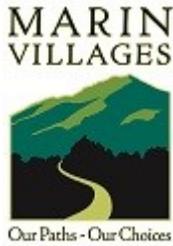


[View this email in your browser](#)



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

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## MARIN VILLAGES

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### THINGS TO DO WHILE SHELTERING IN PLACE

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November 9, 2020

#### ART

Asian Art Museum – [Moment of Zen](#)

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

[Dale Chihuly on Lockdown and His New Exhibition](#)

[Sand Art on California Beaches](#) – The photos take a few seconds to load.

#### 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.”

November 12 – Sustenance: Animal Intelligence

November 19 – Sustenance: Contemplating Creativity

**The Future of Museums.** A webinar by SF Fine Arts Museums Director Thomas Campbell. November 12 at 5:30 pm. [Register here.](#)

## **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 starting November 17 will be Bill Irwin with the Show *On Beckett* with will explore the works of Samuel Beckett.

**The Marin Theater Company** – Through November 15, watch [American Dreams](#). Single tickets are \$30.

**Berkeley Rep** – Hershey Felder returns as Claude Debussy in a livestream production titled [A Paris Love Story](#) on November 22 at 5:00 pm, with on-demand viewing also available November 22 – 29. \$55 per household for viewing on SmartTV, computers, tablets, smartphones.

**ACT** – [digital performances](#) available now.

**The Aurora Theater** – *The Flats.* Multiple episodes about residents in a Berkeley flat. Now available for [online viewing](#). \$20 and available throughout the season.

### Music

**SF Symphony Throughline: From Hall to Home**, on KQED November 14 at 7:00 pm. Per the symphony, this will be a concert event that reflects the vibrant creativity of our community on a global scale, featuring Music Director Esa-Pekka Salonen, SF Symphony musicians, eight collaborative partners, and the Symphony-commissioned world premiere of Collaborative Partner [Nico Muhly's Throughline](#), a work *The New York Times* calls “a bellwether in the emerging genre of works created for the constraints, and possibilities, of music-making in our moment.”

[LA Phil Soundstage](#)

**Daniel Zapico-Couperin** – [Les Barricades Mystérieuses](#)

[50 great classical pieces](#)

[Waltzes](#) – Eugen Doga

**[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!

**[Patsy Cline: 12 Greatest Hits](#)**

**[The Music of Cole Porter](#)**

**[Opera](#)**

**[Joyce DiDonato at the NPR Tiny Music Desk](#)** – Jazz and opera

**[Joyce DiDonato with the Kansas City Symphony](#)**

**[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.

**[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.

**[Turkey Vulture Returns to the Wild](#)**

**[This is How Eagles Hunt](#)**

**[Sophia Loren on her new movie](#)** – The film is available on Netflix.

**[Comedy](#)**

**[2020 Virtual Comedy Festival](#)** – The National Comedy Museum. Archived programs are free. Donation may be requested for others.

## [The Best Humor Websites!](#)

[1 funny.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](#)

**Podcast on Walks in Paris** – This is titled [Marie Curie on Ile Saint-Louis](#)

## [FUN OR CUTE ONLINE VIDEOS](#)

Colorized old 52-second filming of [seniors having a snow ball fight](#) in France in 1896

[Rare footage of cities around the world circa 1890](#) – About 10 minutes.

**Olive and Mabel on Australia's 60 Minutes program.** A [fun discussion](#) on how the Olive and Mabel series originated and developed.

[Olive and Mabel Trick or Treat](#)

## [CLASSES, ONLINE GROUPS, TALKS, WEBINARS, PODCASTS, BLOGS, EDUCATIONAL ARTICLES](#)

[A Jolt of Joy](#) – An article from the *NYT* related to the snowball fight video listed above.

[Dealing with Uncertainty](#) – Written pre-election, but helpful in understanding why uncertainty drives us crazy!

[The Five Worst States for Seniors to be Healthy](#)

[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.

**San Francisco Zen Center Mediation Session.** Saturday November 21 and Saturday December 19, 10:30 – 11:30am. \$0–\$25 fee. [Learn how to meditate with an instructor](#) from the SF Zen Center. Additional class will be held the second Saturday of each month in 2021 at the same time.

