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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 21, 2020

ART

Virtual Ceramic Art Exhibition at the Falkirk Cultural Center in San Rafael

The Guggenheim Bilbao – [Explore the online collection.](#)

The Natural History Museum in NYC – [Explore every room!](#)

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 22 – Ok with Decay: Under the Bay

October 29 – Ok with Decay: Cemetery of Dead Science

The Vatican Museum – [360-degree virtual tour](#)

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

[Theater](#)

The Irish Rep – *Irish Drama. NY Style*. The [fall digital line up](#) is now available. Tickets are free, but a donation is requested. Up now: *Give Me Your Hand*, a poetical stroll through the National Gallery of London.

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](#).**

The Marin Theater Company – The fall digital season is starting November 10! Check out the productions [here](#). Two offerings now are available for free, but after that you need to subscribe or purchase individual tickets.

Berkeley Rep – The fall virtual season is starting. [Check out subscription packages](#).

[Music](#)

[Moody Blues Live at the Royal Albert Hall](#) – A concert from 2011

[Paul McCartney Live Concert 2020](#)

Andre Bocelli – [Concert for Hope](#) at the Duomo di Milano, April 2020

[Berlin Philharmonic](#) – Requires a subscription but there is free trial period.

[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! Lots of other

content on the PBO website, as well.

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

Opera

Pocket Opera Mini Concerts

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. This is Donizetti Week!

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

Movies and Short Videos

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

The Best Humor Websites!

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

Explore – [Live cams from Africa](#). A great way to view animals in the wild!

NYC Highline – [Check out the views](#) with Google Arts and Culture

[Autumn Sets in Across the Country](#)

[Wildlife Photographers of the Year Photos](#)

How About a [Flight to Nowhere?](#) Literally.

AMAZING OR CUTE ONLINE VIDEOS

[Time-lapse video of clouds](#) – Tenerife

[20 good news stories](#) – This is from 2018, but still uplifting and likely several stories you never heard.

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

[Positive Approach to Care](#) – Teepa Snow is a dementia-care education specialist with a background in occupational therapy and almost 40 years of clinical practice. Her site has very helpful videos on dementia, how to recognize the signs, how to cope with caregiving. Lots to learn. Highly recommended by a Marin Villages member who has watched her webinars.

Trouble Sleeping? [Read this.](#)

[Painting Returned 87 Years After Being Stolen by Nazis](#)

[Endangered Lemur Returned to SF Zoo with the Help of a Five-Year Old Boy](#)

[Ruins of an Old Pagan Temple Found in Norway](#)

[Free Courses from Top Universities](#) – Check out the vast array!

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.

Sway – A new podcast from Kara Swisher of the NY Times. The [current interview](#) is of Alex Stamos on the topic of what big tech can do to assure a fairer and freer election this year.

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](#)

Segregation in Marin. #EraofMarinCity – Created by Yoel Iskindir, a young, prize winning, black filmmaker raised in Marin

Another way for people to “see” everyday racist experiences by students

[Articles and Other Resources](#)

A List of Anti-Racism Resources

Learn About... A page on the Marin Shakespeare website with resources and information about [Marin’s indigenous history, racism in Marin, mass incarceration, and more.](#)

[Videos, Livestreams, or Recorded Presentations or Podcasts](#)

UCSB Arts and Lectures – [Dr. Ibram Kendi](#) – \$10 Oct 19, 5:00pm

[All on the Table](#) – a seven-minute prize-winning film by Yoel Iskindir on family relationships and differing perceptions. Part of Iskindir's focus on stories that haven't been told.

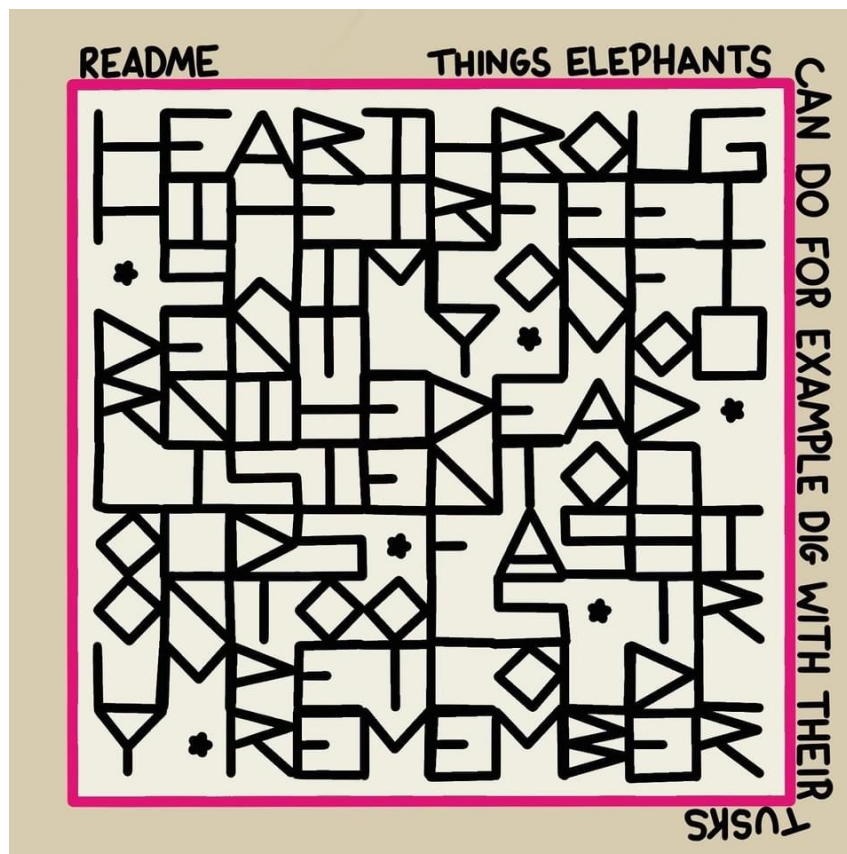
[Movies](#)

Just Mercy – Based on the book by Bryan Stevenson. HBO and Amazon.

OFFLINE ACTIVITIES

[Puzzles](#)

Here's a new puzzle created by Will Crawford, the son of Colin Crawford, one of our volunteers. Can you do it? Read left to right. The "how to" instructions are in the second puzzle.



How to play

Read left to right, line by line

Spaces and special characters have been removed.

Words may spill over from one line to the next.

A little star ★ means a new answer.

README CLASSIC MICROWAVEABLES

1) Hot Pockets
2) Popcorn
3) Bagel Bites
4) Russet Potato

LETTER GUIDE

A	B	C
D	E	F
G	H	I
J	K	L
M	N	O
P	Q	R
S	T	U
V	W	X
Y	Z	★
1	2	3
4	5	6
7	8	9

Want more? Take a look [here](#).

Humor

Some quotes to work into conversation?

“America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked.” David Letterman

“As I sat, strapped in my seat waiting during the countdown, one thought kept crossing my mind... Every part of this rocket was supplied by the lowest bidder.” John Glenn

“I’ve been married to a communist and a fascist, and neither would take out the garbage.” Zsa Zsa Gabor

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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