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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

November 30, 2020

ART

[Eleven Digital Art and Design Exhibitions to Get Lost in Online](#)

[The Broad from Home](#) – Check out what the Broad Museum is offering online, including music, poetry, performance, workshops, and conversations centered around the Broad contemporary art collection.

MUSEUMS

***Note** that the Fine Arts Museums of SF, the Jewish Museum, SF MOMA, and the Asian Art Museum have again closed temporarily for in-person visits as have the Exploratorium and the Academy of Sciences. All continue to offer online programming.

[Asian Art Museum](#) – Online services and exhibitions

[SF Fine Arts Museums](#) – Online information and programming

[SF Museum of Modern Art](#) – Online exhibitions

[California Academy of Sciences](#) – Online programming

The SF Exploratorium – The Exploratorium has a weekly series of programs for adults on Thursday nights at 7:00pm 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.”

December 3 – Celestial: Rising Tides

December 10 – Celestial: Solar Eclipse

December 17 – Celestial: Winter Solstice

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

Theater

[Jagged Live in NYC](#) – Sunday, December 13, a live concert by the cast of Jagged Little Pill. \$27. 5:00pm Pacific Time.

[The Kennedy Center Digital Stage](#) – A variety of shows available online

Hella Fresh Theater – Theater Philadelphia experimental theater.

[Frauenschlächtere](#) is a new play presented in weekly installments sent to you via the mail culminating in a performance in your home. \$15. The site has other productions listed as well.

Ballet

[The Nutcracker](#) – SF Ballet digital version, both filmed and interactive. Tickets are \$49 and allow 48 hours for viewing. Runs until December 31.

Subscribe! SF Ballet season subscriptions for the [2021 Digital Season](#) are now available. Single production purchases will be available in January.

Music

[The Holiday Spirit Channel on KDFC radio](#) – Streaming holiday music 24 hours a day throughout December.

Hanukah Music on KDFC radio, Wednesday December 9 at 8:00pm – 89.9 on your FM radio.

E.L.M. (Enriching Lives Through Music) Concert – This local organization that provides free music lessons to children in Marin who could otherwise not afford them is having a free online winter concert

on December 13th at 2:00 pm. Preregistration is required. Click [here](#) to register.

[Yo-Yo Ma and Kathryn Stott—Over the Rainbow](#)

[Covid Cello Project 10](#) – “Adagio for Strings” by Samuel Barber

[Maurice Ravel's Bolero](#) – Conducted by Gustavo Dudamel at the Lucerne Festival in 2010

Dean Martin – A [compilation of songs](#) from his variety show, part 5

[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

[Three Decembers](#) – A chamber opera presented by Opera San Jose; on-demand streaming December 3 through December 31. Music by Jake Hegge, libretto by Gene Scheer. Based on an unpublished play by Terrence McNally. \$40 (\$50 if you want to attend the December 3rd gala too).

[Celebrating Voices of SF Opera](#) – December 5, 7:30pm, free livestream event. Register to receive the link.

[The Opera Hour Holiday Special](#) – December 6 at 8:00pm on KDFC FM--great voices sing the sounds of the season

[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

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.

[Evolution of the World's Tallest Buildings](#) – No words, but wow!

Comedy

Free Online Comedy Shows in December – Check out [Eventbrite's list!](#)

The Best Humor Websites!

[Ifunny.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

[Open a Window Somewhere in the World](#)

FUN OR CUTE ONLINE VIDEOS

[Nora the Polar Bear Cub](#) – A cute short video focused on Nora's baby days

[Nora's Second Chance](#) – A longer video on the science of hand-raising baby polar bear Nora in a zoo

[Obstacle Challenge – Cat vs. Dog](#)

Sugar Plum Fairy – [Tchaikovsky performed on glassware!](#)

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

[AARP New Home Fit Guide](#) – Smart ways to make a home more comfortable for older adults

[Your Brain Is Not for Thinking](#) – Learn what that means for managing stress!

[Why Marine Sanctuaries Are Another of America's Great Ideas](#) – *Smithsonian* article

OLLI at Dominican – [Registration for winter session](#) (January 1 – March 15) started November 23 for premium members and December 1 for others.

Creating a Book Cover-to-Cover, The Verdenal Journal “Across the Plains 1852” – A program from the Marin History Museum, Wednesday, December 2, 7:00pm on Zoom. Sign up [here](#).

