

[View this email in your browser](#)

MARIN
VILLAGES



Our Paths - Our Choices

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

MARIN VILLAGES



THINGS TO DO WHILE SHELTERING IN PLACE

July 23, 2020

ART

[Bouquets to Art-Virtual Exhibition and Talks](#). DeYoung Museum. July 20-26, 2020

MUSEUMS

The SF Exploratorium. The Exploratorium has a weekly series of programs for adults on Thursday nights 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.”

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

Theater

[Oregon Shakespeare Festival Streaming in July](#)

Public Theater: [The Line, a new play on the early stages of the COVID](#)

[pandemic in NY from various points of view](#), written by Jessica Blank and Eric Jensen, streaming until August 4th. Free. (Note there is about a 2–3 minute pitch for support for the Public Theater at the outset before the show starts. The play starts at about the 3–minute mark.)

[Amadeus from NT Live](#) This superbly acted show is only available through July 23.

Music

[Art Austin, principal clarinet, Marin Symphony, in conversation with Maestro Alasdair Neale](#). Austin has been with Marin Symphony since 1977. Includes a performance by Austin of Aaron Copeland's Clarinet Concerto, which he says was one of the highlights of his Marin Symphony career. Note there is usually a new video with a Marin Symphony museum posted every Friday.

[Boogie Woogie Piano!](#)

And another Boogie Woogie. This time the [Boogie Woogie Bugle Boy](#), sung by the Louloubelles.

Happy. This is a [link to the video that ended our Weekly Update last week](#). Worth watching again!

Opera

Opera for Breakfast? The Metropolitan Opera is offering a new series, "[Met Star Recitals](#)" approximately every two weeks on Saturdays, live at 10:00am Pacific time, but on-demand for 12 days following the live performance. Jonas Kaufmann is up first, and his recital is available through July 29. Each performance in the series costs \$20 and tickets can be purchased on the Met website. The series will run approximately twice a month on Saturdays through December 19.

Poetry

[Poetry Readings online](#)

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

Remember the days of 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 stay 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.

AARP is livestreaming “Lives Well Lived” on July 24 at 5:00pm Pacific time. This film celebrates the wit, wisdom, and experiences of people 75 to 100 years old. Registration is required [here](#).

COURSES, TALKS, WEBINARS, PODCASTS, GAMES, COMEDY

Buck Institute Webinars on COVID-19. [Recorded presentations from two great series of interviews with scientists and medical professionals working on COVID-19-related issues](#) can be accessed for free on the Buck website.

For those of you interested in COVID-related medical research, check out [the article on the Buck Institute website](#) about Professor and Geriatrician John Newman who is encouraging the study of ketones to help fight COVID-19. Ketones are compounds produced naturally in fat metabolism and which reprogram cell functions and could help reduce the over-excited immune response that is responsible for many deaths from COVID.

[Community Conversation on Covid 19—July 17, 2020](#)

The Pandemic Time Warp. [NPR Shortwave](#). A 10-minute talk on why can't we figure out what day it is in this pandemic.

OLLI Summer Lectures. This week and next are the last weeks of summer lectures at the Osher Lifelong Learning Institute at Dominican. Lecture topics are wide-ranging and include WWII Combatants Then and Now; Women's Crusade: The Vote; Judaism and Christianity; and many others. \$20 per lecture, plus a one-time fee if you aren't a premium member. [You can still sign up here](#).

Watercolors with Debra, from the Age-Friendly Intergenerational Center. Discover the inner artist you didn't know existed. Monday and Wednesdays at 10:30am via zoom. Meeting ID: 337-280-620 Join URL: <https://zoom.us/j/337280620>

iPhone Training through Age-Friendly Fairfax. Contessa Bun of the California Telephone Access program will present two Zoom classes on the basic iPhone functions and apps, plus explain how to make the text bigger and the phone louder so you can see and hear better.

July 22 and July 23 at 10:30am. Registration is required. (866) 272-2540 or smartphonetraining@ddtp.org.

Conversations with Authors, Book Passage, almost every Saturday and Sunday at 4:00 pm.

A Celebration of Ashby Village's 10th Anniversary—[Live Stream of this milestone](#) of a sister village organization in the East Bay.

Wednesday, July 29, 5:00pm

ARMCHAIR TRAVEL

Machu Picchu Virtually

Pyramids of Tikal

GOOD NEWS

Check out or subscribe to [Good News from CNN](#). Every Saturday a newsletter filled with uplifting stories.

EXERCISE AND YOGA

Exercise and Yoga classes online. The Corte Madera Intergenerational Center Online hosts several [exercise](#) and [yoga classes](#) via Zoom.

CRAZY, INTERESTING, OR CUTE STORIES OR VIDEOS ONLINE

A Bear Wanders Into a Washing Machine Commercial Shoot

Plumber of the Year Awards. Hard to believe!

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.

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

Articles

[Controversies over Confederate Monuments](#)

[Seven Factors Contributing to Racism](#)

Longer Online Presentations

[Aspen Institute Interview with Dr. Ibram Kendi](#) from 2019. Dr. Kendi is the author of *How to Be an Anti-Racist*.

[A more recent presentation by Dr. Ibram Kendi](#) from June 20, 2020. The Difference Between Being Not Racist and Being Antiracist.

Videos and Streaming

[After Dark Online: Racial Injustice and Public Health](#), July 23 at 7:00pm via, a program from the SF Exploratorium.

[After Dark Online: Environmental Justice](#), July 30 at 7:00pm via Facebook or YouTube, a program from the SF Exploratorium

[Remembering John Lewis](#), civil rights activist and U.S. Representative

[Civil Rights on the March](#), Aspen Institute Interview of John Lewis by Gwen Ifill from July 2014.

OFFLINE ACTIVITIES

Make Pizza Naan for Lunch or Dinner!

Ingredients

Store-bought naan

Ready-made pizza sauce or use tomato sauce and mix in dried parsley and oregano

Shredded mozzarella cheese

Some freshly grated Parmesan (dried ok, too)

Sliced pepperoni

Fresh parsley for garnish.

Instructions

Pre-heat toaster oven or regular oven to 400 or 425

Cover naan with layers of sauce, cheese and pepperoni, and top with a bit more cheese and fresh Italian parsley. Place on heat-proof dish or baking sheet or place directly on oven rack and heat in hot oven until the cheese melts. Maybe 7–10 minutes, but keep an eye on it. If placing naan directly on the oven rack, best to put foil underneath so you don't

have a mess to clean up afterward. The cheese and tomato sauce may run over the sides.

Note, you can also use flour tortillas in place of naan, but best to heat them on both sides first in a bit of olive oil before topping and baking them. If you use tortillas, you are making a pizzadilla!

Listen to Music

Music is a great way to engage your brain offline. It can pep you up or calm you down. Check through those old CDs (or older LPs!) to find something you haven't heard for a while or turn on the radio to KDFC (90.3 FM or 104.9 FM) for classical, or KCSM (91.1 FM) for jazz.

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).

Copyright © 2020 Marin Villages, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

