



KEY BISCAYNE COMMUNITY CENTER ADULT & SENIOR PROGRAMS

50+ Corner Virtual Calendar











Week of July 27-August 2, 2020

Enjoy these complimentary programs as “we stay at home to flatten the curve.” For programs available on Zoom in Eastern Standard Time (EST), simply download and install the Zoom app on any electronic device to facilitate entry. Then, click the “link to join” for one of the classes below. New to Zoom? Get it at <https://zoom.us/>

MONDAY, JULY 27, 2020

- 9:00 a.m.  **Zumba Gold** <https://zoom.us/> Meeting ID: **95087880940** Passcode: **zoom**
- 9:30 a.m. **Memoir Writing (Last Class)** <https://zoom.us/> Meeting ID: **7731203935** Passcode: **98765** *Must register*
- 11:00 a.m.  **Line Dance (Sponsored by the City of Coral Gables Adult Activity Center)**
Register in advance at https://us02web.zoom.us/webinar/register/WN_Vq_3fgebSySwJHNEjco2rQ
- 12:00 p.m. **Tai Chi** <https://zoom.us/> Meeting ID: **99963092163** Passcode: **zoom**
- 2:00 p.m. **Enhance Fitness with Marilyn Myles** <https://zoom.us/> Meeting ID: **6557496003** Passcode: **6557496003**
- 3:00 p.m.  **Baptist Health & Allegro present Insight to Health Series: Early Signs of Skin Cancer**
<https://zoom.us/> Meeting ID: **98383636021** Passcode: **zoom**
- 5:00 p.m.  **Pilates** <https://zoom.us/> Meeting ID: **98384047677** Passcode: **zoom**
- 8:00 p.m.  **Baryshnikov Arts Center presents *Aszure Barton's Over/Come*** <https://bacnyc.org/explore>
- 9:00 p.m.  **Rodgers & Hammerstein's *Cinderella (starring Julie Andrews :1957)*** <https://youtu.be/yFdeA6Nfc1w>

TUESDAY, JULY 28, 2020

- 8:00 a.m.  **Group Exercise with Marilyn Myles** <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 8:30 a.m.  **Chair Aerobics & Strength** <https://zoom.us/> Meeting ID: **91537364862** Passcode: **zoom**
- 10:00 a.m.  **ADITA IS BACK! Free Virtual Balance & Stability Training**
<https://zoom.us/> Meeting ID: **873 8334 3523** Passcode: **575833**
Recorded class will be available the rest of the week for viewing on Channel 77 (6:28 a.m.; 7:58 a.m.; 9:27 a.m.)
- 11:00 a.m.  **Zumba (Sponsored by the City of Coral Gables Adult Activity Center)**
Register in advance at https://us02web.zoom.us/webinar/register/WN_OptWNLvqRnyWFmjzPK4qcv
- 12:00 p.m.  **Tai Chi** <https://zoom.us/> Meeting ID: **95998877956** Passcode: **zoom**
- 1:00 p.m.  **Yoga Therapy for Arthritis & Low Back Pain (Sponsored by Aum Home Shala)**
Register in advance at <https://aumhomeshala.org/intake-form/>
- 2:00 p.m.  **Temple Music Live Online Concert** <https://www.templemusic.org/concerts>
- 5:00 p.m.  **The Wolfsonian at FIU presents *On The Avenue: Architecture***
Register in advance for the Zoom info at https://fiu.zoom.us/webinar/register/WN_H5qYecy7RJ6cNRlXvqyoMQ
- 7:00 p.m.  **PAINT NIGHT WITH DANIELA BETANCOURT** [Register Here](#)
- 8:30 p.m.  **Plays In The House presents *Misalliance*** <https://www.youtube.com/watch?v=XeLNGMh9a84>

WEDNESDAY, JULY 29, 2020

- 8:30 a.m. **Zumba Gold** <https://zoom.us/> Meeting ID: **94753017044** Passcode: **zoom**
- 9:30 a.m.  **YMCA Cardio Dance** <https://ymca360.org/on-demand/category/14/videos/171>
- 10:00 a.m.  **Chair Yoga with Mariana** <https://zoom.us/> Meeting ID: **7731203935** Passcode: **98765**
- 11:30 a.m.  **Tai Chi** <https://zoom.us/> Meeting ID: **98977402220** Passcode: **zoom**
- 12:30 p.m.  **Belly Dance Healthy Hour** <https://zoom.us/> Meeting ID: **95850985241** Passcode: **zoom**
- 2:00 p.m.  **Enhance Fitness with Marilyn Myles,** <https://zoom.us/> Meeting ID: **6557496003** Passcode: **6557496003**
- 2:30 p.m.  **London Philharmonic Orchestra's Live Online Concert "Summer Sessions 2"**
<https://www.youtube.com/londonphilharmonicorchestra>
- 5:30 p.m.  **Cirque du Soleil presents *TORUK - The First Flight, Dralion, Amaluna***
https://www.youtube.com/watch?v=gCyP9DjFS_w
- 7:00 p.m.  **UM Lecture: Kiki, Queen of Montparnasse with Armando Droulers** <https://zoom.us/> Meeting ID: **94361045332**
- 8:30 p.m. **The Royal Ballet presents *The Sleeping Beauty (In full)***
<https://www.youtube.com/watch?v=PEMshf6ky6M&list=PLSYS-T-WpOEUyzBB5YHbNr8qKcE8pQ6nn&index=2&t=0s>

