

Come & Sing

With Troy Andrews

at the Metropolitan Opera House

Relaxed Performance Visual Guide



Photo by Joshua Chee

Date: Sunday, April 26th

Show time: 11:00am – 12:00pm

Where: List Hall at the Metropolitan Opera House

Address: 30 Lincoln Center Plaza, enter via ramp or staircase on Columbus Ave at 63rd or 64th Streets, across plaza.

How long: One hour

Recommended age: All ages welcome

This visual guide helps you know what to expect when you come to
Come & Sing at List Hall at the Metropolitan Opera House

What is a Relaxed Performance?

Relaxed Performances are open to everyone, and especially welcoming to people with autism, sensory or communication disabilities, or learning disabilities.

The performance itself stays the same. We make small changes to the theater's social and sensory environment and expectations, so the space feels more comfortable and flexible.

Relaxed Performances can also be helpful for neurodivergent people, families with young children, and anyone who finds traditional theater rules do not work for their needs.

At this event:

- You can enter and leave the theater during the show, if you need to.
- You can move, make sound, and respond to the performance in your own way.
- We ask everyone to help create a no “shushing” zone.
- If there are bright lights, loud sounds, or surprising sensory moments, we describe them in this visual guide. Please keep reading below. We also share key reminders in the pre-show announcement.
- A Chill Out Space with sensory support materials is available if you need a break—you can return when you're ready.

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- Noise-reducing headphones and fidgets will be available to borrow.
 - Staff are trained in inclusive and accessible practice.

For more relaxed performances, visit lincolncenter.org/relaxed.

About This Event

What is **Come & Sing**?

You are invited join this participatory public community choir series curated by Lincoln Center Visionary Artist Jeanine Tesori. During this Come and Sing, the community choir will be led by renowned composer, theater-maker, and choir leader Troy Anthony. You will receive a lyric book. Troy Andrew will lead the choir, alongside a pianist and vocal section leaders. This workshop invites people of all backgrounds and experience levels to gather and make music together as we form a pop-up choir community. Together with your fellow participants, you will sing songs that encourage gratitude and perseverance.



Photo Credit: Lawrence Sumulong

Sensory Guide

If you need support with sensory moments, you can borrow noise-reducing headphones and fidgets in the lobby or take a break in the Chill Out Space.

Here are some sensory moments you can plan for:



Sound: You are encouraged to sing along with piano. The volume may be high.



Light: List Hall has high ceilings with artificial light.



Movement: You are welcome to sit in chairs, stand or move while participating. It may be crowded, so take care as you move.



Emotional content: The show includes songs that are uplifting.

