

# BAL HARBOUR

- V I L L A G E -

## **Boredom Busters 16th Edition**

With all of us now finding ourselves with more time on our hands, Bal Harbour Village would like to share with you a few recommendations to explore new experiences, learn about something new or delve into a favorite past-time- all without having to leave your home! Based around our pillars of Arts & Culture, Culinary, Wellness, Fashion and Lifestyle, which all form part of The Bal Harbour Experience, we will share ideas and links for you and your family to explore.

Remember Hillstone Bal Harbour is open 11:30 AM to 8:30 PM for take out and delivery, call the restaurant at 786.260.6650.

**STAY SAFE - STAY CALM - STAY HOME**

[Visit our Website](#)

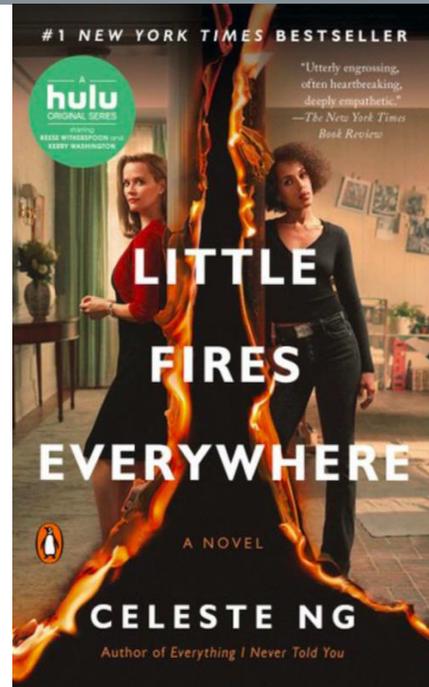
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## Bal Harbour Shops Virtual Series: Join the Steph Sez Book Club!

What better time for Bal Harbour Shops and Books & Books to partner on the launch of a virtual monthly book club with Stephanie Sayfie Aagaard as the host. The Steph Sez Book Club will bring you engaging conversations, witty anecdotes, giveaways and special guests. You're invited to join! Get ready for a journey through comedies, romance novels, adventures, mystery books and more. This April, we are reading *Little Fires Everywhere* by Celeste Ng.

Join Stephanie on **Tuesday, April 28 at 7:30 PM EST** on Instagram Live at [@BalHarbourShops](#)

Purchase your digital, audio or e-book [here](#)



## Sting, Jimmy Fallon, and the Roots perform 'Don't Stand So Close to Me' remotely

Yes, the Police hit "Don't Stand So Close to Me" is a perfect song for our age of social distancing. So Sting remotely teamed up with Jimmy Fallon and the Roots to perform the song from their various homes, using whatever instruments they had on hand, real and improvised.

[Watch it here](#)



## Energy - Focus - Clarity AM Ritual

This ritual is designed to bring ease to your morning. Stretches will help to gradually transition from sleeping postures, creating openness in your body. Breathwork will deliver oxygen to your bloodstream as you calm and focus your mind.

[AM Ritual](#)

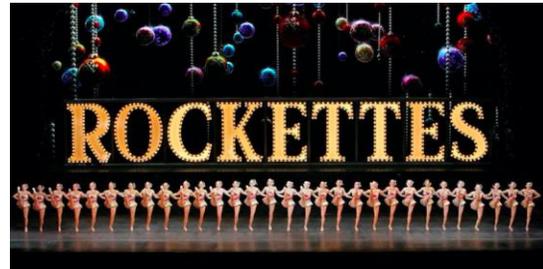


## The Rockettes are launching a weekly dance class live on Instagram

You can now dance and train like a Rockette! The Radio City Rockettes are hosting weekly classes on Instagram Live.

There will be a weekly dance class every Thursday at 12PM ET and a weekly fitness class on Tuesdays at 12PM ET.

[Set a calendar and watch it here](#)



## From our Unscripted Museum Partners



### The Bass - Studio Art Classes (At Home)

This week, young artists in Art for Kids (7-12) will discover the science and meaning behind color while mixing, tinting and experiencing different mediums of art.

[Check it out](#)