

# KEY BISCAIYNE COMMUNITY CENTER ADULT & SENIOR PROGRAMS

## 50+ Corner Virtual Calendar












### Week of September 14—20, 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, SEPTEMBER 14, 2020











- 8:30 a.m.  **Group Exercise with Marilyn Myles** <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 9:00 a.m.  **Zumba Gold** <https://zoom.us/> Meeting ID: 942 0430 2353 Passcode: zoom
- 9:30 a.m.  **Memoir Writing (10-Wk Session)** <https://zoom.us/> Meeting ID: 7731203935 Passcode: 98765 \*Must register\*
- 10:00 a.m.  **Aging Gracefully** <https://zoom.us/> Meeting ID: 992 7738 2938 Passcode: zoom
- 11:00 a.m.  **NEW CLASS! Miami Cancer Institute’s Gentle Yoga** <https://zoom.us/> Meeting ID: 94487871468 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: 94487871468 Passcode: zoom
- 6:00 p.m.  **ALL Arts presents A PROGRAM ABOUT UNUSUAL BUILDINGS AND OTHER ROADSIDE STUFF**  
<https://allarts.org/2020/09/3-films-to-take-you-on-an-architectural-road-trip-across-the-us/>
- 7:00 p.m.  **Scott Siegel’s Great American Songbook Concert Series: Volume 10**  
<https://www.youtube.com/watch?v=AZlhfcnQt3A&feature=youtu.be>
- 8:00 p.m.  **Cirque du Soleil’s Best of Trampoline** <https://www.youtube.com/watch?v=K9Ilo6AUhXc>

#### TUESDAY, SEPTEMBER 15, 2020

- 8:30 a.m.  **Chair Aerobics & Strength** <https://zoom.us/> Meeting ID: 935 0467 5939 Passcode: zoom
- 9:30 a.m.  **Full Body Toning** <https://zoom.us/> Meeting ID: 989 3801 5551 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: 93350727809 Passcode: zoom
- 11:00 a.m.  **UM Class: Presidents in Crisis** <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.  **Miami Cancer Institute’s Celebrity Chef Workshop: “Souper” Salad Sensations**  
<https://zoom.us/> Meeting ID: 981 2851 2181 Passcode: zoom
- 5:00 p.m.  **Books & Books presents A Virtual Panel Discussion with Donald Ray Pollock on the upcoming film adaptation of his, *The Devil All The Time*.** Register at <https://www.crowdcast.io/e/thedevilallthetime/register>
- 6:00 pm.  **American Soprano Jessie Norman at 75: A Celebration LIVE**  
<https://www.eventbrite.com/e/jessye-norman-at-75-a-celebration-tickets-116153649693>
- 7:00 p.m.  **ONE-BUTTON CINE-CLUB Discussion & Film** <https://zoom.us/> Meeting ID: 773 120 3935 Passcode: 98765
- 8:00 p.m.  **American Repertory Ballet presents *Giselle*** <https://www.arballetvideos.org/about>



#### WEDNESDAY, SEPTEMBER 16, 2020

- 8:30 a.m.  **Zumba Gold** <https://zoom.us/> Meeting ID: 980 4386 7928 Passcode: zoom
- 9:30 a.m.  **Decameron Project Writing Class** <https://zoom.us/> Meeting ID: 773 120 3935 Passcode: 98765
- 10:00 a.m.  **Chair Yoga with MYRIAM** <https://zoom.us/> Meeting ID: 812 175 5689 Passcode: eRG21Z
- 11:00 a.m.  **Mia. Cancer Institute’s *Brazilian Voices -Live*** <https://zoom.us/> Meeting ID: 981 4497 1474 Passcode: zoom
- 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
- 3:00 p.m.  **Seville’s Biennial Flamenco Fiesta presents *Paraíso Perdido LIVE*** <https://www.youtube.com/user/labienal>
- 4:00 p.m.  **Miami Cancer Institute’s Pilates Whole Body Mat** <https://zoom.us/> Meeting ID: 97575905273 Passcode: zoom
- 5:30 p.m.  **AARP University Lecture Series : How to Listen To (And Appreciate) Great Music**  
Register at <https://www.cvent.com/events/one-day-university-lecture-series-presented-by-aarp-how-to-listen-to-and-appreciate-great-music/registration-ED8F25DEE62B4E24AD996DF0039C8C30.aspx>
- 7:00 p.m.  **UM Lecture: *Vienna’s Golden Age: The Vienna Secession & Viennese Workshops* with Armando Droulers**  
<https://zoom.us/> Meeting ID: 943 610 4532
- 8:00 p.m.  **MCC Theater presents *MISCAST20*** <https://www.youtube.com/user/mcctheater>



For more information contact 786-255-3601 or [rlohuis@keybiscayne.fl.gov](mailto:rlohuis@keybiscayne.fl.gov)

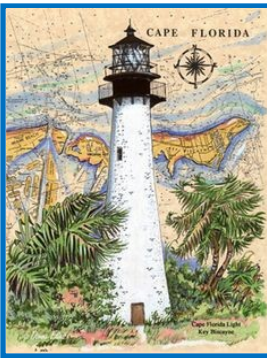
9/14-9/20/20

#KBStayHome

#IslandCommunity

#VillageLove

#KBCC



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#### THURSDAY, SEPTEMBER 17, 2020

