

KEY BISCAIYNE COMMUNITY CENTER ADULT & SENIOR PROGRAMS











50+ Corner Virtual Calendar

Week of May 3 - May 9, 2021



Enjoy these complimentary programs as “we stay at home to stay safe.” For Zoom programs, download and install the Zoom app on any electronic device. Then, click the “link to join” for one of the classes below. New to Zoom? Get it at <https://zoom.us/>









MONDAY, MAY 3, 2021

- 8:00 a.m.  **Wigmore Hall presents *Jonathan Plowright, piano* (LIVE)**
<https://wigmore-hall.org.uk/watch-listen/live-stream>
- 8:30 a.m.  **Yoga with Carol Mejia** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 8:30 a.m. **Group Exercise with Marilyn Myles** <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 9:00 a.m.  **AARP’s Chair Yoga** *Register at [AARP FL, Virtual Chair-based Yoga 5/03/21 - Confirm Identity \(cvent.com\)](#)
- 9:30 a.m.  **Zumba Gold** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 10:30 a.m.  **Cardio Strength with Rosanna Lamarche** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 11:30 a.m. **Miami Dade Public Library presents Ask the Dietician: How to Read Nutrition Labels** *Register at
[Online Class: Ask the Dietician: How to Read Nutrition Labels - Miami-Dade Public Library System \(mdpls.org\)](#)
- 12:00 p.m.  **Tai Chi with Steve Chin** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 1:00 p.m.  **Boca Ballet Theatre Virtual Movement (Great for Parkinson’s)**
[Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 1:00 p.m.  **AARP’s Wellness Mondays presents *Cinco de Mayo Celebration*** *Register at
[AARP FL, AARP Wellness Mondays Cooking Series - Part 2 of 4, Miami, FL, 05/03/21 - Confirm Identity \(cvent.com\)](#)
- 7:30 p.m.  **Books & Books presents *Antitrust: An Evening with Senator Amy Klobuchar & Alberto Ibarguen***
*Register at [Antitrust: A Virtual Evening with Amy Klobuchar & Alberto Ibarguen - Crowdcast](#)
- 8:00 p.m.  **The Shows Must Go On presents *After the Interval* (Full Show)**
<https://www.youtube.com/watch?v=02ZTS2eUCU4>

TUESDAY, MAY 4, 2021

- 8:30 a.m. **Group Exercise with Marilyn Myles** <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 9:30 a.m.  **Cardio Strong with Julie Gordon** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 9:30 a.m.  **Inhale. Exhale. Let Go with Amy Exum** [Mind Body Social Online Classes \(mbs.events\)](#) 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.  **Silver Sneakers Strength Conditioning** [SilverSneakers: Strength Conditioning - YouTube](#)
- 3:00 p.m.  **AARP Book Club presents *The Book of Lost Names*** *Register at
[AARP FL SoFlo Book Club Meeting 05/04/21 - Confirm Identity \(cvent.com\)](#)
- 7:00 p.m.  **Books & Books presents *The Most Beautiful Girl in Cuba with Chanel Cleeton & Cristina Nosti***
Register at [The Most Beautiful Girl in Cuba: An Evening with Chanel Cleeton and Cristina Nosti - Crowdcast](#)
- 7:00 p.m.  **Miami Dade Public Library presents *Early Divas of Broadway*** *Register at
[Online Event: Broadway Divas - Early Divas - Miami-Dade Public Library System \(mdpls.org\)](#)

WEDNESDAY, MAY 5, 2021

- 8:00 a.m.  **Barre with Carol Chenoweth** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 8:30 a.m. **Group Exercise with Marilyn Myles** <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
- 9:30 a.m.  **Meditation & Stretch** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 10:30 a.m.  **Mindful Eating Moments: Let’s ‘Taco Bout’ Celebrations**
[Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 11:00 a.m.  **Silver Sneakers Feel Better in 30 Days—Week 3** [Feel Better in 30 Days | Part 3 of 4 - YouTube](#)
- 12:00 p.m.  **Tai Chi** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 1:00 p.m.  **Baptist presents 15 Min. to Refresh & Recharge** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 4:00 p.m.  **Line Dancing** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: **zoom**
- 6:30 p.m. **AARP University Lecture Series: *The Musicals of Stephen Sondheim*** *Register at
[One Day University Lecture Series Presented by AARP - The Musicals of Stephen Sondheim Registration \(onlinexperiences.com\)](#)
- 7:00 p.m.  **UM Lecture: The Elgin Marbles / Part 1 with Armando Droulers**
<https://zoom.us/> Meeting ID: **99810611975** Passcode: **037081**

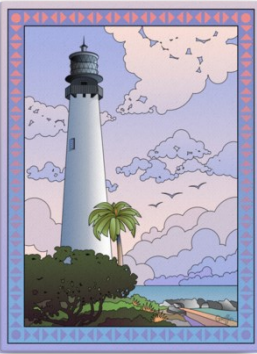


SHARE THE LOVE
Flower Grams on Mother’s Day

Send a free **Mother’s Day Flower Gram** to show a special senior Mom in your life, a friend, or a neighbor, just how much they mean to you. [CLICK HERE](#) to send your request by 12 Noon **Thursday, May 6th.**

