

KEY BISCAIYNE COMMUNITY CENTER ADULT & SENIOR PROGRAMS








50+ Corner Virtual Calendar








Week of October 12—October 18, 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, OCTOBER 12, 2020

- 8:30 a.m. Chair Aerobics & Strength <https://zoom.us/> Meeting ID: 997 8837 6954 Passcode: zoom
- 9:30 a.m. Meditation & Tips for Emotional Well-being <https://zoom.us/> Meeting ID: 929 1021 5949 Passcode: zoom
- 11:00 a.m. Miami Cancer Institute’s Gentle Yoga <https://zoom.us/> Meeting ID: 944 6336 1813 Passcode: zoom
- 12:00 p.m. Tai Chi <https://zoom.us/> Meeting ID: 969 1054 4520 Passcode: zoom
- 2:00 p.m.  Enhance Fitness with Marilyn Myles <https://zoom.us/> Meeting ID: 6557496003 Passcode: 6557496003
- 4:30 p.m.  Miami Cancer Institute’s Yoga Sculpt <https://zoom.us/> Meeting ID: 960 8255 5364 Passcode: zoom
- 6:00 p.m.  Auckland Philharmonia Orchestra of New Zealand presents *Dolce Vivaldi* (Classical Music Concert)
<https://www.apo.co.nz/watch-listen/dolce-vivaldi/>
- 7:00 p.m.  Plays in the House presents *Coastal Disturbances* with Annette Bening
<https://www.youtube.com/c/StarsInTheHouse/featured>
- 8:00 p.m.  Baryshnikov Arts Center presents *State vs. Natasha Banina*
Register at <https://us02web.zoom.us/meeting/register/tZYuc-yqrDloHtZ2efbdilYZqyTlruFimzm4>

TUESDAY, OCTOBER 13, 2020

- 8:00 a.m. Cardio Strong <https://zoom.us/> Meeting ID: 984 3290 2080 Passcode: zoom
- 9:00 a.m. Zumba <https://zoom.us/> Meeting ID: 962 9673 0407 Passcode: zoom
- 10:00 a.m.  Adita’s Virtual Balance & Stability Training <https://zoom.us/> Meeting ID: 873 8334 3523 Passcode: 575833
- 11:00 a.m. Miami Cancer Institute’s Pilates Whole Body Mat <https://zoom.us/> Meeting ID: 963 0554 1342 Passcode: zoom
- 11:00 a.m.  UM Class: Presidents in Crisis (Franklin Roosevelt & Harry Truman) <https://zoom.us/> Meeting ID: 9245 108 2604
- 12:00 p.m. Tai Chi <https://zoom.us/> Meeting ID: 929 9979 5852 Passcode: zoom
- 2:00 p.m. Group Exercise with Marilyn Myles <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 5:00 p.m.  Frieze London’s Art Fair Online Viewing Rooms *Register for access at
https://viewingroom.frieze.com/?_ga=2.16886265.1725701171.1601983957-1544038035.1601983957
- 6:00 p.m.  Virtual Hudson Valley Dance Festival dradance.org/pre-event/virtual-hudson-valley-dance-festival/
- 7:00 pm.  Books & Books Virtual Author Series presents *An Evening with Amy Paige Condon In conversation with Craig Baggs and Dr. Gregory Bush discussing A Nervous Man Shouldn’t Be Here in the First Place: The Life of Bill Baggs*
Register at <https://www.crowdcast.io/e/billbaggs/register>
- 7:30 p.m.  Lincoln Center presents *Virtuoso Violins with the LC Chamber Music Society*
<https://www.chambermusicsociety.org/cms-front-row-2020/online-events/online-events/virtuoso-violins-october-13-2020/>
- 8:00 p.m.  New York City Ballet presents *Classic NYCB* <https://www.youtube.com/nycballet>

WEDNESDAY, OCTOBER 14, 2020

- 8:30 a.m. Zumba Gold <https://zoom.us/> Meeting ID: 980 4386 7928 Passcode: zoom
- 9:30 a.m. Meditation & Stretch <https://zoom.us/> Meeting ID: 980 0670 2773 Passcode: zoom
- 10:00 a.m.  Chair Yoga with MYRIAM <https://zoom.us/> Meeting ID: 812 175 5689 Passcode: eRG21Z
- 11:30 a.m. Chair Tai Chi <https://zoom.us/> Meeting ID: 987 2270 5658 Passcode: zoom
- 2:00 p.m.  Enhance Fitness with Marilyn Myles <https://zoom.us/> Meeting ID: 655 749 6003 Passcode: 6557496003
- 4:00 p.m. Miami Cancer Institute’s Pilates Whole Body Mat <https://zoom.us/> Meeting ID: 934 1880 3659 Passcode: zoom
- 4:00 p.m.  Lincoln Center presents *Grace McLean in Concert* <https://www.facebook.com/LincolnCenterNYC>
- 5:30 p.m.  AARP University Lecture Series: The Science of Sleep and Stress
Register at <https://www.cvent.com/events/one-day-university-lecture-series-presented-by-aarp-the-science-of-sleep-and-stress/registration-AA9DFADC4BEA4E269EDED29D85A39EDD.aspx>
- 7:00 p.m.  UM Lecture: *Dada, Irreverent & Absurd: Cabaret Voltaire w/ Armando Droulers*
<https://zoom.us/> Meeting ID: 943 610 45332
- 8:30 p.m.  Scott Siegel’s *Great American Songbook Concert: Volume 12* <https://www.youtube.com/watch?v=YBTtZAmSBo>