[National Economic Education Delegation Webinars](#) – Choose from a variety of lectures on topics related to economics. Some interesting ones coming up on the economics of healthcare and income inequality. Jon Haveman is the founder of NEED. He is a local resident and is currently a principal with Marin Economic Consulting. Lectures cover a wide variety of economic topics.

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

Life Kit – [On Mediation](#)

Stress Busters Workshops – In Stress Busters 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

[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.

[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

Intergenerational Center Classes – Check the [Intergenerational Center website](#) for information on classes.

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

Close to Home

30th Anniversary Gala of Marin Performing Stars – Looking for a way to help kids in Marin City? Consider the [Marin Performing Stars gala](#) on December 12, 6:00 – 10:00pm. Varying levels of ticket/donation levels, from \$30 to \$500.

Marin Leads Segregation Rankings

Articles, Videos, Livestreams, or Recorded Presentations or Podcasts Resist – Meet the Activists

Resist—Why We Fight for Justice

Resist—JusticeLA Takes Direct Action Against Institutional Racism in LA

Racism in America – Films and new specials focused on race; on PBS

Articles on Racial Discrimination

The Search for Racial Equity – Talks at Google, a playlist from their continuing series

OFFLINE ACTIVITIES

In the Kitchen

Easy Leftover Turkey Enchilada Pie

Ingredients

- 3 Tbsp olive oil
- ¼ cup chopped onion
- ½ tsp cumin, if you have it
- 2 cups shredded leftover turkey (or adjust to suit—this amount is for a pie plate-sized batch)
- 8 corn or flour tortillas (or adjust if making more or less than one pie plate-sized recipe), cut into quarters
- 1 10-oz can red enchilada sauce

- 1 ½ – 2 cups shredded cheese—cheddar or mix of cheddar and Monterey jack, even some pieces of Velveeta, if you like

Instructions

Soften onions in olive oil and mix in the cumin, if desired

Add turkey and heat through

Butter or use a bit of olive oil to coat a pie plate

Coat pieces of tortilla with enchilada sauce and spread a layer on the bottom of the pie plate to fully cover

Add a layer of turkey and a layer of cheese

Repeat the process, adding enchilada-coated tortilla pieces, then a layer of turkey and onion mixture and cheese. End with a layer of coated tortilla pieces

Pour over any remaining enchilada sauce

[Note—you can also add leftover veggies or sweet potatoes to the layers, if desired.]

Bake at 350 for 25 – 30 minutes, until bubbly

Easy Four-Ingredient Mac and Cheese—great if you are tired of turkey!

Ingredients

1 lb. dried elbow macaroni pasta

1 cup heavy cream

6 oz (2 cups +/-) shredded cheddar cheese

¾ cup shredded parmesan cheese

Salt and pepper, optional, to taste

Instructions

Bring four cups salted water (2 teaspoons +/- of salt) to a boil

Add macaroni and cook according to package instructions—9 to 12 minutes usually

Heat cream in heavy saucepan over medium heat until it starts to bubble—watch and stir

Add cheese, stir and heat until bubbly—about 5–7 minutes, stir often

Pour cheese sauce over drained cooked macaroni

Keep Your Sense of Humor

A grandfather was delivering his grandchildren to their home one day when a fire truck zoomed past. Sitting in the front seat of the fire truck was a Dalmatian dog. The children started discussing the dog's duties.

"They use him to keep crowds back," said one child.

"No," said another. "He's just for good luck."

A third child brought the argument to a close. "They use the dogs," she

said firmly, "to find the fire hydrants."

When my grandson asked me how old I was, I teasingly replied, "I'm not sure." "Look in your underwear, Grandpa," he advised "Mine says I'm 4 to 6." (WOW! I really like this one--it says I'm only 38!)

A grandmother was telling her little granddaughter what her own childhood was like. "We used to skate outside on a pond. I had a swing made from a tire; it hung from a tree in our front yard. We rode our pony. We picked wild raspberries in the woods." The little girl was wide-eyed, taking this all in. At last she said, "I sure wish I'd gotten to know you sooner!"





A college class was told they had to write a short story in as few words as possible. The instructions were: The short story had to contain the following three things:

- (1) Religion
- (2) Sexuality
- (3) Mystery

Below is the only A+ short story in the entire class.

"Good God, I'm pregnant; I wonder who did it."

**DUE TO MY
ISOLATION. I
FINISHED 3 BOOKS
YESTERDAY.
AND BELIEVE ME.
THAT'S A LOT OF
COLOURING.**



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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