

## Socializing, classes go online at 101 Via Mizner



Before the coronavirus crisis hit, 101 Via Mizner's Lifestyle Director, Jennifer Paulino, planned well-attended trivia nights and happy hours. There were regular yoga and fitness classes. But once social distancing happened, the dilemma was how to keep socializing going and still be in CDC compliance.

So, classes went here: <https://www.facebook.com/101ViaMizner/>

And they're not just shared by the apartment dwellers in the downtown Boca building. Anyone can watch and they do, said Melissa Myers, Penn-Florida Companies' senior marketing director. "We are getting a tremendous response."

"We knew we would have to postpone most of our events. So, we started with virtual yoga twice a week and a virtual cooking class," she said.

Erica Eckman chased her Instagram healthy cooking followers there for an empanada class that's still online. "I take food you love to indulge in and how to make them better for you," she said to describe her forte. The class drew 428 watchers.

Christian Skillen and Tracey Winn of Prime Health Management teach the yoga class at 101 Via Mizner that morphed from an average of 10 in person to 50 for the virtual version.

Resident ambassadors also share tips on how to maximize time at home, and run a #WFH [work from home] photo contest. On Wednesday there's a Q&A on COVID-19 with one of their resident doctors, Dr. Anthony N. Dardano.

"Next week we will introduce virtual bingo, Netflix party night and a mixology night.

"We're also conducting wellness checks and promoting acts of kindness throughout the community," Myers said.

"This is a public page. We're allowing everyone to look inside the property and see the lifestyle we offer," Myers added.

By Marci Shatzman