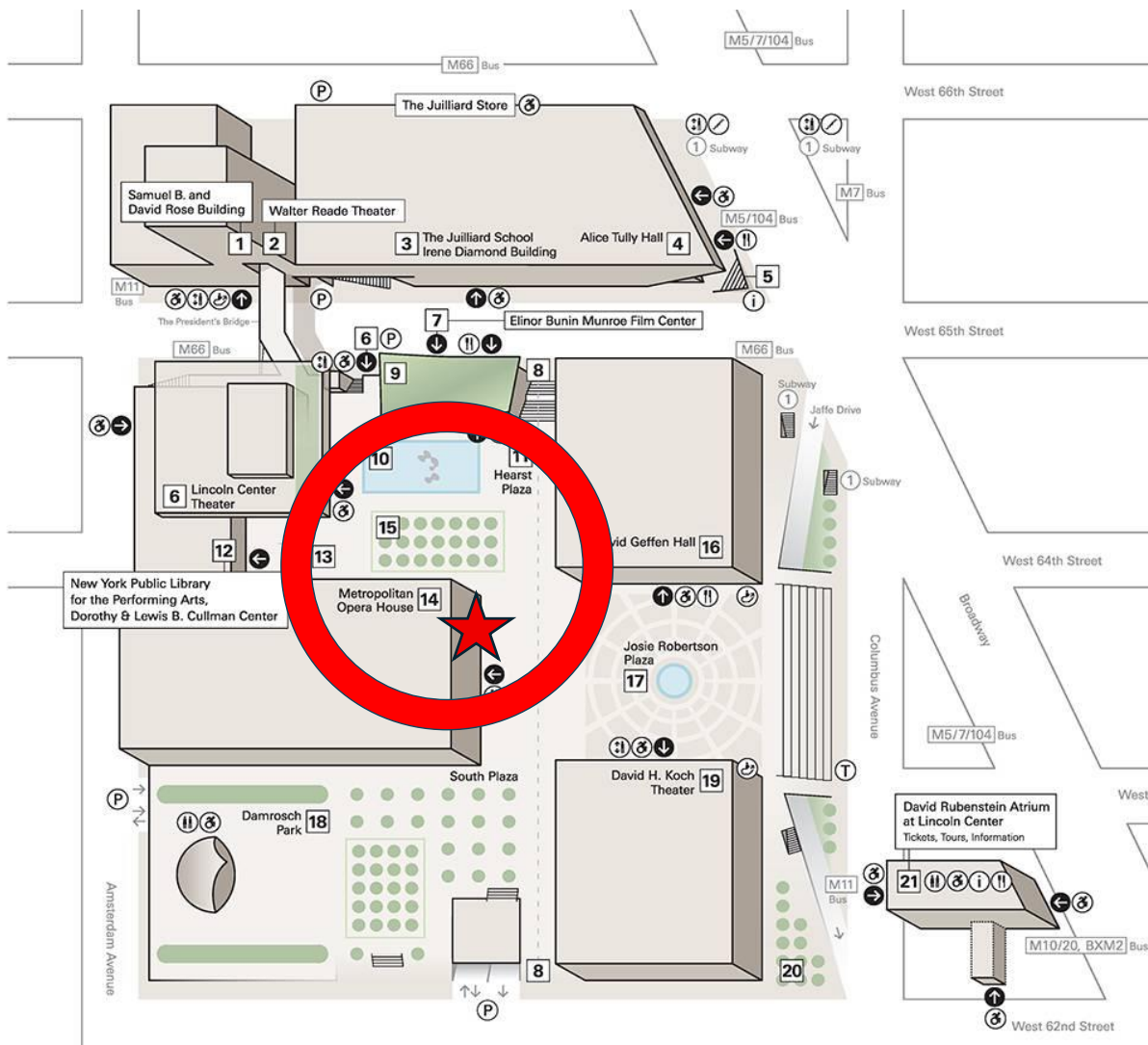


Audience participation: You will be encouraged to sing along. If you would rather observe, you're welcome to do that, too.

Getting to Lincoln Center Theater

Address: List Hall, at the Metropolitan Opera House, 30 Lincoln Center Plaza

The entrance to the Metropolitan Opera House is from Josie Robertson Plaza, at Columbus between West 63rd and West 64th Streets. List Hall is located within the Opera House, by entering the main doors on the right by the Box Office and traveling several minutes by stairs or by elevators.



By Subway

- You can take **1 train** to **66 St–Lincoln Center** (with shorter distance)
- You can also take **A / B / C / D / 1 trains** to **59 St–Columbus Circle** (with slightly longer distance)
- Both subway stations are accessible via the elevator.



By Bus

You can take: **M5, M7, M10, M11, M20, M66, M104**. (within one block of the Clark Studio Theater.)

Access-A-Ride / drop-off

Access-A-Ride drop-off and pick-up is at: **20 Lincoln Center Plaza** (on Columbus at 64th Street).

Parking

Lincoln Center partners with Metropolis.

- If you can, register before you arrive. You can add your payment information and license plate number on your phone ([link to Metropolis app](#)).
- Or, when you arrive, scan a QR code in the garage to sign up.
- When you enter, cameras scan your license plate. When you exit, payment is processed automatically.
- Daily and monthly reservations are available to book online.
- The 62nd Street (between Columbus Ave and Amsterdam Ave) is best for southbound and westbound traffic. The entrance is mid-block on the right. It is open 24/7.
- The Amsterdam Ave (just past 62nd Street, near 63rd St) is best for northbound traffic. The entrance: about 100 feet on the right past 62nd St. It opens 6:00 am–midnight, daily.
- Designated accessible spaces are in the Blue Section of the Plaza Garage. The recommended entrance is at 64th Street for accessible parking.



Entering List Hall at the Metropolitan Opera



You can enter through the doors on the right side of the building of the Metropolitan Opera, where you go through Security and will be directed on a path with short flight of stairs or an accessible route, via two elevators to reach List Hall. If you plan to use the accessible route, we recommend arriving between 20 to 30 minutes before the program begins at 11:00am.

When You Arrive

The venue opens **30 minutes before the show starts**. Once the house is open, you can go into the performance space.

A guest experience team member will check you in and orient you to List Hall. You will receive a lyric book to use during the program.

In List Hall: Before the event begins, you can:

Stop at the access table to borrow:

- assistive listening devices
- large print copies of the lyrics sheet
- noise reducing headphones, fidgets and other sensory tools

Use the Chill Out Space:



The Chill Out Space just outside the entrance to List Hall.

You can take a break and return when you're ready.

We have noise-reducing headphones, earplugs, fidgets

You can always ask staff for help anytime.

Seating

List Hall has rows of seating separated by steps between each row. Accessible seats are located in the first row, on the same level as the stage. This event is general admission – you are welcome to use any seat that meets your needs.



The Performance Space

The performers leading the program will be on the stage, along with a piano and music stands.

Before / During / After the Show – What You Can Do

Before the show

- We recommend arriving at the Lincoln Center Theater about 30 minutes before the show starts (when the venue opens).
- Once the house is open, you can enter the venue and find a seat that works best for you.
- If you arrive earlier than 30 minutes before the show, you can explore some public spaces on campus:



Welcome Center at David Geffen Hall

A place to get information about programs, ask questions, book tickets, or get a coffee or light snack.



Hearst Plaza

An outdoor area with green space and seating where you can sit, relax, or have a quiet moment before the performance.

Staff can help you find these spaces if you are not sure where they are.

During the show

- You can enjoy the performance in the way that works best for you. You can watch quietly, sing along, or you can move and make sound if you need to.
- You can borrow our sensory tools (headphones, fidgets, etc.)
- You can leave the space at any time and come back when you are ready.

After the show

- People may clap or cheer at the end.
- You can leave when you are ready.

Access Services & Accommodations

At Lincoln Center, we offer several access services that may be helpful during your visit:

Accessible routes and seating

The venue is on an accessible route, has elevators, and designated wheelchair and companion seating.



Assistive listening

FM assistive listening devices with headsets and neck loops are available for all performances.



Closed Captions

Live closed captions by scanning a QR Code just outside List Hall.



Chill-out space

A chill-out space is available in the lower lobby, near the entrance to the Beaumont Theater.



Sensory tools

We offer noise-reducing headphones, earplugs, and small fidgets. You can borrow them from staff.

You can always ask any staff member if you would like help finding these services.

Feedback

If you would like to share feedback about your experience, you can:

- Scan the QR code
- Fill out the survey at <https://forms.office.com/r/EESB5719dC>
- Talk with a staff member if you would like help sharing feedback.

Your comments help us improve future Relaxed Performances and visual guides.

Visual Guide Feedback – Relaxed
Performance at Lincoln Center