For more information contact 786-255-3601 or rlohuis@keybiscayne.fl.gov

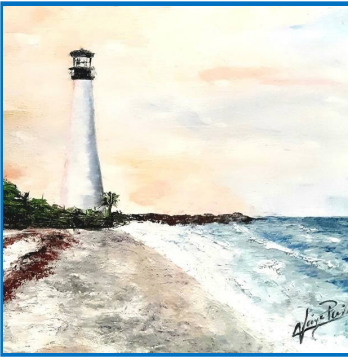
7/27-8/2/20

#KBStayHome

#IslandCommunity

#VillageLove

#KBCC











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THURSDAY, JULY 30, 2020

- 8:00 a.m. Group Exercise with Marilyn Myles <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 9:00 a.m. Yoga <https://zoom.us/> Meeting ID: **92632791717** Passcode: **zoom**
- 10:00 a.m.  Mindfulness Meditation with Cecilia Rubio (Spa) <https://zoom.us/> Meeting ID: **984272144** Passcode: **196664**
- 10:30 a.m.  **Total Body Sculpt** <https://zoom.us/> Meeting ID: **91267968164** Passcode: **zoom**
- 12:00 p.m.  **Tai-Chi with Polly (Sponsored by the City of Coral Gables Adult Activity Center)** No registration required. <https://zoom.us/> Meeting ID: **532838220**
- 12:30 p.m.  **LUNCH & LEARN— ASK “SHINING STARS” Virtual Dance Show** <https://zoom.us/> Meeting ID: **7731203935** Passcode: **98765**
- 2:00 p.m.  **Live with Carnegie Hall presents Judy Collins** <https://www.youtube.com/carnegiehall>
- 6:00 p.m.  **KBCC presents A Night of Magic with Philip & Henry: Amazing Magicians (Register in advance [here](#))**
- 7:00 p.m.  **The Wolfsonian at FIU presents Designing Activism** Register in advance for the Zoom info at https://fiu.zoom.us/webinar/register/WN_y2_1gR3FQyG0GlfzULFnA
- 7:30 pm  **Metropolitan Opera presents Verdi’s Il Trovatore** <https://www.metopera.org/user-information/nightly-met-opera-streams/>

FRIDAY, JULY 31, 2020

- 8:30 a.m.  Cardio Strength <https://zoom.us/> Meeting ID: **92252007944** Passcode: **zoom**
- 9:30 a.m.  **Adita Lang’s Active Aging Workout Video Balance and Stability #2—Series 2** https://www.youtube.com/watch?v=wEIPPzcMcDw&list=PLJCD5JndRXoTi-kKp6Q_Nt0sKKVrTR6Ps&index=2
- 11:00 a.m.  Tai Chi <https://zoom.us/> Meeting ID: **94184121372** Passcode: **zoom**
- 1:00 p.m.  **Brain Training: Yoga Therapy for Neuroplasticity (sponsored by Aum Home Shala)** Register in advance at <https://aumhomeshala.org/intake-form/>
- 2:00 p.m.  Enhance Fitness with Marilyn Myles <https://zoom.us/> Meeting ID: **6557496003** Passcode: **6557496003**
- 3:00 p.m.  **Columbia University Miller Theatre presents Bach Collections** <https://www.millertheatre.com/about/news/bach-collection-is-now-available-to-watch-on-demand>
- 4:00 p.m.  **BINGO HAPPY HOUR!** <https://zoom.us/> Meeting ID: TBA Passcode: TBA
- 7:00 p.m.  **NY Philharmonic presents Jaap van Zweden Conducts Wagner’s “Die Walküre” (Act I)** <https://nyphil.org/playson>
- 8:00 p.m.  **Great Performances presents Noël Coward’s Present Laughter** <https://www.pbs.org/wnet/gperf/blog/summer-streaming-lineup/>



WEEKEND WIND-DOWN OPTIONS

- Sat., Aug. 1st @ 1:00 p.m. **Spend a Virtually Perfect Day in London** <https://discover.ticketmaster.co.uk/special-events/your-itinerary-for-a-virtually-perfect-day-in-london-50239/>
- Sat., Aug. 1st @ 5:00 p.m. **The Secret Love Life of Ophelia** <https://greenwichtheatre.org.uk/the-secret-love-life-of-ophelia/>
- Sat., Aug. 1st @ 7:00 p.m. **FGO presents Mourning Becomes Electra** <https://www.youtube.com/user/floridagrandopera>
- Sun., Aug. 2nd @ 2:00 p.m. **National Portrait Gallery’s Mirror, Mirror Exhibition Virtual Tour** <https://www.npg.org.uk/whatson/exhibitions/2001/mirror-mirror-self-portraits-by-women-artists/virtual-tour.php>
- Sun., Aug. 2nd @ 5:00 p.m. **Lincoln Center Chamber Music Society presents Summer Evenings IV** <https://www.chambermusicsociety.org/watch-and-listen/live/summer-evenings-iv>
- Sun., Aug. 2nd @ 7:30 p.m. **John Lewis: Get In The Way (Documentary)** <https://allarts.org/2020/07/what-to-stream-john-lewis-get-in-the-way-documentaries/>

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