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Empowering older adults to be active,
connected and independent in the place they
call home

MARIN VILLAGES



THINGS TO DO WHILE SHELTERING IN PLACE

October 7, 2020

ART

Virtual Tour of the Frieda Kahlo exhibition *Appearance Can Be Deceiving* at the DeYoung – Thursday, October 8, 5:00pm via Zoom webinar. Free. [Register here](#).

[Emily Payne Exhibition](#) – Seager/Grey Gallery

Open Studios in SF – The first-ever 1890 Bryant St. SF Virtual Open Studio Event. October 5 – 10. Many different types of virtual art events are [listed here](#).

[Artspan's SF \(Open\) Studios Group "GOLD" Event](#) – This is one of the 1890 events. Thursday, October 8, 4:00pm – 8:00pm PDT, Booth Central. Per the artist Jeremy Sutton, this will be a virtual art fair where, instead of wandering around and visiting random booths, you wander

around and visit random (and not random) artist's virtual booths. The booths are actually live-streamed Zoom meetings from the artist's studios and you can chat with the artists, see and discuss their work and process, etc. The next best thing to visiting their studios in-person. [Click here and then on "Guest Registration."](#)

MUSEUMS

The SF Exploratorium – The Exploratorium has a weekly series of programs for adults on Thursday nights at 7:00 pm called [After Dark Online](#). The website describes the weekly series as “programs on innovative science, arts and perceptual experiences—compelling conversation and hidden treasures, hands-on how-tos and breaking science news.”

October 8 – Ok with Decay: From Dust to Dust

October 15 – Ok with Decay: All that Remains

October 22 – Ok with Decay: Under the Bay

October 29 – Ok with Decay: Cemetery of Dead Science

THEATER, MUSIC, OPERAS, POETRY, BALLET, DANCE, COMEDY SHOWS ONLINE

[Theater](#)

Josh Kornbluth and Citizen Brain – Live on Zoom from Oct. 16 through Nov. 8. This is a new play-length monologue by Josh, the wonderful entertainer who spoke at our 10th anniversary celebration last November. **Tickets are pay-what-you-can and can be purchased from Shotgun Players in Berkeley. More information on the show is also available [on the Shotgun site](#), but here's what Josh has to say about this performance.**

Performing theater via livestream is turning out to be kind of a new, hybrid form: the spontaneity of live theater combined with the extreme intimacy of onscreen communication. Small children may, in truth, be frightened by the sight of my enormous head filling their parents' computer screens. But on the bright side, this will be my first live show where no one in the audience will need to be afraid that I'll sweat on them! It is tremendously exciting, and also kind of scary, to be performing this new show for you at a time when we all are facing such dire, existential threats. No matter what happens on Election Day, I will keep performing this show afterwards (possibly protected by Antifa ninja guards). Live theater lives on! The fight for justice continues!

Lost Plays in a Lost Year of Theater – [The Eugene O'Neill Theater](#) is streaming rolling premieres of plays written by Eugene O'Neill over 100 years ago which touch on the limitations placed on women in the early 20th century—issues of class, economic power (who has it and who does not), access to medical care, the right to an abortion, and police bias. Imaginatively produced live this summer under COVID restraints. Here's the remaining schedule:

Recklessness, Sat., Oct. 10, 5:00pm PDT

Abortion, Sat., Oct. 17, 5:00pm PDT

Donations requested, but doesn't appear they are charging for the performances. The recording of the premiere of *The Web* which occurred Saturday is now available on the O'Neil website.

[A.C.T. livestreams in October](#) – \$20 per show if not a subscriber.

[Berkeley Rep, What's in a Play?](#) – Not live theater, but conversations on Zoom on Mondays at 6:30pm and 8pm, and on Tuesdays at noon and 1:30pm. Sign up for these free conversations on the Berkeley Rep website.

[Music](#)

[Romance](#), from *The Gadfly* – A beautiful, calming piece by Shostakovich

[1920s Music Compilation](#) – A bit of nostalgia with this 25-minute compilation of songs from the 20s. You may need to click ads away between songs.

[1930s Music Compilation](#) – More nostalgia, this time from the 1930s. About an hour of music.

Bach – 7 Hours of the [Best of Bach](#)

[SF Symphony Currents](#) – Four episodes available.

[Philharmonia Baroque Online](#) – For a \$50 virtual membership (through December 31) you get access to one livestream per month from sacred and secular spaces in Amsterdam featuring Richard Egarr at the keyboard—plus a few invited guests and surprises! Plus lots of other content on the PBO website.

Fridays at Five – SF Jazz concerts every Friday! There is a \$5 per month fee. Worth every penny!

Opera

Met Opera Online – The Met continues its free nightly streaming of previous opera productions. They have cancelled their 2020–2021 season, so seems as if they will continue this streaming for a lot longer than originally planned.

OperaVision – Free opera performances from Europe. A lot to choose from.

Other Shows Online

Shows on Goldstar Online. Check out the [Goldstar site](#) for ideas. Most have some sort of minimal fee, but a few are free.

