics and religion, topics on which he is certain to opine. *Meet at 72 Mt. Vernon Street. BHV members only. Free. Registration required.*

Saturday, April 25 9:30 a.m.

Annual Earth Day: Charles River Cleanup

Join Beacon Hill Village in giving back!! BHV will join forces with other volunteers to help clean up the Charles River and pick up trash from the river's edge on Annual Earth Day. We've requested a location near the Hatch Shell or Dartmouth Street (both on the Esplanade). *This is a great intergenerational opportunity; please feel free to invite your children, grandchildren, great grandchildren or other young people to help out. Free. Registration required.*



Wednesday, April 29 10:15 a.m.

MIT Outdoor Public Art Tour

Our one-hour private tour of MIT's outstanding outdoor public art collection will focus on five or six works of art that showcase the range of the collection. Optional lunch on the MIT campus after the tour. *Meet at the Coop next to the Kendall/MIT Station (exit at the front of the train) at 10:15 a.m. for our 10:30 a.m. tour. Free. BHV members only. Registration required.*

Thursday, April 30 12:30 p.m.

Lunch Group: Orinoco

A casual and affordable Venezuelan eatery in the South End. Old family recipes blend the cuisines and favorite dishes of the Andes and Caribbean. After lunch, join BHV member Murray Frank for coffee and tea at his home just a block from the restaurant. *Meet at 477 Shawmut Avenue. BHV members and guests. Pay individually.*

RETURN SERVICE REQUESTED



Lunch Group: Orinoco
Thursday, April 30

BEACON HILL VILLAGE MONTHLY WELLNESS CLINIC & HEALTH CARE TOPICS PRESENTATIONS

Beacon Hill Village is delighted to announce the launch of a new Wellness Clinic for members. Each month, Kate Sciacca, a Registered Nurse at Brigham and Women's Hospital, will be available to meet one-on-one with members to measure blood pressure and other vital signs, discuss health care questions, and just check in. In conjunction with the Clinic, Kate will present a different health care topic each month from 11-11:30 a.m., along with written materials. The Wellness Clinic will be "open" from 10:30-11a.m. and from 11:30 to noon (before and after Kate's presentations) for one-on-one meetings with Kate. To give you a preview of what's in store, below are the health care topics that Kate will discuss in the upcoming months.

April	Organizing Your Medical Records (see Calendar, April 23)
May	Nutrition: The Most Important Things You Can Do to Stay in Good Health
June	Musculoskeletal System: Body Changes & What You Can Do to Prevent Decline
July	Clinic Only
August	Clinic Only
September	Medications: A Guided Discussion of Common Kinds and Classes and What They Do
October	Your Brain & Your Mood: How They are Connected and What You Can Do to Fight Depression and Keep Your Mind Healthy
November	Advanced Life Planning: Knowing the Facts to Make the Right Choices for Your Life
December	Skin Care: Common Misconceptions & Seasonal Solutions to Care for Your Skin
January '16	Memory Matters: Brain Changes and Simple Things You Can Do to Stay Sharp

