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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

July 30, 2020

ART

The Frick Museum in NYC [Virtual Exhibition Tours and Online Exhibitions](#).

[Contemporary Art at the Guggenheim](#)

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.”

[Frank Lloyd Wright Virtual Visits](#) 10:00am Thursdays

**THEATER, MUSIC, OPERA, POETRY, SHOWS ONLINE,
MOVIES**

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.)

Ross Valley Players [Arms and the Man](#), a performance from 2014.

Theater Bay Area The Theater Bay Area website has listings of [theater offerings from local theaters](#) during the pandemic.

MUSIC

The Sun Valley Music Festival. Maestro Alasdair Neale is in his 26th year as musical director of the wonderful Sun Valley Music Festival. [Fourteen free concerts will be livestreaming](#) from the festival website at 5:30pm Pacific time on the following dates:

Tuesday, 7/28

Thursday, 7/30

Friday, 7/31

Monday, 8/3

Tuesday, 8/4

Thursday, 8/6

Saturday, 8/8

Sunday, 8/9

Tuesday, 8/11

Friday, 8/14

Saturday, 8/15

Sunday, 8/16

Wednesday, 8/19

Enter the Pipa, the first episode of SF Symphony's new online program called Currents. This [first episode](#) is a discussion about and a performance of Chinese Music using the Pipa.

Songs and Music of WWII A [two-hour compendium of music from the 1930s and 1940s](#). Some you've likely have never heard before (and a few you might never care to hear again)! Occasional ads are interspersed, but you can click them away.

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

[Hey Rosalie](#). A bit blurry, but the music is fun.

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. Renee Fleming is up next, on August 1st. 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. The concerts are a mix of live performance and videos from previously fully staged opera performances.

SF Opera Odes to Joy. A collection of individual past and current resident artists at home and [singing uplifting songs from the operatic repertory](#).

SF Opera Productions. As part of their Opera is On programming, SF Opera offers free on-demand streaming of past productions to subscribers and donors, and periodically streams past productions for free on Saturdays and Sundays for anyone able to tune in to those specific offerings. Check the Opera website for [upcoming streaming events](#).

Royal Opera House. Thinking of making a pact with the Devil? Maybe watch this first. [Gounod's Faust](#).

POETRY

[It Could be Verse: Poetry for a Pandemic](#). From the Indian Summer Festival.

Poetry Outloud. A website with a [collection of poems](#) read by distinguished actors and poets, who also speak about poetry.

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

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 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.

COURSES, TALKS, WEBINARS, PODCASTS, GAMES, COMEDY

Chautauqua Assembly Online. Ninety days free online access to the famous [CHQ Assembly](#), now online. You must register and sign up to pay the \$45 annual fee, but you can cancel within 90 days and not be charged. There are also free offerings on the Chautauqua website that don't require you to sign up.

OLLI at Sonoma State. Dominican's OLLI lectures end this week, but the Sonoma State OLLI has [several online lectures](#) in August. No need to drive up 101. Watch from the comfort of home! Each lecture is \$20.

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](#).

CNN Corona Virus Town Hall. [July 23 CNN show](#) in which Dr. Sanjay Gupta and Bill Gates respond to viewer questions.

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>

[Conversations with Authors](#), Book Passage, almost every Saturday and Sunday at 4:00pm.

The Moth, an [online series](#) with storytelling, humor, pathos, the full range. Some are free, some require a ticket purchase.

The Mother of Nerds, Dhaya Lakshminarayanan tells stories about [teaching her mom math](#).

ARMCHAIR TRAVEL

[Almost like Europe, but in the US](#). Get out the RV!

How about a [tour of the solar system](#)?

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

[KLM's Lost and Found Service](#). Almost makes you want to leave something behind!

[Old guys rule](#). Amazing!

[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.

[How they make masks in Brussels](#).

[Best Visa commercial](#)? Pretty funny.

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

SYLLABUS

[The ABA 21-day Racial Equity Habit-Building Challenge](#) A section of the American Bar Association put together this challenge. Can you do it?

BOOKS

Conversations in Black, Ed Gordon

A Different Mirror: A History of Multicultural America, Ronald Takaki

ARTICLES

[Leaderless Protest is a Strength and a Weakness](#), Claybourne Carson, Stanford,

[Stanford Students Remembering Black Women Underrepresented in History](#)

VIDEOS AND STREAMING

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

Ted Talks—[250 Talks to Help You Understand Racism](#). A great collection of TED Talks, each one about everyday realities of black Americans and suggestions for the way forward.

Uncomfortable Conversations with a Black Man, Episode 6—[Raising Black Children](#)

OFFLINE ACTIVITIES IN THE KITCHEN

Improv—a really easy, fun dinner or lunch, or even just a snack!

Lightly crumble some corn chips to cover the bottom of a microwaveable dish.

Cover with a layer of grated or thinly sliced cheese.

Microwave for 20 secs or so until cheese is melted—keep your eye on it. Add a layer of sliced avocado.

Cover with cilantro leaves (or shredded lettuce or arugula if you prefer). Spoon salsa generously over the top, toss and enjoy!

PHOTOGRAPHY

Grab your camera, whether fancy, part of your phone, or a “throw away” version from the drugstore, and look for something interesting to photograph next time you are out on a walk, or sitting on your patio or balcony, or maybe just at home and seeing a corner of one of your rooms with a photographer’s eyes. Experiment!

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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