



# MCAD SURVIVAL GUIDE

MIAMI CENTER FOR  
ARCHITECTURE & DESIGN

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RESOURCES TO HELP YOU STAY SAFE,  
STAY SANE, & HAVE FUN.

## To MCAD Members and Friends:

Our world has opened up a bit, and we are cautiously emerging from our shelter-in-place cocoons. Infections are still rising, so let's keep up our vigilance. If you are going to dine out, do so with a mask and physical distancing. Here are a few restaurants that allow for physical distancing, and a few tips to do it safely. Bon Appetite!

### VIDEO THAT SHOWS HOW TO EAT OUT AS SAFELY AS POSSIBLE.

If you absolutely have to eat out, listen to this CNN Video with Dr. Sanjay Gupta telling you how to minimize risks. It's not just how safe you are being, it's about how safe everyone around you is being. Thanks Dr. Gupta!. [CLICK HERE FOR THE VIDEO.](#)

### Let's Eat Safely, South Florida: A restaurant guide for the socially distanced diner, from the Sun Sentinel:

So what makes a dining room "safe"? As it turns out, opinions from Let's Eat, South Florida members nicely align with current [Center for Disease Control guidelines](#). These avid diners say restaurants feel safe if they hit these five benchmarks: cleanliness, protective gear (masks, gloves, disinfectant), proper table distancing, disposable menus, and patios. Less important, but a bonus: temperature checks, partition walls. [CLICK HERE FOR THE COMPLETE GUIDE](#)

**CDC: 10 Ways To Dine Safely At A Restaurant With Corona virus Around. WE THINK THAT FORBES HAS SOME OF THE CONSISTENTLY BEST TRAVEL ADVICE AROUND.** Here's their take on the CDC's dining out during COVID-19 guidelines. As the Covid-19 corona virus pandemic continues, the Centers for Disease Control and Prevention (CDC) have now released new "[Deciding to Go Out](#)" guidelines. So if you are considering dining out, it may be time to "digest" what they say about visiting and eating at a restaurant. Here are the 10 recommendations that they served up, each paraphrased a bit with a pair of phrases: [Check out the article here.](#)

**OUTDOOR DINING IS MADE EASIER & SAFER BY MIAMI DADE COUNTY.** Restaurant recovery program allows easy permitting for extra outdoor seating.

[Click here for the official rules and how to get permits quickly and easily.](#)

**PREFER TO COOK AT HOME? PICK UP FRESH PRODUCE ON MARKET MONDAYS AT THE ARSHT CENTER!** The Arsh Center is pleased to announce a preorder and pickup option at Market Mondays virtual farmers market. You can still purchase your weekly haul from Urban Oasis Project and other local favorites. Consider donating a box of groceries to one person or a family while you shop. Donation options are under the Veggies category in the online store.

The online store and ordering details are [here](#). Initial orders open

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visit us online at:  
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at 9 a.m. every Wednesday and close at 9 p.m. every Thursday. The online store will reopen with limited inventory on Friday at 9 p.m. until Sunday at 9 p.m.

Orders will be bagged and ready for pickup every **Monday from 4 to 6 p.m. at the Ziff Ballet Opera House valet ramp** located on Northeast 13th Street between Northeast Second Avenue and Biscayne Boulevard. You may also choose home delivery on Saturdays or Monday evenings for a small fee.

Market Mondays are presented in collaboration with Books & Books and Urban Oasis Project. [CLICK HERE FOR MORE INFORMATION.](#)

**WE STILL NEED FOOD FOR THE SOUL. HERE'S THE LATEST LINE-UP OF VIRTUAL CONCERTS - LIVE NATION LIVE FROM HOME:** Join Live Nation daily for live streams from around the globe — follow artists live from their homes as they share music, stories, and more.. [Click here for the Concert Link.](#)

## **UPCOMING MCAD EVENTS:**

### **BOOK TALKS**

**June 24 AT 7:00 PM - LAIR.: Radical homes and hideouts of Movie Villains** by Chad Oppenheim

**July 23 at 7:00 pm - CUBA: Memories of Travel** by Jose Gelabert-Navia

### **URBAN RE-DESIGN? SERIES**

July 17 at noon - **Urban Re-Design? Parks and Public Spaces**

August 20 at noon - **Urban Re-Design? Mobility**

[CLICK HERE FOR MORE INFORMATION ON MCAD EVENTS](#)

**TAKE A BREAK AND GO FOR A BIKE RIDE:** We know, we know — Miami isn't the most bike-friendly city, but luckily, it does have more than a dozen unique bike routes that'll take you through the Everglades, along the ocean, and even underneath the Metrorail. Switch up your regular route with one of these essential Miami trails. [CLICK HERE FOR THE LIST OF RIDES.](#)

**Until next week...**