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

5/3 – 5/9/21



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THURSDAY, MAY 6, 2021

- 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 with Chris Decker** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: zoom
- 10:00 a.m.  **1-Hr. Cardio Pilates Workout with Adita** [One Hour Cardio Pilates Workout Video with Adita Lang - YouTube](#)
- 11:00 a.m.  **Miami Cancer Institute’s Chair Yoga** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: zoom
- 12:30 p.m.  **Lunch & Learn Series: Mom’s City Shorts with City Theatre**
<https://zoom.us/> Meeting ID: 773 120 3935 Passcode: 98765
- 1:00 p.m.  **Boca Ballet Virtual Movement (Great for Parkinson’s)**
[Mind Body Social Online Classes \(mbs.events\)](#) Passcode: zoom
- 2:30 p.m.  **NPR Music Tiny Desk Home Concert presents JLCO Septet with Wynton Marsalis**
[JLCO Septet with Wynton Marsalis: Tiny Desk \(Home\) Concert - YouTube](#)
- 7:00 p.m.  **PAMM presents Live Studio Visits: Edison Peñafiel & René Morales** *RSVP at [Pérez Art Museum Miami \(blackbaudhosting.com\)](#)
- 7:00 p.m.  **AARP presents The New Currency of Scams: Gift Card Payments** *Register at [Stay Safe from Common Scams \(onlinexperiences.com\)](#)
- 7:30 p.m.  **Lincoln Center Artist Series presents Ida Kavafian**
[Artist Series: Ida Kavafian | The Chamber Music Society of Lincoln Center.](#)
- 8:00 p.m.  **AARP Movies for Grownups presents Duty Free (Movie Screening)** *Register at [Duty Free | AARP Movies for Grownups Screenings](#)



FRIDAY, MAY 7, 2021

- 8:30 a.m.  **Cardio Strength with Nan Imbesi** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: zoom
- 9:30 a.m.  **Dynamics of Well-Being & Mindfulness** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: zoom
- 9:30 a.m.  **Balance/Tone with AARP** *Register at [AARP FL, Virtual Fitness Friday-Balance/Tone, 5/07/21 - Confirm Identity \(cvent.com\)](#)
- 10:00 a.m.  **Silver Sneakers Chair Yoga Flow** [SilverSneakers: Chair Yoga Flow - YouTube](#)
- 11:00 a.m.  **Pilates** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: zoom
- 12:00 p.m.  **Books & Books presents Take Me Apart with Sara Sligar**
*Register at [Take Me Apart: A Virtual Event with Sara Sligar - Crowdcast](#)
- 12:30 p.m.  **Zumba with Lincoln Road** [Mind Body Social Online Classes \(mbs.events\)](#) Passcode: zoom
- 4:00 p.m.  **BINGO HAPPY HOUR** <https://zoom.us/> Meeting ID: TBA Passcode: TBA
- 5:00 p.m.  **iHeart Broadway presents Sip & Sing with Kyle Barisich (LIVE)**
<https://www.youtube.com/channel/UCLXuRuiUganv87Cuv0NKIpw/videos>
- 7:30 p.m.  **Metropolitan Opera presents Berg’s Wozzeck** <https://www.metopera.org/>
- 9:00 p.m.  **Great Performances presents Uncle Vanya** <https://www.pbs.org/wnet/gperf/>

WEEKEND WIND-DOWN OPTIONS

- Saturday, May 8th** 3:00 p.m. **Books & Books presents Voting Rights w/ Paul Auster, Alexander Keysaar & Mitchell Kaplan**
*Register at [Voting Rights: An Afternoon with Paul Auster and Alexander Keyssar moderated by Mitchell Kaplan - Crowdcast](#)
- 8:00 p.m. **Global Citizen VAX LIVE—The Concert to Reunite the World**
https://www.youtube.com/channel/UCg3_C7BwcV0kBIJbBFHTPJQ
- Sunday, May 9th** 2:00 p.m. **The Shows Must Go On! Presents Before the Interval (Full Show)**
<https://www.youtube.com/watch?v=9GYvMcSN5yU>
- 6:30 p.m. **“Día de las Madres” From The Ford in Hollywood (LIVE)**
https://www.youtube.com/channel/UCnS7mWWZMbdw_Fwr3WRuL4A



 IN-PERSON AGAIN! Enhance Fitness with Marilyn Myles Mondays-Wednesdays-Fridays 10:00 am Oasis Room (CC)	ASK VIRTUAL BOOK CLUB MEETING Thursday, MAY 27th @ 12:30 p.m.  BOOK SELECTION: Code Girls by Liza Mundy
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For more information contact 305-365-8953 or rlohuis@keybiscayne.fl.gov

5/3 -5/9/21