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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 28, 2020

Art & Museums

Art

[Top 100 Photographs of all time](#)

Degas at the Opera—[Virtual Tour at the National Gallery.](#)

[Virtual Ceramic Art Exhibition](#) at the Falkirk Cultural Center in San Rafael

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 29- – Ok with Decay: Cemetery of Dead Science
November 5—Sustenance: Home Movies

Theatre, 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 through November 1: *A Touch of the Poet* by Eugene O’Neill

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.](#)

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.](#)

ACT—[digital performances available now.](#)

Music

Relaxing Piano Music. [Several hours of relaxing, stress-relieving piano music](#), and accompanying video of beautiful scenes of nature.

Beethoven Violin Concerto, [Itzhak Perlman with Daniel Barenboim, and the Berlin Philharmonic](#)

Classical Music for Autumn. [Almost two hours of lovely, soothing music.](#) You may have to click away from a few ads.

SF Symphony with Metallica. This is a PBS broadcast on Thursday, October 29, 2020, 9:00-10:30 pm. On channel 22 or 722 on Comcast,

but check your PBS local listings to be sure.

[Philharmonia Baroque Online](#) – For a \$50 virtual membership (through December 31) you get access to one live stream 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 canceled 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.

Opera Arias—[an hour of famous arias](#).

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.

Borat Subsequent Movie film. The outrageous Borat character is back. Free on Amazon Prime.

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

[The 25 Most Beautiful Medieval Towns of Europe.](#)

[15 Unbelievable Places that Actually Exist.](#)

[Yangtze River Cruise.](#)

Amazing Or Cute Online Videos

[Baby Calf Rescue.](#)

[Olive and Mabel on BBC Breakfast Show.](#)

[Mabel's First Leaf Pile.](#)

[Great Dance Routine with Bob Hope and James Cagney.](#)

Classes, Online Groups, Talks, Webinars Podcasts, Educational Articles

Halloween and Day of the Dead Holiday-Related
Halloween Explained. [An article and a short video from the History Channel.](#)

[Witches Marks Among Ruins of Medieval English Church](#)

[Decomposing Bodies Found in 1702 Gave Rise to First Vampire Panic.](#)

[What Is the Day of the Dead?](#) 2-minute Video from National Geographic.

[Day of the Dead. 5 Things to Know.](#)

[10 Fascinating Facts About the Day of the Dead.](#)

The Ballot is Just the Beginning: *How Technology is Shaping Democracy and the 2020 Election*; [A free online, on-demand course from Stanford Continuing Studies.](#)

Earthrise. [The story of the photo that changed the world.](#)

Stunning Hubble Videos. [The universe as seen from the Hubble telescope. Amazing.](#)

[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.

[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 11:00 am

[Zoom link](#)

Meeting ID: 290 232 574

Passcode E9@U.N@d

Chair Yoga, Wednesdays at 9:00 am

[Zoom link](#)

Meeting ID: 859 8406 8136

Passcode E9@U.N@d

Resources For "Moving The Needle" And Deepening Our Understanding of Racism And Social Justice Issues In America

Close to Home

Marin County [Confronts Institutionalized Racism by Focusing on Equity](#)

Race Equity Committee In Formation in Marin. [County Press Release.](#)

[Racial Justice Won't Happen If Marin Residents Don't Change](#)

[Why is Marin County So White.](#) A PBS news program.

[Race and Racism resources from Marin Health and Human Services](#)

Articles and Other Resources

[A List of Anti-Racism Resources](#)

[Americans are Determined to Believe in Black Progress.](#) Atlantic Magazine September 2020. One of multiple excellent articles on race and racism in the September 2020 edition of the magazine.

Videos, Livestreams, or Recorded Presentations or Podcasts
Racism in America. [PBS compendium of articles and programming on racism.](#)

Race Relations. [A compendium of articles, news stories, and analysis on racism](#) from ABC News.

Offline Activities

More Fun Sayings to Work into Conversation

My doctor asked if anyone in my family suffered from mental illness. I said, "No, we all seem to enjoy it."

I thought the dryer made my clothes shrink. Turns out it was the refrigerator.

I'm a multi-tasker: I can listen, ignore, and forget all at the same time!