For more information contact 305-365-8953 or rlohuis@keybiscayne.fl.gov

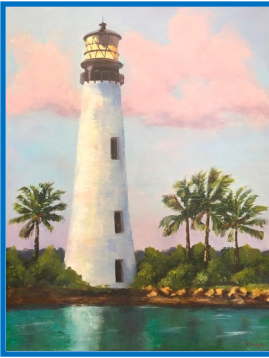
10/12-10/18/20

#KBStayHome

#IslandCommunity

#VillageLove

#KBCC



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THURSDAY, OCTOBER 15, 2020

- 8:30 a.m. **Group Exercise with Marilyn Myles** <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 9:00 a.m. **Tai Chi** <https://zoom.us/> Meeting ID: 990 2368 3415 Passcode: zoom
- 10:00 a.m. **Balance & Stability Workout Video with Adita Lang**
https://www.youtube.com/watch?v=Gp9qqcgEGL4&list=PLJCD5JndRXoTi-kKp6Q_Nt0sKKVTRTR6Ps&index=22
- 11:00 a.m. **Miami Cancer Institute’s Chair Yoga** <https://zoom.us/> Meeting ID: 936 9137 2096 Passcode: zoom
- 12:30 p.m. **Lunch & Learn: Discover a Mysterious Kingdom with Susanne Koelbl & her book *Behind The Kingdom’s Veil***
<https://zoom.us/> Meeting ID: 773 120 3935 Passcode: 98765
- 4:00 p.m. **Alliance for Aging presents Medicare Open Enrollment Period**
<https://zoom.us/> Meeting ID: 820 2594 4260 Password: 432574
- 6:00 p.m. **Cirque du Soleil presents *Behind The Curtain of Mystere*** <https://www.youtube.com/watch?v=K8Zh1mshGo>
- 7:00 p.m. **Keep Music Alive Virtual Gala** <https://www.youtube.com/user/etmonline>
- 7:30 p.m. **Metropolitan Opera presents Donizatti’s *Anna Bolena***
<https://www.metopera.org/user-information/nightly-met-opera-streams/>

FRIDAY, OCTOBER 16, 2020

- 8:30 a.m. **Cardio Strength** <https://zoom.us/> Meeting ID: 932 8086 6453 Passcode: zoom
- 9:30 a.m. **20/20/20 Fitness** <https://zoom.us/> Meeting ID: 987 5192 4163 Passcode: zoom
- 10:00 a.m. **Pilates** <https://zoom.us/> Meeting ID: 927 8/174 0199 Passcode: zoom
- 11:00 a.m. **Tai Chi** <https://zoom.us/> Meeting ID: 999 7503 4592 Passcode: zoom
- 1:00 p.m. **Alliance for Aging presents Medicare Open Enrollment Period**
<https://zoom.us/> Meeting ID: 880 0577 7080 Password: 609085
- 2:00 p.m. **Enhance Fitness with Marilyn Myles** <https://zoom.us/> Meeting ID: 655 749 6003 Passcode: 6557496003
- 4:00 p.m. **BINGO HAPPY HOUR!** <https://zoom.us/> Meeting ID: TBA Passcode: TBA
- 6:00 p.m. **Orchestra Miami Happy Hour Concerts: Elissa Lakofsky (flute) & Deborah Fleisher (harp)**
Watch on <https://www.facebook.com/orchestramiami/> OR
Register for Zoom at https://us02web.zoom.us/meeting/register/tZYtdeugqz4iGtE4WBM1b3j7dQLxUt_kLRWl
- 7:30 p.m. **Shakespeare Trilogy on Film: Henry IV** <https://stannswarehouse.org/show/donmar-trilogy/>
<https://www.metopera.org/user-information/nightly-met-opera-streams/>
- 8:00 p.m. **AARP Movie Night presents *Herp Albert Is...*** *Register for your free virtual tickets by 10/16 at 12 Noon
<https://www.cvent.com/c/express/99584D2E-2B3B-4344-A01F-AAF43D435937>

WEEKEND WIND-DOWN OPTIONS

- Sat., Oct. 17th @ 4:00 p.m. **Alfie Boe Live—The Bring Him Home Tour** <https://www.youtube.com/theshov...>
- Sat., Oct. 17th @ 7:00 p.m. **Online Concert Premiere for New Broadway Musical *Sticks & Stones***
<https://broadwaycares.org/pre-event/sticks-and-stones/>
- Sun., Oct. 18th @ 2:00 p.m. **Hello Gorgeous: Funny Folx in Concert Celebrating the Music of Fanny Brice**
<https://www.youtube.com/user/iSanctuaryorg>
- Sun., Oct. 18th @ 4:00 p.m. **Books & Books Virtual Author Series presents Maggie Smith with Dr. Lucy Kalanithi**
(Keep Moving: Notes on Loss, Creativity, and Change) Register at <https://www.crowdcast.io/e/maggiesmith/register>



Sweets & Treats Candy Grams on Halloween

The Key Biscayne Community Center & the Key Biscayne Community Foundation invite you to bring a smile to someone’s face this Halloween. You can send a special friend or neighbor a **Halloween Candy Gram** through non-contact delivery by emailing rlohuis@keybiscayne.fl.gov. The **Candy Gram** includes candies, chocolates, & a gift bag.

For more information contact 305-365-8953 or rlohuis@keybiscayne.fl.gov

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