- 8:00 a.m. **Cardio Burn** <https://zoom.us/> Meeting ID: 975 2068 6099 Passcode: zoom
- 9:00 a.m. **Tai Chi** <https://zoom.us/> Meeting ID: 990 2368 3415 Passcode: zoom
- 10:00 a.m. **Active Aging Balance and Stability Workout with Adita Lang** [youtube.com/watch?v=npQrIGNceZk](https://www.youtube.com/watch?v=npQrIGNceZk)
- 11:00 a.m. **Miami Cancer Institute’s Chair Yoga** <https://zoom.us/> Meeting ID: 949 8190 4276 Passcode: zoom
- 12:30 p.m. **LUNCH & LEARN: Lunch with the Chief (Chief of Police Charles Press)**  
<https://zoom.us/> Meeting ID: 773 120 3935 Passcode: 98765
- 2:00 p.m. **Zumba** <https://zoom.us/> Meeting ID: 995 4413 1648 Passcode: zoom
- 6:00 p.m. **PAMM presents Live Virtual Art Talk: George Clinton in Conversation with Franklin Sirmans** *RSVP at*  
<https://6883.blackbaudhosting.com/6883/Live-Virtual-Art-Talk-George-Clinton-in-Conversation-with-Franklin-Sirmans>
- 6:00 p.m. **Books & Books presents Nina LaCour & Stephanie Perkins’ Discussion of ghosts & gaslighting and the 1944 film Gaslight** Register: <https://booksandbooks.com/event/virtual-author-series-nina-lacour-and-stephanie-perkins/>
- 7:00 p.m. **Liszt’s Poetic & Religious Harmonies at Green-Wood Cemetery**  
<https://allarts.org/programs/the-set-list/liszts-poetic-religious-harmonies-at-green-wood-cemetery-gxcvj0/>
- 8:30 p.m. **AARP Movie Night presents The Artist’s Wife** \*Register by 9/17 at 12 Noon  
<https://www.cvent.com/c/express/B2EE08E3-8E27-485C-8A0C-FB39D0111894>

#### FRIDAY, SEPTEMBER 18, 2020

- 8:30 a.m. Group Exercise with Marilyn Myles <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 9:30 a.m. **Meditation and Tips for Emotional Well-Being** <https://zoom.us/> Meeting ID: 989 9521 2557 Passcode: zoom
- 10:00 a.m. **Pilates** <https://zoom.us/> Meeting ID: 966 6526 7262 Passcode: zoom
- 11:00 a.m. **Tai Chi** <https://zoom.us/> Meeting ID: 999 7503 4592 Passcode: zoom
- 1:00 p.m. **Books & Books presents Alisson Wood and Chelsea Bieker** <https://www.instagram.com/booksandbooks/>
- 2:00 p.m. **Enhance Fitness with Marilyn Myles** <https://zoom.us/> Meeting ID: 6557496003 Passcode: 6557496003
- 2:00 p.m. **Violinist Braimah Kanneh-Mason performs from Symphony Hall in Birmingham LIVE**  
<https://www.youtube.com/user/THSHBirmingham/>
- 4:00 p.m. **BINGO HAPPY HOUR!** <https://zoom.us/> Meeting ID: TBA Passcode: TBA
- 7:00 p.m. **GableStage presents Stars In The Bard** <http://www.gablestage.org/engageablestage/stars-in-the-bard/>
- 7:30 p.m. **Metropolitan Opera presents Bellini’s I Puritani**  
<https://www.metopera.org/user-information/nightly-met-opera-streams/>
- 8:00 p.m. **Carnegie Hall presents The Munich Philharmonic (2019)**  
<https://www.carnegiehall.org/Calendar/2019/10/26/Munich-Philharmonic-0800PM#live>



#### WEEKEND WIND-DOWN OPTIONS

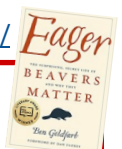
- Sat., Sept. 19th @ 1:00 p.m. **Curve Theatre presents The Importance of Being Earnest**  
<https://www.curveonline.co.uk/news/watch-our-archive-recording-of-the-importance-of-being-earnest/>
- Sat., Sept. 19th @ 5:00 p.m. **The National Symphony Orchestra (Labor Day 2020)** [youtube.com/watch?v=KwthtWr\\_G6M](https://www.youtube.com/watch?v=KwthtWr_G6M)
- Sat., Sept. 19th @ 7:00 p.m. **For Sama (Documentary—Oscar Nominated)**  
[allarts.org/programs/frontline/sama-theatrical-version-dgbhlm/](https://allarts.org/programs/frontline/sama-theatrical-version-dgbhlm/)
- Sun., Sept. 20th @ 11:00 a.m. **Bamberg Symphony (Jakub Hrůša conducts Weber, Mozart, and Bruckner with Piotr Anderszewski)**  
**LIVE at** <https://www.medi.tv/en/concerts/jakub-hrusa-conducts-weber-mozart-and-bruckner-piotr-anderszewski/>
- Sun., Sept. 20th @ 4:00 p.m. **Books & Books presents An Afternoon with Julie Marie Wade and Julia Koets**  
Register at <https://www.crowdcast.io/e/julieandjulia/register>
- Sun., Sept. 20th @ 5:00 p.m. **GP presents Macbeth** <https://www.pbs.org/wnet/gperf/blog/late-summer-streaming-lineup/>



#### VIRTUAL BOOK CLUB MEETING

Thursday, October 1st @ 12:30 p.m.

BOOK SELECTION: **EAGER: The Surprising, Secret Life of BEAVERS and Why They MATTER** by BEN GOLDFARB



For more information contact 786-255-3601 or [rlohuis@keybiscayne.fl.gov](mailto:rlohuis@keybiscayne.fl.gov)

9/14-9/20/20