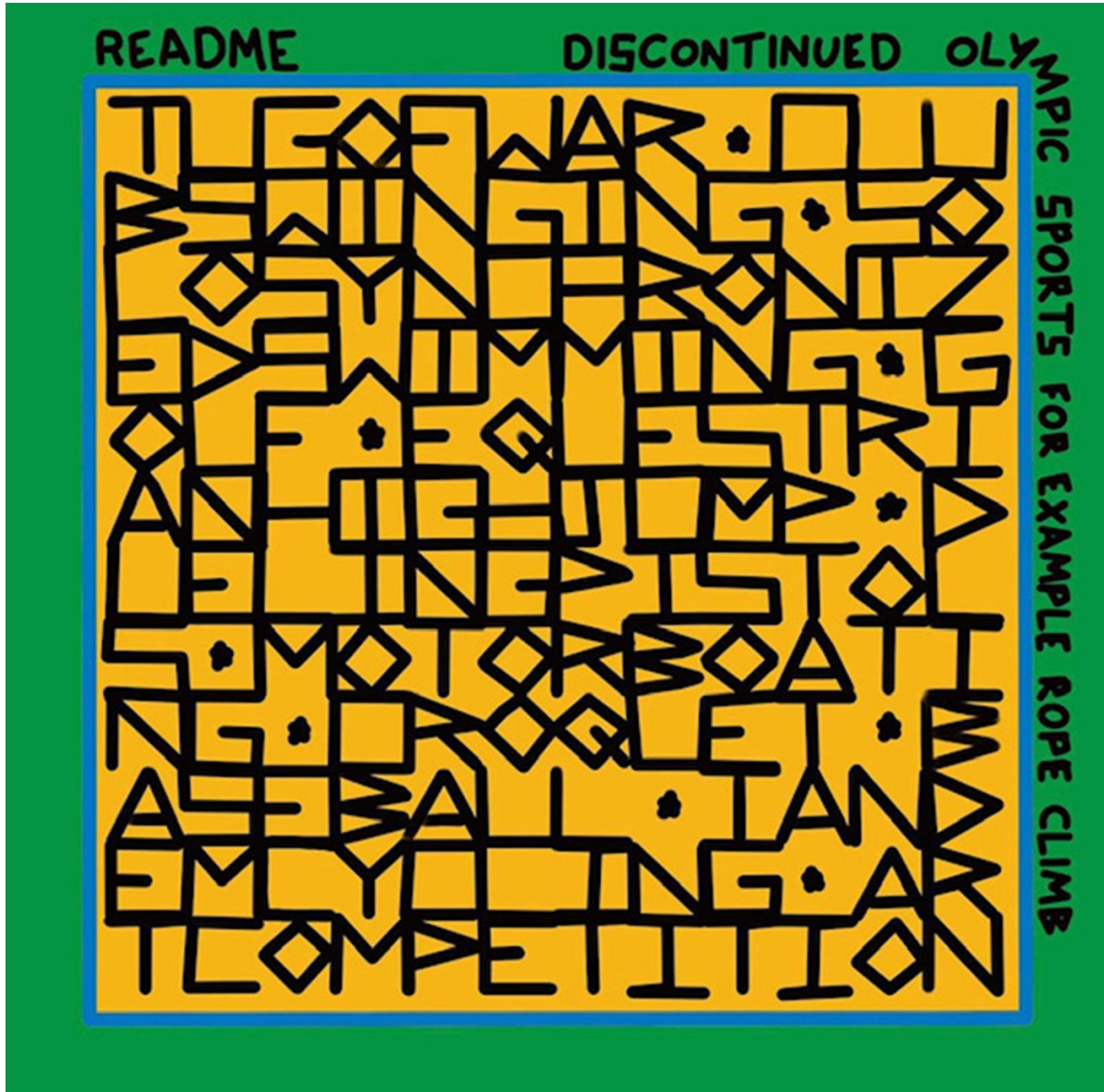
People who wonder if the glass is half empty or half full miss the point: The glass is refillable!

Puzzles

Answer to Last Week's Puzzle -- Things Elephants Do: Hear

through their feet - Mourn the dead - Listen to clouds - Fashion tools -
Trumpet loudly - Remember

A New Puzzle Is Below. You can also find these puzzles on
Instagram. <https://www.readmepuzzle.com/puzzles/3letter>



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.

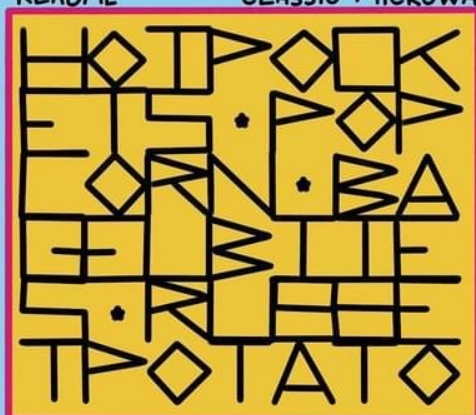
A little star ★ means a new answer.

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

README

CLASSIC MICROWAVEABLES



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

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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