



KEY BISCAYNE COMMUNITY CENTER ADULT & SENIOR PROGRAMS

50+ Corner Virtual Calendar

Week of April 26-May 1, 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/>



SUNDAY, APRIL 26, 2020

The Cleveland Orchestra Weekend Broadcast (Full-Length Concert)
4:00 p.m. (EST) <https://www.ideastream.org/live/wclw>

Take Me to the World: A Sondheim 90th Birthday Celebration
8:00 p.m. (EST) <https://www.broadway.com/>



MONDAY, APRIL 27, 2020

8:30 a.m. Chair Aerobics + Strength <https://zoom.us/> Meeting ID: **93761940998** Passcode: **zoom**
10:00 a.m. **The Aging Mastery Program: Healthy Eating and Hydration**
<https://zoom.us/> Meeting ID: 154612501 Passcode: **zoom**
2:00 p.m. Enhance Fitness with Marilyn Myles <https://zoom.us/> Meeting ID: **6557496003**
3:00 p.m. Active Aging Balance & Stability (Day 3)
https://www.youtube.com/watch?v=MraD7PD3IY&list=PLJCDSJndRXoTi-kKp6Q_Nt0sKKVTR6Ps&index=4
5:00 p.m. **Virtual Visit to the Carlsbad Caverns in New Mexico**
<https://artsandculture.withgoogle.com/en-us/national-parks-service/carlsbad-caverns/natural-entrance-tour>
6:30 p.m. KB Zumba with Rita <https://zoom.us/> Meeting ID: **6527714896** Passcode: 418972
7:00 p.m. Grocery to Table, Meals Made Simple at Home
<https://zoom.us/> Meeting ID: **99175457560** Passcode: **zoom**

TUESDAY, APRIL 28, 2020

8:30 a.m. Yin Yoga <https://zoom.us/> Meeting ID: **91549537082** Passcode: **zoom**
10:00 a.m. Hairdressers Guide To Cutting Your Own Hair And Not Ruining It
<https://www.youtube.com/watch?v=FAMe16ej9IU&t=62s>
11:00 a.m. Group Exercise with Marilyn Myles <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
12 noon Tai-Chi <https://zoom.us/> Meeting ID: **91583690051** Passcode: **zoom**
3:00 p.m. Active Aging Balance & Stability (Day 4)
https://www.youtube.com/watch?v=gPswvTsv19k&list=PLJCDSJndRXoTi-kKp6Q_Nt0sKKVTR6Ps&index=5
4 p.m. Line Dancing <https://zoom.us/> Meeting ID: **93501715578** Passcode: **zoom**
7:00 p.m. **Explore Churchill, Canada: Polar Bear Capital of the World**
<https://www.google.com/maps/about/behind-the-scenes/streetview/treks/churchill-canada/>

WEDNESDAY, APRIL 29, 2020

8:30 a.m. Zumba® Gold <https://zoom.us/> Meeting ID: **99195002650** Passcode: **zoom**
9:30 a.m. Meditation and Stretch <https://zoom.us/> Meeting ID: **94725108746** Passcode: **zoom**
11:00 a.m. Group Exercise with Marilyn Myles <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
2:00 p.m. Enhance Fitness with Marilyn Myles, <https://zoom.us/> Meeting ID: **6557496003**
3:00 p.m. Active Aging Balance & Stability (Day 5)
https://www.youtube.com/watch?v=j4vl2MSMfpg&list=PLJCDSJndRXoTi-kKp6Q_Nt0sKKVTR6Ps&index=7
7:00 p.m. University of Miami Lecture: **CLAUDE MONET with Batia Cohen**
<https://zoom.us/j/8766725466> Meeting ID: **876 672 5466**

THURSDAY, APRIL 30, 2020

8:30 a.m. Stretch <https://zoom.us/> Meeting ID: **98795542950** Passcode: **zoom**
9:00 a.m. Yoga <https://zoom.us/> Meeting ID: **92434199878** Passcode: **zoom**
11:00 a.m. A Virtual Group Experience – We are here for one another with Ms. Miriam Moussatche-Wechsler (Session 2)
<https://zoom.us/j/140322079?pwd=Nk5tUW04Qld5VjZKU3Z5ZlQwMWdvUT09>
Meeting ID: 140 322 079 Password: 385891
12 noon Tai-Chi <https://zoom.us/> Meeting ID: **96727292780** Passcode: **zoom**
1:00 p.m. Group Exercise with Marilyn Myles <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
3:00 p.m. Active Aging Balance & Stability (Day 6)
https://www.youtube.com/watch?v=WHHurlcNtHg&list=PLJCDSJndRXoTi-kKp6Q_Nt0sKKVTR6Ps&index=8
7:30 p.m. **National Theatre's Frankenstein: Full Play with Benedict Cumberbatch as the Creature**
<https://www.youtube.com/watch?v=tl8jxNrtceQ&feature=youtu.be>

FRIDAY, MAY 1, 2020

9:30 a.m. Meditation and Tips for Emotional Well-Being <https://zoom.us/> Meeting ID: **91828123860** Passcode: **zoom**
10:00 a.m. Group Exercise with Marilyn Myles <https://www.youtube.com/watch?v=LzTW333hHCs&feature=youtu.be>
11:00 a.m. Tai-Chi <https://zoom.us/> Meeting ID: **98696823359** Passcode: **zoom**
2:00 p.m. Enhance Fitness with Marilyn Myles <https://zoom.us/> Meeting ID: **6557496003**
3:00 p.m. Active Aging Balance & Stability (Day 7)
https://www.youtube.com/watch?v=pjXvoN5www&list=PLJCDSJndRXoTi-kKp6Q_Nt0sKKVTR6Ps&index=9
6:30 p.m. Belly Dance Healthy Hour <https://zoom.us/> Meeting ID: **94537603481** Passcode: **zoom**
7:30 p.m. Metropolitan Opera's *Verdi's Aida* <https://www.metopera.org/>
9:00 p.m. **Movie Night hosted by Jamie Lee Curtis : Livestream of La La Land (2016)**
<https://www.youtube.com/user/LionsgateLIVE>