Movies and Short Videos

The Mill Valley Film Festival is online and at the drive-in this year. Opening Night is October 8 at the MVFF drive-in at Lagoon Park at the Civic Center in San Rafael. The opening show is the world premiere of *Blithe Spirit*, based on the 1941 play by Noel Coward. Other shows can be viewed via streaming at home. Tickets must be purchased [online](#) and the ticketing page has links to the schedule, frequently asked questions, etc.

Try the Lark's drive-in movies! If you are still driving and looking for a change of scenery and some entertainment that gets you out of the house pretty safely (since you will be staying in your own car), try the Lark Theater's new drive-in movie theater nights Thursday, Friday, and Saturday in the open lot near The Village Shopping Center—across from Nordstrom. \$30 per car. [Click here for more information](#) or call the Lark Theater (415) 924-5111.

Movies to stream online – Check out the [Lark website](#) and the [Christopher Smith](#) website. Movies are available for multi-day streaming usually at a cost of between \$7 and \$12.

Comedy

Jay Leno, Chris Rock, John Oliver [Tell Jokes to Jerry Seinfeld](#)

[The Best Humor Websites on the Web!](#)

1funny.com – Need a laugh? Check out this site that has a collection of funny videos, jokes, and interesting content designed for people over 50. They change all the time.

ARMCHAIR TRAVEL

15 beautiful places in the US

AMAZING OR CUTE ONLINE VIDEOS

10 amazing videos to watch

CLASSES, ONLINE GROUPS, TALKS, WEBINARS, PODCASTS, EDUCATIONAL ARTICLES

iPadArtJam – Procreate 5X New Features Special Edition! Thursday, October 8, 11:00am – Noon PDT, Zoom Meeting. Per artist Jeremy Sutton, for those of you interested in iPad painting this is for you! He will review some of the powerful new features of the latest version of Procreate, his “go-to” painting app on the iPad that he uses for his professional live-event digital painting. Normally his monthly iPadArtJams are for PaintboxTV subscribers only but, because of the virtual open studios, he will treat this session as an “open house” and invites you to join him! It will be recorded, so by attending you agree to be recorded. [Click here to register.](#)

Sway – A new podcast from Kara Swisher of the *NY Times*. The current interview is of Alexander Vindman. You can access it [here](#), or wherever you get your podcasts.

AgeSong Marin offers a regular series of group conversations and support for older adults. Sessions are eight weeks and cost \$30 for Marin Villages members (a special discount from the \$40 charge to others). Register online at the [AgeSong website](#) or call (415) 234-5040 to explore with a facilitator whether this might be a group that you’d enjoy.

Crafty Wartime Spies Put Codes in Their Knitting – What do you suppose our Mill Valley knitting group is up to now?

ESCOM (Emeritus Students College of Marin). Check out their [class and club offerings](#).

This Week from NASA – Different podcasts and videos every week on

what NASA or NASA astronauts are up to.

PEM Podcasts for the Culturally Curious – Peabody Essex Museum

Conversations with Authors – Book Passage’s highly successful weekend program with a variety of authors. Free, but register online.

TED Talks Daily – Podcasts from TED on a wide variety of topics. Wherever you get your podcasts, or [use this link](#) to sign up to the TED RSS feed.

EXERCISE

Don’t forget about the yoga classes offered on Zoom by the Intergenerational Center.

Chair Yoga

Tuesdays at 11:00am

Meeting ID: 290 232 574

Passcode: E9@U.N@d

[Zoom link](#)

Chair Yoga

Wednesdays at 9:00am

Meeting ID: 859 8406 8136

Passcode E9@U.N@d

[Zoom link](#)

RESOURCES FOR “MOVING THE NEEDLE” AND DEEPENING OUR UNDERSTANDING OF RACISM AND SOCIAL JUSTICE ISSUES IN AMERICA

[Close to Home](#)

[*On the Divide: Examining Residential Segregation in Marin*](#) – a Dominican student thesis

[Articles](#)

[How the UK Parliament’s art collection is linked to slavery](#)

20th–Century Music – Learn about the [influence of African Americans on American music](#)

[A List of anti-racism resources](#)

Videos or Recorded Presentations

Police Brutality and the Movement for Changes – Free, but registration required. This is an archived episode of a Book Passage Conversation with Authors.

Wartime Contradictions – A deleted scene from a **PBS video on the Disappearance of Glenn Miller**.

Colored Heroes, A Valley Forge Map and a Transistor Radio – A PBS History Detectives program

The Lie that Invented Racism – A TED Talk

OFFLINE ACTIVITIES

Watch the Draconids Meteor Shower October 6th – 8th (peak will be on the 7th). Visible at dusk or early evening.

More Humor to Enjoy and Share





**I DON'T THINK
ANYONE EXPECTED
THAT WHEN WE
CHANGED THE
CLOCKS EARLIER THIS
YEAR WE'D GO FROM
STANDARD TIME TO
THE TWILIGHT ZONE**

LOOKING FOR SOMETHING ELSE, OR SOMETHING ON A PRIOR LIST?

You can look back at the prior updates as well as the original list that we have posted on our website under Things to Do While Sheltering in Place. www.marinvillages.org

For the online items noted in this list and previous lists, we've done our best to make sure the links work. But if they don't, we suggest you Google the name of the place or activity to get to the site. Most of these activities are free, and most are not time-sensitive (although a few have a minimal charge or a deadline).

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