**Life Kit—[On Mediation](#)**

**Stress Busters Workshops**--In Stress Buster Workshops, you learn how stress starts and a simple effective method to handle it! Learn the five-step method to respond to any situation in a helpful way instead of getting upset. Presentations are fun and practical! Leave each session

with new practical insights on how to better handle whatever life throws at you. Stress Busters has been serving seniors in San Francisco for over 30 years, reaching 900 people per month through monthly in person seminars. Highly recommended by our friends at Next Village in SF. **All sessions are Thursdays at 1:00pm.**

To join by Zoom, [click here](#).

To join as an audio phone call (you cannot see us with this option):

- Call 1 (669) 900-9128
- After the first prompt press (meeting ID): 881 8961 4817 #
- After next prompt press #
- After 3rd prompt press (password): 848262

**Diwali Festival of Lights** – Learn about this November Holiday in India with this [short National Geographic video](#).

[Literary Zoom Presentation](#) – Tuesday, December 1 at 11:00am. Tiburon/Belvedere Library Foundation with Elaine Petrocelli and friends from Book Passage continue this annual tradition, now moved online. \$50. Registration required.

[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 11:00am**  
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](#)

**MARIN TEDX 2020 SPEAKERS**

[Prison Reform via Shakespeare](#) – Dameion Brown, Marin Shakespeare

[Reimagining Policing for the Good of All](#) – Jahmeer Reynolds.

[The Inner Work of Racial Justice](#) – Rhonda Magee

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

[The Search for Racial Equity](#) – A video from Google’s series on racial equity. This one is with Dr. Cornel West, philosopher, author, public intellectual. Professor at Harvard University.

[Rewriting Racist Headlines](#) – Alexandra Bell

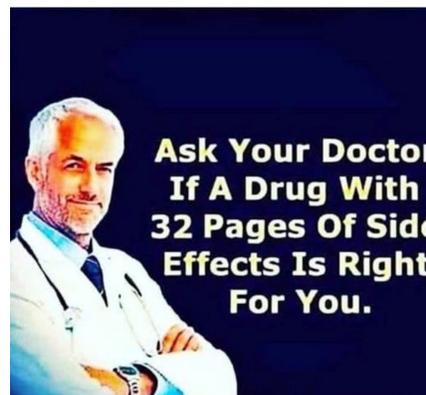
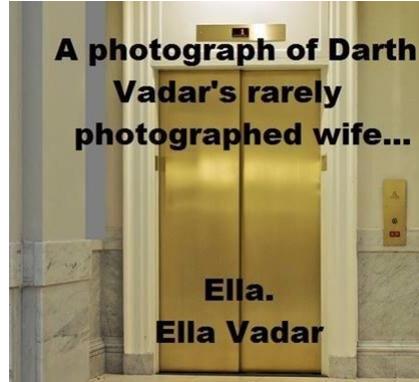
[The Role of Social Media in Racial Justice Protests](#) – Time Magazine video

## OFFLINE ACTIVITIES

[Chuckle or Laugh Out Loud](#)

### **Pro-Tip**

In the event of a natural disaster like a tornado, earthquake, or flood, put weiners, bacon, and cheese in your pockets so that the search dogs find you first. You're welcome!



[Enrich Someone Else's Life—Check Out This Story](#)



There was a farmer who grew excellent quality wheat and every season he won the award for the best grown in his county. One year a reporter from the local newspaper interviewed the farmer and learned that each spring the man shared his seed with his neighbors so that they too could plant it in their fields.

“How can you afford to share your best wheat seed with your neighbors when they are entering their crops in the competition with yours?” the reporter asked.

“Why that's very simple,” the farmer explained. “The wind picks up pollen from the developing wheat and carries it from field to field. If my neighbors grow inferior wheat, cross-pollination will steadily degrade the quality of all the wheat, including mine. If I am to grow good wheat, I must help my neighbors grow good wheat.”

The reporter realized how the farmer's explanation also applied to peoples' lives in the most fundamental way. Those who want to live meaningfully and well must help enrich the lives of others, for the value of a life is measured by the lives it touches. And those who choose to be happy must help others find happiness, for the welfare of each is bound up with the welfare of all.

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

You can look back at recent lists [on our website](#).

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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