

## Inward Bound for the week of May 4, 2020

### MUSIC

**All week –**

**From the Chicago Sinfonietta** Something light, fun and musically harmonious to brighten your day.  
(3minutes)

[https://www.youtube.com/watch?v=Qu3v6PdR\\_00](https://www.youtube.com/watch?v=Qu3v6PdR_00)



**All week**

**Salon Salut: Competitive Foursome** A brilliant, talented, snappy and fun female musical performance!  
(3 Minutes)

[https://www.youtube.com/watch?v=BKezUd\\_xw20](https://www.youtube.com/watch?v=BKezUd_xw20)

### ART

**All week**



Frick Museum *Cocktails with a Curator*  
Streaming now: Constable's, *White Horse*  
May 8 5:00pm Turner's, *The Harbor of Dieppe*  
[https://www.frick.org/cocktails\\_curator](https://www.frick.org/cocktails_curator)

### DANCE

**Nureyev & Fonteyn – Swan Lake** Rare footage of Nureyev and Fonteyn dancing Act 3 of *Swan Lake* (4 ½ minutes)

<https://www.youtube.com/watch?v=CDB8fV9PVTU&feature=youtu.be>



**Ballet Hispanico CARMEN.** maquia (1 hour)  
A contemporary take on Bizet's classic opera.  
Followed by CLUB HAVANA, (20 minutes)  
featuring Latin-inspired dancing at its best.

<http://lincolncenter.org/lincoln-center-at-home/show/ballet-hispanico-49>

**Continued**

## **BOOKS**

May 7, 8-9 pm

JCC Manhattan presents *Authors in Quarantine* – Literary agent Julie Barr talks with author Ann Napolitano about her most recent work and how hard times affect creativity.

[https://jccmanhattan.org/programs/authors-quarantine-community-book-talks-julie-barer-ann-napolitano-dear-edward?utm\\_source=Conversations&utm\\_medium=Email&utm\\_campaign=ANNNAPOLITANO](https://jccmanhattan.org/programs/authors-quarantine-community-book-talks-julie-barer-ann-napolitano-dear-edward?utm_source=Conversations&utm_medium=Email&utm_campaign=ANNNAPOLITANO)

## **MUSEUMS**

All week

If you would like to get a glimpse of Spring outside of the City watch this.

New York Botanical Gardens Video *Journey Through Spring*

<https://www.nybg.org/journey-through-spring/>



## **PRESENTATIONS/TALKS**

May 5, 7:00 pm –

The Thought Gallery -- Cinco-de-science -- *The Science of Taste* – A panel of scientists discuss food production, whether taste takes place on the tongue or in the brain, and how the body responds.

<https://thoughtgallery.org/events/cinco-de-science-the-science-of-taste/>



May 6, 7:00 pm

The Thought Gallery -- National Humanities Center, *The History of the Afterlife*. Professor Bart D Ehrman recounts where our ideas of the great-beyond come from.

<https://thoughtgallery.org/events/heaven-and-hell-a-history-of-the-afterlife/>



## **WELLNESS**

**Continued**

May 6, 10:00-10:30 am

*Morning Stretch* at Senior Planet Stretching and breathing exercises to reduce anxiety and stress.

<https://seniorplanet.org/event/morning-stretch/2020-05-06/>

## **ART? or HUMOR?**

All Week

Spanish Facebook Group has People transforming themselves into Artwork

<https://mymodernmet.com/quearteencasa-home-art-challenge/>



## **HUMOR**

All week

*Ministry of Silly Walks*. Video (1 minute) Michigan family ask all passersby to do "Silly Walks"  
As from the Monty Python sketch.

<https://www.youtube.com/watch?v=sjysTbrNUug>